

# Reflective Practice

In nursing practice and especially leadership an administration, reflection remains as one of the main practices that enhance service delivery and efficacy. Any nurse that does not reflect on his or her service delivery is deemed to reduce the efficiency associated with medical services offerings. Nicol and Dosser (2016) note that nurses are bound to reflect on the information provided by the patients to ensure that they improve on service delivery. Previously and commonly, nurses have utilized reflection after an incidence. However, reflection should be utilized before an occurrence has taken place to ensure that the service delivery is improved (Nicol, & Dosser, 2016). Reflection allows individual nurses to offer better services while at the same time allowing them to upgrade on their preparation for existing and expected situations.

Nursing leadership and leadership requires a lot of reflection to allow for the enhancement of service delivery. Oelofsen (2012) notes that in frontline nursing, nurses can use the reflective practice to enhance the sense of the work they do and the mode of service delivery. According to Oelofsen (2012), reflective practice is a model that allows for nurses and especially leaders and administrators to up their skills in the way they deliver care among the patients they are taking care of. Moreover, this practice allows nurses to take more control of the clinicians by allowing them to be careful while offering care to the patients. It is imperative to, however, note that the aspect of reflective practice takes place both at group and personal level and should not be mistaken for personal milestones in healthcare.

## References

Nicol, J., & Dosser, I. (2016). Understanding reflective practice. *Nursing Standard*, 30(36), 34-42. <http://dx.doi.org/10.7748/ns.30.36.34.s44>



# Reflections On Contemporary Nursing Practice

**Beverley Anderson**



## **Reflections On Contemporary Nursing Practice:**

**Reflections on Contemporary Nursing Practice** Margaret McMillan, Judith Townsend, 1994 This book is essential reading for nurses who want to examine the changing face of current and future clinical nursing practice A *Contemporary Nursing Process* Mr. Rohit Manglik, 2024-03-08 EduGorilla Publication is a trusted name in the education sector committed to empowering learners with high quality study materials and resources Specializing in competitive exams and academic support EduGorilla provides comprehensive and well structured content tailored to meet the needs of students across various streams and levels

**Critical Thinking and Reflection for Mental Health Nursing Students** Marc Roberts, 2015-11-02 The ability to reflect critically is a vital nursing skill It will help your students to make better decisions avoid errors identify good and bad forms of practice and become better at learning from their experiences The challenges they will face as a mental health nurse are complex so this book breaks things down to the foundations helping them to build critical thinking and reflection skills from the ground up Key features Covers the theory and principles behind critical thinking and reflection Explores the specific mental health context and unique challenges students are likely to face as a mental health nurse Applies critical thinking to practice but also to academic study showing how to demonstrate these skills in assignments

**A Contemporary Nursing Process** Rozzano C. Locsin, Marguerite Purnell, Marguerite J. Purnell, 2009-04-10 This book speaks against thinking that we can only understand nursing from a traditional logical empirical approach suggesting we need a contemporary process for exploring nursing I can t agree more Journal of Christian Nursing Nurse scholars from across the globe contribute essays to this unique philosophical exploration of today s nursing This book presents an emerging view that requires nursing to look at its work through a broader and less structured lens Challenging the structure of the traditional nursing process the book considers nursing as reflective and thoughtful Doody s A Contemporary Nursing Process re envisions the practice of nursing by configuring caring in terms of the person the nurse cares for Locsin and Purnell stress the importance of knowing the patient and differentiating the person from the disease This text addresses this highly relevant issue and provides a wealth of insight on how to care for the patient on a personal level while still professionally administering clinical treatment Chapters discuss How to appreciate persons as participants in their care rather than as objects of care The ideal of care versus the practical demands of care Technological advancements shaping human life and nursing The consequences of not knowing the patient on a personal level

**Thinking it Through: Clinical Reasoning, Clinical Judgement, and Decision Making in Canadian Nursing - E-Book** Karin L. Page-Cuttrara, 2024-10-23 Written and developed by Canadians with the Canadian nursing context in mind this new resource is the only fundamental Canadian focused nursing text to support you in developing clinical reasoning skills and clinical judgement for decision making in nursing practice Thinking it Through Clinical Reasoning Clinical Judgement and Decision Making in Canadian Nursing moves beyond the nursing process to deliver focused strategies using a unified process for

thinking and decision making that is visible, relatable, real and needed by future nurses. Introducing useful models and practical frameworks as essential nursing tools, this structured guide for nursing cognitive development is a valuable resource throughout every year of your nursing program. Comprehensive integration of theory and application within the Canadian context makes it easy to understand and apply to nursing practice in the Canadian health care system. Discussions of key concepts such as social determinants of health, social justice and equity, unconscious bias and assumptions, reflection, interdisciplinary health care teams, complexity, diverse health care settings and more are directly related to clinical reasoning, clinical judgement and decision making in Canadian nursing practice. A vast array of pedagogical features and practical applications, including real life examples, case scenarios, review questions and more, along with practical applications, promote your confidence and competence in thinking like a nurse. Focus on applying clinical reasoning skills to practice helps prepare you for success on the Next Generation NCLEX REx PN and CPNRE licensure exams as well as in your nursing career. Content reviewed by current Canadian nursing students ensures this text is accurate, relevant and applicable to future nursing students.

**Reflection for Nursing Life** John McKinnon, 2016-01-29 Over the past decades, reflection has taken centre stage in nursing education, but it is easy to get stuck in a superficial cycle of storytelling and self-examination without getting any further insights into your own practice and abilities. *Reflection for Nursing Life* starts with a basic introduction to reflective practice and moves through to look at more critical perspectives with guidance for reflecting on the complex realities of practice. This accessible text is designed to support a deeper understanding of the value of reflection and its relationship with the needs of modern practice. Beginning with discussions of self-awareness and the reflective cycle, it goes on to explore ideas about critical incidents, critical reflection models and transformational learning. It integrates cutting-edge neuroscientific research and thinking about emotional labour and intelligence in healthcare into mainstream reflective practice, drawing on both new and established ways of guiding learning and professional judgment. *Reflection for Nursing Life* includes numerous exemplar reflective narratives, diagrams and exercises to help the reader identify their strengths and weaknesses, whilst tips for overcoming weaknesses and developing strengths are also provided. It is the ideal text for nursing students and practitioners looking to improve their reflective practice skills.

*Uncovering Skills for Practice* Carol Chapelow, Melanie Fisher, Sandra Crouch, Anna Walsh, **Game-Based Teaching and Simulation in Nursing and Health Care** Eric B. Bauman, 2012-07-27 This is a comprehensive resource for anyone interested in integrating gaming and simulation into a course or the entire curricula. It presents the theory and the associated practical application. The extensive reference list and resource product list encourage and support readers with implementation. Score 98.5 Stars Doody's Medical Reviews. *Game-Based Teaching and Simulation in Nursing and Healthcare* is a timely, exhaustive look at how emerging technologies are transforming clinical education. Anyone looking for firsthand direct account of how game-based learning technologies are reshaping clinical practice needs this book. Kurt Squire, PhD, Associate Professor, Games Learning

Society GLS School of Education University Of Wisconsin Madison This innovative text provides practical strategies for developing integrating and evaluating new and emerging technology specifically game based learning methods useful in nursing and clinical health sciences education The text draws upon existing models of experiential learning such as Benner's thinking in action and novice to expert frameworks and introduces current theories supporting the phenomenon of the created learning environment Chapters explain how simulation and game based learning strategies can be designed implemented and evaluated to improve clinical educational thinking and outcomes and increase exposure to critical experiences to inform clinicians during the journey from novice to expert The text also describes how game based learning methods can support the development of complex decision making and critical thinking skills Case studies throughout demonstrate the practical application of harnessing technology as a teaching learning device Key Features Provides strategies for developing integrating and evaluating game based learning methods for nursing and healthcare educators Prepares teachers for the paradigm shift from static e learning to dynamic distance experiential learning in virtual and game based environments Illustrates how to integrate game based learning into existing curricula Offers theoretical and practical examples of how game based learning technologies can be used in nursing and clinical education

Reflective Practice in Nursing Chris Bulman,Sue Schutz,2013-01-10 From reviews of previous editions This excellent book provides useful guidance on the use of reflection in practice a helpful addition to any nursing library Primary Health Care an excellent investment in any nurses library portfolio Journal of Advanced Nursing An extremely welcome addition to nursing's literature on thoughtful knowledgeable practice Nursing Times This is an excellent practical guide to reflective practice I would highly recommend this book to all practice teachers and students Journal of Practice Nursing The ability to reflect on practice has become a competency demanded of every healthcare professional in recent years It can be a daunting prospect but this practical and accessible text guides the way using the latest research and evidence to support the development of skills in reflective practice and provides help and advice on how to get started how to write reflectively and how to continue to use reflective practice in everyday situations This fifth edition of Reflective Practice in Nursing is an indispensable guide for students and practitioners alike who wish to learn more about reflective practice as well as containing essential information for teachers and lecturers

Tabbner's Nursing Care 2 Vol Set - E-Book Epub Gabrielle Koutoukidis,Kate Stainton,2024-11-19 Must have resource for all future Enrolled NursesTabbner's Nursing Care is the main resource for Diploma of Nursing students and instructors This well established and highly respected book provides the knowledge and skills learners need to qualify as Enrolled Nurses Written by a highly qualified team of editors and contributors the book equips the learner to provide safe competent and person centred care It teaches and prepares learners to apply critical and reflective thinking to decision making use healthcare technology and work as part of a healthcare team in a variety of settings Complete with an accompanying workbook and a host of features to support and facilitate teaching and learning

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*Qualitative Research in the Health Sciences* Bev Taylor, Karen Francis, 2013-06-26. There is a growing interest in and acceptance of qualitative research approaches in the health science disciplines both as standalone methodologies and integrated with quantitative designs in mixed methods approaches. This comprehensive text provides deeper knowledge and application of a wide range of methodologies, methods and processes enabling readers to develop their qualitative research skills. Divided into two parts focusing first on methodologies and then on methods and processes, the text also includes revision of essential aspects of quantitative research as they apply to mixed methods research and a discussion of the uptake of qualitative research in the health sciences. The methodologies covered include Grounded Theory, Historical Research, Ethnography, Phenomenology, Narrative Inquiry, Case Study, Research Critical, Ethnography, Action Research and Mixed Methods. The methods and processes covered include Interviewing and Analysis, Group Work and Analysis, Narrative Analysis, Discourse Analysis. Using accessible language to help extend readers' practical research skills, this is a thorough and reliable text to guide advanced students and researchers from all health related disciplines including nursing, midwifery, public health and physiotherapy to the best use of qualitative research.

*Critical Pedagogy in Nursing* Sue Dyson, 2017-09-07. This book explores the academic processes of nursing education in times of uncertainty around healthcare policy and healthcare provision. Grounded in research examining current theory, policy and culture around nursing pedagogy, Sue Dyson addresses the core issues facing nurses today and argues that the current curriculum no longer reflects or serves contemporary nursing practice. In a time of scandals, cuts in funding and shortfalls in the profession, this book provides an answer to the growing call for a dynamic restructuring of nurse education. Offering a critical analysis of innovative pedagogies for nursing, the author proposes the notion of the co-created curriculum as a way forward for nurse education in the post-Francis era. This will be an invaluable read to academics, practitioners and policy makers in the fields of nursing, medicine, education, education policy and

medical sociology     *A-Z of Reflective Practice* Fiona Timmins, 2015-08-27 This new text provides a jargon free user guide to the key concepts models and techniques of reflective practice from one of the leading writers in the field A one stop source book it can be used both by the beginner as a handbook and by the more experienced practitioner as a guide to other sources of thinking and information

**Tabbner's Nursing Care** Gabrielle Koutoukidis, Kate Stainton, 2020-07-17 Written by Gabby Koutoukidis and Kate Stainton Tabbner's Nursing Care Theory and Practice 8th edition provides students with the knowledge and skills they will require to ensure safe quality care across a range of healthcare settings Updated to reflect the current context and scope of practice for Enrolled Nurses in Australia and New Zealand the text focuses on the delivery of person centred care critical thinking quality clinical decision making and application of skills Now in an easy to handle 2 Volume set the textbook is supported by a skills workbook and online resources to provide students with the information and tools to become competent confident Enrolled Nurses Key features All chapters aligned to current standards including the NMBA Decision Making Framework 2020 the Enrolled Nurse Standards for Practice 2016 and the National Safety Quality Health Services Standards 2018 Clinical skills videos provide visual support for learners Supported by Essential Enrolled Nursing Skills Workbook 2nd edition An eBook included in all print purchases New to this edition Chapter 5 Nursing informatics and technology in healthcare focuses on competency in nursing informatics for beginning level practice aligned to the National Nursing and Midwifery Digital Capability Framework 2020 An increased focus on cultural competence and safety Supported by Elsevier Adaptive Quizzing Tabbner's Nursing Care 8th edition

**Critical Reflection In Practice** Gary Rolfe, Dawn Freshwater, 2020-08-28 The terms critical reflection and reflective practice are at the heart of modern healthcare But what do they really mean Building on its ground breaking predecessor entitled Critical Reflection for Nursing and the Helping Professions this heavily revised second edition analyses and explores reflection It presents a structured method that will enable you to both challenge and develop your own practice This book is the essential guide to critical reflection for all students academics and practitioners New to this Edition Expanded to meet the needs of all healthcare practitioners Redefines self evaluation as a catalyst for personal and professional development Fully updated edition of a respected book now includes a chapter on the rise of professional knowledge

**Transforming Nursing Education Through Problem-based Learning** Elizabeth Rideout, 2001 With the growing interest in problem based learning among nurse educators worldwide comes the need for a book that will be a comprehensive guide and resource for anyone considering its implementation in nursing education This book is that resource Its strength is its integration of relevant theory research and practical information It is an invaluable resource for nursing faculty contemplating the use of the problem based learning model

**Nursing in the Community: an essential guide to practice** Sue Chilton, Karen Melling, Dee Drew, Ann Clarridge, 2004-04-30 Nursing in the Community an essential guide to practice is an introductory textbook for professionals and students who have chosen a career in community health care nursing The book gives comprehensive coverage of the full

range of professional issues such as personal safety and the environment in addition to public health health promotion and family health nursing This user friendly text provides clear guidelines on how to transfer skills from the hospital acute setting to the community In addition it fully reflects current government health social policy the implications for the roles and responsibilities of the community health care nurse and aims to support a trainee new practitioner to function safely and effectively in the full range of community settings

**Guided Reflection** Christopher Johns, 2009-02-12 Reflection is widely recognised as an invaluable tool in health care providing fresh insights which enable practitioners to develop their own practice and improve the quality of their care This book introduces the practitioner to the concept of Guided reflection an innovative research process in which the practitioner is assisted by a mentor or guide in a process of self enquiry development and learning through reflection in order to become fully effective Guided reflection is grounded in individual practice and can provide deeply meaningful insights into self development and professional care The process results in a reflexive narrative which highlights key issues for enhancing health care practice and professional care This book uses a collection of such narratives from everyday clinical practice in nursing health visiting and midwifery to demonstrate the theory and practicalities of guided reflection and narrative construction These narratives portray the values inherent in caring highlight key issues in clinical practice reveal the factors that constrain the quest to realise practice and examine the ways practitioners work towards overcoming these constraints

A Uro-Oncology Nurse Specialist's Reflection on her Practice Journey Beverley Anderson, 2022-03-22 This book provides a unique insight and background of a uro oncology nurse's career from a personal and professional perspective one that encapsulates the ever changing dynamics in the nursing profession over 40 years 1970 s to current 2022 In writing this book the objective is to devise a beneficial point of reference one that is conducive to enlightening individuals within the healthcare profession and the wider context on the art of reflection and acknowledging its benefits in terms of exploring their feelings and understanding their meaning Reflection is a highly beneficial tool In this context the process enables the author to reflect constructively on her nursing career and practice to highlight the positive as well as the negative aspects within that practice and illustrate how the experiences gained have contributed to her development personally and professionally throughout that journey Reflection includes deliberate reflection on experience emotions actions and responses and acknowledging how essential these have been to informing the author's existing knowledge base and in ensuring a higher level of learning and understanding In the continued quest to deliver optimal healthcare the objective of reflection is in enabling healthcare individuals e g nursing students newly qualified nurses or those considering change of nursing speciality to better understand their patients from a holistic standpoint physical psychological psycho social spiritual cultural and economic and ultimately improving the individual patient's overall experience cancer or otherwise as well as improving and enhancing practice outcomes The importance of reflection and its contribution to increasing the healthcare professional's self awareness emotional personal



and professional is also well underlined Various Modules and Case Studies within the book are used to explain and highlight key issues and to enhance content and visual acuity **High Dependency Nursing Care** Tina Moore, Philip Woodrow, 2004-04-08 Written by a team of nurses experienced in providing supporting and developing high dependency care this book discusses practical issues and explores the current evidence base for clinical practice It covers all important skills needed and best practice for caring for high dependency patients or undertaking post registration courses to prepare them for high dependency nursing Structured in four parts the first Perspectives on High Dependency Care explores the context of care focusing on fundamental aspects like sleep nutrition pain management and stress demonstrating how to achieve quality nursing care Pathophysiology and Treatments describes the main diseases that cause critical illness and treatments that patients will often be given Monitoring and Skills enables nurses to interpret and understand the information gained from observation and monitoring The final part Professional Issues explores topics like clinical governance reflection practice development and managing change to assist nurses in developing their own clinical practice and professional development

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