Reflective Writing

Name

Abstract

This reflective essay is a learning process as a registered nurse, which focuses on reflecting how I am able to learn Person-centered care, Clinical reasoning and RLT Model. The whole process is written through the use of Gibbs Reflective Cycle which allows to put various aspects into writing which I might have ignored without it.

Reflective Writing

Healthcare providers encourage people to choose and promote health care for themselves by collective efforts of themselves and health care professionals. This modern day approach focusing on people’s health by applying the Person Centred Care (PCC) shifts and increases the responsibilities of the healthcare providers, including the nurses, who need to adapt a more professional and skilled approach to work in partnership with the people (Tashiro et al., 2013). In this reflective account, I aim to analyse my experiences by using Gibbs Reflective Cycle as the chosen framework as this will help me to grow and develop continuous learning as a Registered Nurse, as at times my own ideas and ideas may challenge my ability to practice PCC in particular scenarios. In this semester, I attended tutorial classes, lectures and follow ups to gain understanding of Person Centred Care, its importance and role in patient care scenarios, and I also learned about how The Roper Logan Tierney Model assists as a guide to the chosen case studies through the weeks of tutorials covering the biological, psychological, sociocultural, politico-economic and environmental aspects. It assists in formulating a care plan for conducting patient assessments through assessment, diagnosis, planning, intervention and evaluation (Williams, 2015).

The Gibbs Reflective Cycle will help me in link the theory with practice through this case, evaluate effectiveness of how we approached the case and allow me to develop new ideas. This model has 6 stages: Description, Feelings, Evaluation, Analysis, Conclusions and Action Plan.

## Description

One of the case study which developed my concept of PCC, Clinical Reasoning Cycle (CRC) and RLT Model was on Jim, which we discussed in the class during week 9. I remember that out professor provided worksheets which aided in understanding the biological and psychological aspects of Jim’s case. I attended the classes, read the lecture slides and readings. It developed my understanding of the factors that affected Jim’s activities of daily living. Being poor, he had limited access to medical services which could lead to poor health outcomes while also living in an unsafe environment. The atmosphere and the household environment affected his activities of daily living. Jim does not understand the instructions from the staff because he is partially deaf. He lives in a remote area as a farmer and uses heavy machinery without any protection. He does not have basic necessities, like power, water and sewerage. It means he is open to environmental harm, injury through machinery, sun damage and has hearing problem. The CRC and RLT model help in understanding these factors related to Jim while it was for me to handle his case. The way I could decipher the information required from Jim’s case through listing and processing information, then identifying the issues and take action on them followed by evaluation of those actions.

## Feelings

I felt that during the learning process of CRC, PCC and RLT model, my concepts became clearer and it was easier for me to extract information from cases that would assist me in making an action plan to treat a patient. It was surprising for me to learn how these theories play a vital role in building actions of the nurses in promoting health of patients. My concept of nursing was limited to cleaning, dressing, prescriptions, physical injuries and routine check-ups. However, I now feel confident after learning these concepts for treating patients and my skills and knowledge have improved. From Jim’s case study, I learned that it is important to extract the information from the limited data available about patient. I have learned to critically analyse the situations and apply critical judgement before taking any actions.

##  Evaluation

The lectures and discussions have made my concepts clearer. The experience of working with others has given confidence in interacting and created patience of listening and communicating and developed team work, which builds a stronger relationship between patients and healthcare providers (Burzotta and Noble, 2011). I gained broader perspective about where I stand as a registered nurse. Prior to this learning process, I had little knowledge of PCC, CRC and RLT Model, but now my learning improved and has provided me with great insight. The process gave me opportunity to engage with others, while developing abilities to analyse, find cues about patient, plan appropriate patient care and build framework to provide healthcare services (Lambie et al., 2015). From Jim’s case, I concluded that, if I am unable to process the cues to Jim’s health and environment, he is at risk of having sun damage, further hearing problems, unhygienic conditions and farm injuries. To collaborate with Jim, I figured that I should be able to provide him education on his conditions and make him aware of the support services available to him, because he has limited understanding of the risks he faces and has little knowledge of farm safety. Providing information to patient and maintaining a culture of PCC in healthcare system, providing supporting programs and monitor PCC are the basic structural domains of practicing PCC (Santana et al., 2018).

## Analysis

The process of learning throughout the weeks in this semester has taught me how theory could be put in to practice. However, in the beginning, I was confused, as I was also focused on other assignments, but then I focused on class activities and extra readings. The RLT Model has taught me how to balance things while focusing on needs of patients and finding cues in their daily activities of life. The CRC has taught how to critically analyse particular scenarios and provide health care to patients with reasoning. The PCC has taught me how to put the needs of the patients as the foremost priority and apply a holistic approach towards providing them healthcare. While learning these aspects, I listened carefully to my professor, took notes and applied critical reasoning in Jim’s scenario. I did not draw conclusions by using my previous concepts, but used the concepts of RLT Model, CRC and PCC. It broadened my perspectives and gave me a clear vision as a registered nurse. Upon discussion with my fellows, I think that they have also gained from this learning process and have associated different feelings with it according to their experiences in life.

## Action Plan

As a registered Nurse, my action plan is to focus on continuous learning and developing my skills. During this programme, I will focus on team work, critical thinking and analyses, simulations and using the concepts of PCC, CRC and RLT Model. I will put more efforts in tutorials and lectures and also focus on extra readings. I will ensure that I do not assume things about patient and focus on listening to them and their needs. This will not only aid my healthcare perspectives, but also reveal important information about the patients leading to healthcare effectiveness (Santana et al., 2018). My goals should be to provide a transparent culture of safety to patients, to listen to them and provide them with a best healthcare services while collaborating with them. In relation to Jim’s case, my action plan would be that I will arrange supporting services to him and provide him awareness and education of the risks he is attached to and he can overcome them. It is important to inform him of his risks in order to collaborate with him. My priorities would be his needs and better health, confirming that he is well aware of the services he can avail and that I will guide him through.

## Conclusion

The activity of writing this reflection essay has provided me the art of critical judgement, clinical reasoning and applying a holistic approach towards patient care through PCC. The use of Gibbs Reflective Cycle has allowed me to successfully complete the purpose of writing this reflection by revealing my strengths and weaknesses as a nurse. This whole reflection and learning process has also aided me in conceptual development (Hussein, 2018) created self-awareness in me while revealing my identity as a nurse and boosting personal growth (Wain, 2017).

References

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