

# Reflection on a Clinical Skills and Nursing

4 pages | 776 words

This essay will discuss a clinical experience in which I feel more competent in practicing. I will use a reflective model to discuss how I have achieved the necessary level of competence in my nurse training programme. The reflective model I have chosen to use is Gibbs model (Gibbs 1988). Gibbs model of reflection incorporates the following: description, feelings, evaluation, analysis, conclusion and an action plan (Gibbs 1988). The model will help facilitate critical thought process as it relates theory to practice. Discussion will include the knowledge underpinning practice and the evidence base for the clinical skill. A conclusion to the essay will then be given which will discuss my reflection skills, acknowledge my competence and show my personal and professional development.

## Trigger Event

The clinical skill I have chosen to reflect on within this essay is my first IV start. I have chosen this as my first clinical placement is on a surgical unit, where Intravenous therapy is a widely used to administer medication. I was very happy to finally be able to start developing this skill as I have seen it done several times and was ever able to acquire the process in which is needed to start an intravenous.

## Appraisal

The first stage of Gibbs (1988) model of reflection requires a description of events. As a transitioning Registered Practical Nurse to a Registered Nurse the expectation are that I will have developed this scope in my practice. I had observed this clinical skill on a variety of occasions and had previously administered IV medication and antibiotics under supervision. On this occasion I was being observed by my clinical educator. I had gathered all the necessary things I needed which included a bag of normal saline. My clinical educator was talk me through the procedure step by step and informed me that I should never place the tape on any surface as it leads to cross-contamination, and I should always clean blood from around the IV site. The facility also uses chlorhexadine instead of alcohol as eliminates stinging sensation.

The second stage of Gibbs (1988) model of reflection, which is a discussion about my thoughts and feelings. I was aware of being under the supervision of my educator and other classmates this made me feel very nervous and self-conscious. Once my professor said I am in do not advance I realize how truly nervous and under pressure I was feeling. I held my breath as I did not want this vein to blow and have to stink the patient again. This patient was an elderly gentlemen and I did not want the patient to feel that I did not know what I was doing. I thought that as I had been observed this clinical procedure on many other occasions it would be easy for me to do but it was very challenging, finding an appropriate vein, the right size of needle and wanting to get success on my first try made this a very trying experience.

## Exploration

Evaluation is the third stage...

# Nurse Reflection Essay Examples

**Patricia Ann Potter,Anne Griffin Perry**

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## **Table of Contents Nurse Reflection Essay Examples**

1. Understanding the eBook Nurse Reflection Essay Examples
  - The Rise of Digital Reading Nurse Reflection Essay Examples
  - Advantages of eBooks Over Traditional Books
2. Identifying Nurse Reflection Essay Examples
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Nurse Reflection Essay Examples
  - User-Friendly Interface
4. Exploring eBook Recommendations from Nurse Reflection Essay Examples

- Personalized Recommendations
- Nurse Reflection Essay Examples User Reviews and Ratings
- Nurse Reflection Essay Examples and Bestseller Lists

5. Accessing Nurse Reflection Essay Examples Free and Paid eBooks

- Nurse Reflection Essay Examples Public Domain eBooks
- Nurse Reflection Essay Examples eBook Subscription Services
- Nurse Reflection Essay Examples Budget-Friendly Options

6. Navigating Nurse Reflection Essay Examples eBook Formats

- ePUB, PDF, MOBI, and More
- Nurse Reflection Essay Examples Compatibility with Devices
- Nurse Reflection Essay Examples Enhanced eBook Features

7. Enhancing Your Reading Experience

- Adjustable Fonts and Text Sizes of Nurse Reflection Essay Examples
- Highlighting and Note-Taking Nurse Reflection Essay Examples
- Interactive Elements Nurse Reflection Essay Examples

8. Staying Engaged with Nurse Reflection Essay Examples

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Nurse Reflection Essay Examples

9. Balancing eBooks and Physical Books Nurse Reflection Essay Examples

- Benefits of a Digital Library
- Creating a Diverse Reading Collection Nurse Reflection Essay Examples

10. Overcoming Reading Challenges

- Dealing with Digital Eye Strain
- Minimizing Distractions
- Managing Screen Time

11. Cultivating a Reading Routine Nurse Reflection Essay Examples

- Setting Reading Goals Nurse Reflection Essay Examples
- Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Nurse Reflection Essay Examples

- Fact-Checking eBook Content of Nurse Reflection Essay Examples
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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