

The Importance of Writing Reflections by Nurses

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A critical reflective practitioner is nurse who thinks critically about and reflects on her practices. A critical approach is the questioning on practicing, particularly the act which can be taken as broader perspective, in which the situation is learned and help to modify the practices for future correspondences.

During senior education practicum, along with continuity of academic learning, the opportunity explores how to improve the reflection writing. As a nurse, the expertise of writing reflection is significance to enhance writing skills. The Scenario, where routine feedback was provided by preceptor in constructive manner. In which she discussed how to write weekly reflective log in critical mode. The more emphasis was that reflection should be situation based where the role, feeling, perception and learning need to be draft in critical way, furthermore the literature review should be integrated to make log more effective and authentic.

According to Helen [1] reflection is like mirror, or puddles of water where the experiences are reflected critically. It allows nurse to improve their practices and integration of intellectually and effective manner. In addition, writing critical reflective can be challenge, as the positive events can be easy to write but writing the negative or destructive event need efforts to reflect which ultimately results in negotiating the future trial and errors and mal practices.

Reflection is like baking cake where it began with the wonders of ideas and reflecting in the light of literature which articulate theory into practices.

When I reflect back in the scenario, this has been learned that while constructing the log assumptions and speculation should not be included into reflections. It is also very necessary to reflect the situation appropriately. Moreover, it will allow nurse to reflect her practices critically where she can be as change agent and help to improve the quality assurance and services in the nursing profession.

Bibliography

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