

## **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 develop 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 vain 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 vain, 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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*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

**Professional Development, Reflection and Decision-making** Melanie Jasper, 2006 Providing an introduction to reflective practice clinical decision making and professional development this book explores the concepts in relation to professional practice and inter professional working competencies and accountability and portfolio development

**Contexts of Nursing** John Daly, 2009 *Contexts of Nursing* 3e builds on the strengths of previous editions and continues to provide nursing students with comprehensive coverage of core ideas and perspectives underpinning the practice of nursing the new edition has been thoroughly revised and updated New material on Cultural Awareness and Contemporary Approaches in Nursing has been introduced to reflect the realities of practice Nursing themes are discussed and are supported by illustrated examples and evidence Each chapter focuses on an area of study within the undergraduate nursing program and the new edition continues its dis , *The Australian Journal of Advanced Nursing*, 1998 *Nursing Times*, *Nursing Mirror*, 2004 *Advanced Nursing Practice* Ann B. Hamric, Judith A. Spross, 1996 This text explores the current roles of advanced nursing practice as well as the evolving roles of ACNP blended CNS NP and nurse case manager It describes and differentiates these various roles with a focus on education certification and direct practice issues

**Basic Nursing** Patricia Ann Potter, Anne Griffin Perry, 1991

**Critical Thinking Applied to Nursing** Mary Alice Miller, Dorothy E. Babcock, 1996 *CRITICAL THINKING APPLIED TO NURSING* examines the concept of critical thinking and shows how it can be applied to the everyday situations confronting practicing nurses as they interact with clients families colleagues and administrators The text covers major concepts in critical thinking such as assumptions frame of reference language context reflection evidence reasoning argument persuasion and creativity and applies them to the nurse s role as caregiver manager and professional

*The Journal of Continuing Education in Nursing*, 2004 [Reflective Journal](#) The Student Nurse Guide, 2020-07-13 The Student Nurse Guide

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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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