

Sample Reflective Journal

The following are extracts from a Reflective Journal written for the course, *Reflective Nursing Practice 1* by a first year student, Chrissy Poulos:

CHRISSE POULOS – REFLECTIVE JOURNAL

Excerpt from Week 1

Defining nursing is a tough one. I am not sure about the ins and outs of it yet. But I will write what I think of it now. This should make for some good laughs when I read back at the end of semester (study period)! It is about caring for people. I guess I see it as a job where you have to give of yourself physically, and by physically I mean doing things like making beds. But you also have to give a lot of yourself emotionally. Dealing with people a lot of the time, this is not really surprising. I see nurses as being privileged in a way. I mean you are allowed to share some intimate moments with people. Births. Deaths. All this is not to say I have romanticised the whole occupation. I do realise you have to wipe people's bums too! Now I'll try to incorporate some of what we have learnt this week into this definition.

All of this is underlined with the premise that the role of the nurse is to guide people on the path to wellness. Not simply cure their illness. I really enjoyed the reading on wellness and I am pleased to see that this program is so how do I put this? — new age? My mother has been a believer in the wellness idea for a long time. She is a physio. She will probably be mentioned quite a bit in this journal, as she is a very influential person in my life. (Incidentally, I see nursing as a craft, an art and a vocation).

Excerpt from Week 2

I love history and see great value in it for the following reasons. It is fascinating. Nothing is more valuable or wonderful than immersing yourself in all the different beliefs that people held in former ages. Not only what their beliefs were, but how they changed over a period of time, and why. And perhaps the most important reason for the study of history can be summed up in one sentence—'The key to understanding our present is in the understanding of our past'. Perhaps we are hoping that in learning where we have been, we will also learn where is that we are going. We hope, also, to learn from our mistakes.

OUR COMMENTS

Here Chrissy in her first week of the nursing program writes about what nursing means to her at that time. Each week she responds to questions set in the Course Outline

Notice the use of personal writing with 'I'

Chrissy makes a link to one of the readings on 'wellness' set in the Course Outline.

Note: She should have put the name and date of the source in brackets as for all referencing.

Again Chrissy responds to the Course Outline question and to her reading.

She relates the topic to a previous life experience.

Reflective Journal Template Nursing

Sian Maslin-Prothero



Reflective Journal Template Nursing:

Innovative Strategies in Teaching Nursing Emerson Ea, Celeste M. Alfes, 2020-04-10 Note to Readers Publisher does not guarantee quality or access to any included digital components if book is purchased through a third party seller This innovative text delivers more than 40 evidence based teaching strategies that educators can use to engage nursing students and enhance their learning in a variety of teaching environments It provides a wealth of new teaching designs both novice and experienced faculty can use to inspire and motivate learners in the classroom through simulation online and in community or hospital settings Strategies developed by leading clinical nursing and health educators characterize nursing education as a dynamic and highly specialized field that stems from meaningful interactions between learners and educators For ease of comparison each practical teaching strategy is organized in a consistent format to include student centered competencies and nursing education accreditation standards The text also provides a template and a step by step guide on how to customize the strategies to fit the needs of learners and educators The designs include an emphasis on applications of technologically enhanced innovations in nursing education interdisciplinary collaboration and the use of the humanities and art This text answers the ongoing call for interprofessional education necessary to prepare the next generation of expert nurses in the rapidly changing environment of healthcare Key Features Evidence based research used in the development of each teaching strategy Groundbreaking practices in a variety of environments will challenge the discipline and spark additional innovations throughout nursing Each chapter provides optimal learning outcomes and teaching objectives preparation resources modules of implementation methods to evaluate the effectiveness of each strategy outlined limitations and accreditation standards Instructor's Manual included

The Essentials of Nursing and Healthcare Research Ruth Taylor, 2013-10-11 For some students research can be a daunting and intimidating topic when beginning your degree This lively book helps you understand why research is important gives a straightforward account of the essential knowledge that you will need and demystifies the language and process of research It focuses on the skills you will use throughout your degree and how research and evidence can make a difference to the world you will encounter in practice It outlines What research is Qualitative and quantitative approaches The practicalities of doing research Using evidence in practice The chapters are full of practical tools and draw on a range of student experiences making it the perfect textbook for undergraduates Ruth Taylor is a Professor of Nursing and Deputy Dean at Anglia Ruskin University

Nursing Informatics and the Foundation of Knowledge Dee McGonigle, Kathleen Mastrian, 2021-03-17 Nursing Informatics and the Foundation of Knowledge Fifth Edition is a foundational text for teaching nursing students the core concepts of knowledge management while providing an understanding of the current technological tools and resources available

Nursing Education Barbara Ann Moyer, Ruth A Wittman-Price, 2007-08-10 Whether you are new to teaching or an experienced educator looking for innovative techniques this new resource offers a wealth of theoretical knowledge and

practical guidance from a who's who of nursing education leaders From foundational concepts curriculum development and instructional principles and methods through intervention and evaluation methods for didactic and clinical settings to technology and visions for nursing education's future every aspect of teaching is covered in step by step detail Becoming a Reflective Practitioner Christopher Johns,2022-01-05 BECOMING A REFLECTIVE PRACTITIONER In the newly revised sixth edition of Becoming a Reflective Practitioner expert researcher and nurse Christopher Johns delivers a rich and incisive resource on reflective practice in healthcare that offers readers a diverse and expansive range of contributions It explores the value of using models of reflection with a focus on John's own model of structured reflection to inform and enhance the practice of professional nursing This book is an essential guide for everyone using reflection in everyday clinical practice or required to demonstrate reflection for professional registration Students will acquire new insights into how they interact with their colleagues and their environment and how those things shape their own behaviours both positively and negatively Readers will learn to look in on their thoughts and emotions and look out at the situations they experience to inform how they understand the circumstances they find themselves in Readers will also benefit from Thorough introductions to reflective practice writing the Self and engaging in the reflective spiral Comprehensive explorations of how to frame and deepen insights weave and perform narratives Practical discussions of how to move towards more poetic form of expression and reflecting through art and storyboard In depth examinations of the reflective curriculum touch and the environment and reflective teaching as ethical practice Perfect for nurses in clinical practice conducting research or developing their practice the latest edition of Becoming a Reflective Practitioner is also an indispensable resource for mentors and clinical supervisors post registration nursing and healthcare students and other healthcare practitioners **Successful Professional**

Portfolios for Nursing Students Suzanne Reed,2011-11-20 This book is a simple quick and easy to use guide to building a professional portfolio for nursing students Students are required by the NMC to keep an ongoing record of achievement to demonstrate their competence at each stage of their programme The portfolio is an essential part of the assessment of practice to demonstrate nursing competence This book gives a step by step and practical explanation of how to compile a professional portfolio to succeed in these assessments It can be used throughout nursing programmes and in initial nursing roles where portfolios are an essential tool for interviews and employee appraisals *Common Foundation Studies in Nursing E-Book* Jenny Spouse,Michael J. Cook,Carol Cox,2008-01-09 This title is directed primarily towards health care professionals outside of the United States Now revised and fully updated in line with developments in nurse education this fourth edition will prove indispensable to pre registration nursing students on the Common Foundation Programme It provides an essential guide to working in health care settings and prepares them for entry to their chosen branch programme It will also be of relevance to other health care professionals such as health care assistants An essential guide to working in health care settings for pre registration nursing students that prepares them for entry to their chosen branch programme

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Portfolios for Nursing, Midwifery and other Health Professions, E-Book Lynette Cusack, Morgan Smith, 2020-02-01

Portfolios for Nursing Midwifery and other Health Professions is a practical guide providing detailed strategies for developing a quality portfolio that will assist you to review your professional practice assess your learning and career planning direct your continuing professional development and effectively communicate your professional achievements

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Advanced Practice Nursing: Essential Knowledge for the Profession Susan M. DeNisco, 2023-02-07

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Developing Advanced Skills in Practice Teaching Anne Smith, Heather Bain, Kirsten Jack, 2008-11-28

This engaging book is written for Practice Teachers who need to educate and assess students at advanced level in the practice setting

Including contributions from a range of healthcare workers it provides Guidance on how to create a dynamic and effective experience for the learner

Support for the teacher including how

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Indirect Care Handbook for Advanced Nursing Roles Patti Rager Zuzelo,2018-08-27 Indirect Care Handbook for Advanced Nursing Roles Beyond the Bedside addresses the indirect care responsibilities that confront nurses in a variety of advanced practice roles

Bailliere's Study Skills for Nurses and Midwives Sian Maslin-Prothero,2010-01-21 Whether you are a first time student or returning to study it can seem very daunting This book can help you get the most from studying and shows how to make good use of your time and achieve success This 4th edition has been thoroughly revised and updated It demonstrates how to develop and build on existing strengths and experiences to get the most out of any course Using a down to earth and user friendly style it concentrates on what you need to know It can help you to get the most from reading and lectures access libraries use the Internet and databases develop IT skills learn through reflection develop a portfolio prepare assignments get the most from placements activities reflection points case studies annotated further reading useful websites This new edition reflects recent changes in nursing and midwifery policy and practice including aspects such as ePortfolios the European Computer Driving Licence and podcasts The majority of the chapters have been rewritten with either a student or a practitioner to reflect the need for greater evidence of practice and its importance to midwifery and nursing students More emphasis on clinical nursing and midwifery practise by relating skills to clinical placements and employment with a new chapter on Clinical Skills New chapter on Getting ready to study

Mastering Concept-Based Teaching Jean Foret Giddens,Linda Caputi,Beth L. Rodgers,2019-02-02 Get all the strategies and guidance you need successfully implement conceptual learning with Mastering Concept Based Teaching 2nd Edition Written specifically for nursing faculty renowned educators Dr Jean Foret Giddens Dr Linda Caputi and Dr Beth Rodgers walk you through the background and benefits of using a concept based learning approach how to plan develop and deliver an effective concept based course and how to improve and evaluate student learning with concepts This new second edition also features two new chapters one on how to conduct concept based clinical experiences and another chapter on the future of concept based interprofessional learning You ll also find updated content and more of the highly helpful Misconceptions and Clarifications boxes So whether you re teaching in an LPN ADN BSN or MSN program this insightful book is here to ensure a smooth execution concept based teaching Framework for developing a concept based curriculum provides guidance throughout the general steps associated with developing a CBC Strong foundation in how to teach within a concept based curriculum dives into the nature of concepts their function in the process of learning and the importance of being consistent in the selection and implementation of concepts Balanced teaching

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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

Issues in Nursing Research, Training, and Practice: 2013 Edition ,2013-05-01 Issues in Nursing Research Training and Practice 2013 Edition is a ScholarlyEditions book that delivers timely authoritative and comprehensive information about Nurse Practitioners The editors have built Issues in Nursing Research Training and Practice 2013 Edition on the vast information databases of ScholarlyNews You can expect the information about Nurse Practitioners in this book to be deeper than what you can access anywhere else as well as consistently reliable authoritative informed and relevant The content of Issues in Nursing Research Training and Practice 2013 Edition has been produced by the world s leading scientists engineers analysts research institutions and companies All of the content is from peer reviewed sources and all of it is written assembled and edited by the editors at ScholarlyEditions and available exclusively from us You now have a source you can cite with authority confidence and credibility More information is available at <http://www.ScholarlyEditions.com> **Nursing and Midwifery Portfolios** Kate Andre,Marie Heartfield,2011 The implementation of National registration requires

Australian and New Zealand Nurses and Midwives to perform annual Continuing Professional Development They must also document evidence of skills acquisition activities reflection identification and prioritisation of their learning needs in a portfolio With the global trend towards e Portfolios many higher education institutions encourage the use of e Portfolios as a tool to enhance learning and demonstrate career development Nursing and Midwifery Portfolios evidence of continuing competence 2e has been thoroughly revised with a focus on e Portfolios to provide tools to structure reflect plan develop and communicate professional achievements for nurses and midwives A new chapter on Reflection highlights the value of including reflection within portfolios as a critical element towards addressing learning needs for individuals Australian and New Zealand regulatory frameworks By providing direct application to the local regulatory context including applied examples this book gives the reader the opportunity to understand the perspective of their local regulator thus assisting them in producing a product that addresses the needs of the regulator A range of portfolio approaches Through understanding a range of portfolio approaches the reader can gauge which approach best meets their needs Examination of the nature and role of evidence This assists the reader to understand the need for a range of evidence and how the different types of evidence contribute specific aspects necessary to substantiate the broader argument of competence Through the use of quality evidence the reader can compile a more compact but effective portfolio Performance and career planning The direct link made in this book between portfolios performance and career planning means that the value of this book extends beyond being a tool for undergraduate and postgraduate students Rather this text is designed to assist a range of clinicians and managers in assisting them either plan their own careers or influence others in developing careers inline with the future needs of their organisation New information about e Portfolios A new chapter on Reflection Updated regulatory requirements for National registration Aligned to NMBA CPD standards Greater emphasis on evidence based practice Increased use of examples and case studies

Fundamentals of Paramedic Practice Sam Willis,Ian Peate,2024-03-13 Fundamentals of Paramedic Practice An indispensable guide for aspiring paramedics and emergency medical professionals Paramedic practice is swiftly evolving driven by changes in the paramedic curriculum To meet the growing demands of the community student paramedics and clinicians working in out of hospital care must stay abreast of this rapid evolution Fundamentals of Paramedic Practice Third Edition contributes to driving the profession forward and provides a comprehensive accessible text authored by experienced paramedics and academics This third edition has undergone comprehensive updates introducing new chapters that provide students and recently registered practitioners with a vital overview of the theory and practice of contemporary paramedicine This is an essential resource for the next generation of paramedics and out of hospital practitioners Readers of the third edition of Fundamentals of Paramedic Practice will find A multidisciplinary approach incorporating varied and dynamic research New chapters on subjects including end of life care domestic violence and paramedic wellbeing Learning activities to aid understanding and retention Fundamentals of Paramedic Practice Third

Edition is ideal for undergraduate paramedic and emergency care students as well as registered paramedics clinicians and educators

Critical Care Nursing Practice Guide: A Road Map for Students and New Graduates Elizabeth Simon, 2010-09-22 Critical Care Nursing Practice Guide A Road Map for Students and New Graduates is an essential step by step practical guide that helps new nursing graduates new critical care and nursing students assigned to intensive care units gain the confidence they need to provide optimal care to their patients This comprehensive text teaches inexperienced nurses how to systematically assess their patients plan individualized care implement therapeutic modalities with competence collaborate effectively and evaluate the effectiveness of nursing actions Covering areas such as how to begin organize prioritize analyze reason and decide in daily routines and emergencies in the critical care setting this book enables the novice to become an expert in the ICU Valuable features such as chapter objectives summaries and key terms are included

Nursing Education Perspectives, 2008

Critical Thinking and Writing in Nursing Bob Price, 2024-02-02 Critical thinking and writing is central to effective nursing practice Written specifically for nursing students this book offers practical guidance on what it means to think critically as a nurse and how to apply this to study and practice From critically reviewing literature for assessments to evaluating evidence to support decision making in practice the book provides a unique framework for developing essential critical skills Key features Each chapter is mapped to the 2018 NMC standards Includes new guidance on developing resilience reflective essays and practice templates and portfolios Filled with activities and student case studies demonstrating how to apply critical thinking and reflection in practice Innovative approach that introduces the different levels of critical thinking and reflection required of degree level study

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