Nursing Gibbs Reflective Cycle

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**Introduction**

Nursing is a profession that requires continuous efforts and improvements in the delivery of healthcare services. It is a profession that demands the delivery of healthcare services in a socially safe and well-mannered way. Nurses provide healthcare services to persons, families and societies inside a range of health care settings such as hospitals, public health centres, and private practice. Though, nurses are skilled in the medical field, having graduate-level education, and are authorized to deliver patient care in an advanced and comprehensive way to ensure quality. However, it requires continuous struggles to improve their clinical practices (Saunders, Arnold, Seaman, Green, & Gullick, 2018). To work progressively in the nursing profession, Gibbs reflective cycle encourages nurses to improve, evaluate and analyze their healthcare and clinical practices.

# Description

The event I would be reflecting happened while I was attending my lectures in college during my graduation. I was attending my oncology lectures in my second year of college. We had many sessions with the teacher particularly on oncology such as stomach cancer and skin cancer. One of my colleague, Sema had noteworthy learning problems, additionally, she had difficulties with verbal communication. It was a time when I realized the importance of being completely well. A significant time of my college was spent in training and helping her during lectures and after lectures. However, she attended all of her lectures and we both qualified in the same year. She had problems with verbal communication that some tomes made me frustrated when I was not able to help her understand regarding lectures though she never complains. The graduation year was memorable when she said to me that it was me who made her nursing education to get completed otherwise she would have quit her education in the second year. She was so grateful and obliged that she completed her education because of me. Sometimes she becomes overstressed and depressed because of having difficulty in communication with others. The chief memories of graduation period were how we both used to communicate with others. She was compassionate and helpful and took great care of me during my graduation while I was her teacher and mentor as she usually called me a scholar.

# Reflection

Nursing takes a robust, smart, and empathetic person to work on the ills of the humans with enthusiasm and determination and effort to preserve the health of the communities. During my graduation period, I used to learn the most important lessons regarding the nursing profession, practices, evidence-based implications and importance of quality care. I choose to graduate in nursing because it is the most demanding and respectable profession in advanced countries including the United States, Australia and the UK. The curriculum and syllabus of nursing were extensive and I felt, it covered all significant areas particularly, evidence-based practices, nursing diagnosis, and implications (Husebø, O’Regan, & Nestel, 2015).

Before friendship with Sema, I had regular classes but never noticed Sema in my classes as we have more than 60 classmates. One day I was late in the class and fund a seat next to Sema and that day become the most memorable day of my life and I found a true friend for life. Before this event, I always have feelings of worthlessness and insignificance. I used to discourage myself all the time, then I met Sema and she made me realize my importance. The feeling of pride and helping someone is worthy and I have no words to describe it. Her friendship was incredible and I would not be able to find another friend like her. Helping and assisting someone is a feeling of pride and self-importance as well as self-satisfaction. Because of me, she completed her education in nursing and onwards she would be able to help communities. We both became a strength for each other during our graduation years to complete our education successfully. Her friendship also helped me to understand the difficulties of patients and individuals having complications in communication.

I believe in continuous improvement to excel in the field of nursing to deliver and provide competent healthcare services to the communities. Several areas were covered in our course like administration, nursing informatics, women's health. OR and emergency healthcare services were also part of the course and my entire course was comprehensive, broad and it covered all sections of healthcare to train and educate me the main concepts and theories that are significant in nursing practice. I have learned that nursing is a discipline which involves pathogenesis, diagnosis, treatment mechanisms that need special attention, proficiency and expertise to deliver accurate and precise services.

# Evaluation

The assessment of courses and nursing training is a research arena that is challenging for various researchers to improve and advance nursing practices. Different methodologies, education systems and training modules need changes to advance healthcare practices. The syllabus is designed to improve healthcare practices and primary care practice is added in the course to train, educate and deliver meaningful knowledge to the students. The curriculum and courses designed significantly improve healthcare practices of learners. The courses are specifically designed to promote and improve the counselling and educational skills of students about healthcare practices (Husebø et al., 2015). In reflection, the experience had best and proud elements which ultimately led to an amplified knowledge of self-worth and the profession that I was going to join shortly. The role I will be playing as a nurse during my practice would be more important for me as I have learned and have sensed the feeling of helping someone. My role was to deliver lectures in her understanding way so that she can understand the lectures and theories related to nursing course. My role, duties and particularly practice would excel and shine in future. I would be more helpful in understanding patients and individuals during my practice in the healthcare profession.

Overall the course validates appraisals for the governess to facilitate students so that they can excel in health education and promotion. Also, it provides information and knowledge regarding fortification and prevention of diseases and disorders from communities. The lengthy course duration is often boring for students however it teaches widespread dimensions of nursing practice (Saunders et al., 2018). Assessments, examinations and evaluation processes by the teachers are predominantly for the enhancement of nursing practices. The course predominantly covers all sectors of healthcare including pediatrics, nursing care, geriatric care, provision of safe, secure and quality services to the communities. Also, it provides information and skills for health promotion and care plans.

# Analysis

The preparation and development of a specific subject using effective methods is a policy worth stating as it delivers the setting to organize clear, objective, comprehensive and complete syllabus for graduates. The information and knowledge shared through books and curriculum need some amendments. First of all, the updated research should be a part of the course and syllabus covered in nursing graduation. The course prescribed in graduation is quite extensive the healthcare field demands it though (Saunders, Arnold, Seaman, Green, & Gullick, 2018). Studies have shown that teaching with dedication is specialized training that is predominantly required in the nursing profession. Students would be able to take part in leaning if instructors show empathy and dedication in training sessions (Saunders et al., 2018). It was observed in courses that most of the lectures are delivered in a very uninteresting way that makes it difficult for students to take an interest. Empathy, dedication and commitment from the teaching staff and to promote teamwork and group work in a nursing course is significant to achieve objectives of the course.

People having learning difficulties are not easy to handle and the chief problem with them is how to communicate with them. The healthcare profession is a field where nurses have to understand and acknowledge people and communities with difficulties and diseases. Nurses must develop a strong patient-nurse relationship to communicate and help patients. Nurses do not have time to relax and to stay in comfort zones (Saunders et al., 2018). Nursing graduation course was all about learning and educating nurses to become expert in nursing practice. Every course, subject and part of the lesson was to educate and train nurses regarding professionalism and healthcare practices. The courses need to change a bit like advancement and development according to the new research and practice. According to Tracy Levett-Jones, the evidence-based curriculum should be designed to make sure that healthcare providers are equipped to deliver safe and effective services (“Tracey Levitt Jones - Google Search,” n.d.). Teaching Students needs additional attention and efforts from teachers to become competent in healthcare practice. Advocacy and encouragement during entire studies are essentially important to deliver lectures to students that can cover significant areas of practice.

# Strategies for Practice

Healthcare practices should be forwarded in a direction that promotes prevention and anticipation of communicable and non-communicable diseases from communities (Saunders et al., 2018). The courses and syllabuses should be designed in a way that promotes and encourage nurse healthcare professionals to predominantly focus on the provision of primary care. Nurses should be encouraged to take appropriate steps in accountability, decision making and assimilation of research to promote accurate and precise healthcare delivery (Saunders et al., 2018). Code of ethics, informed decisions and autonomy of the patient should be respected at any cost in healthcare facilities. Syllabuses and curriculums should be developed that they include as much practical training as possible to facilitate students' real-time situations to learn effectively.

Nursing profession and syllabus should discover advanced therapeutic techniques to promote health for all. Affordable and cost-effective therapeutic techniques should be encouraged. Future practice should be developed and progress according to the new technology such as the introduction of health IT and electronic health record. Healthcare entities should be developed and advance itself according to new research and new methodologies should be introduced in the practice (Saunders et al., 2018). Teaching methods such as practical training sessions should be added in the course predominantly to help future nurses to excel themselves in the respective field. New technology and advanced methods of evidence-based practice can expressively equip nurses and healthcare providers to deliver services particularly care and quality. Safe and quality care delivery are the main elements of healthcare and nursing practice.

# Conclusion

Healthcare practices and training courses can play a dominant role in the promotion of health among communities. Patient-centred approaches and advanced evidence-based methods should be adopted in health care facilities. Cost-effective treatment and management are essentially required to decrease the burden of diseases from communities, which is only possible with the provision of health education and promotion. Nursing course and syllabus are essentially prepared according to the needs and requirements of future practice.

**References**

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