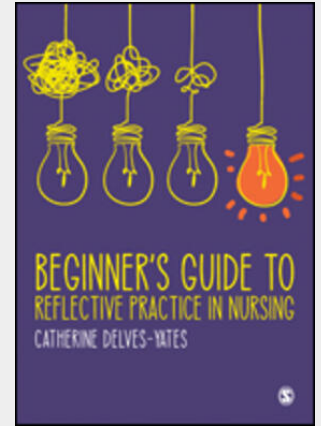


Beginner's Guide to Reflective Practice in Nursing

What is reflective practice and why is it important? How do I write my first reflection? Learn how to carry out reflective practice quickly and easily with this beginner's guide for nurses. Written for nursing students and registered nurses, this book helps build confidence in writing reflectively by using clear step-by-step guidance, insightful case studies, learning activities, and by addressing commonly asked questions from nurses and nursing students. The book has three sections; the first starts with a simple model to help students practice a first reflection and explains how to use reflection as part of assessed work at university. The second section focuses on reflecting in practice and finding the time to do it in busy work situations. The final section helps students to think more deeply about models and theories of reflection, to develop the skills they will need to pass the final year of their course. Essential reading for any nursing student new to reflective practice or registered nurse wanting to improve their reflective writing skills.



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