



A NEW EDUCATIONAL APPROACH - REFLECTIVE PRACTICE IN NURSING EDUCATION

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Article Received on 10/12/2021

Article Revised on 31/12/2021

Article Accepted on 20/01/2022

ABSTRACT

A nurse educator has an important role in transforming a novice to an expert. Reflective practice is one of such innovative teaching methodologies, which helps in improving the competency of the students. These competencies can be practiced to nurture student's capacity and upgrade their learning skills. Moreover, reflective practices help the professional to improve oneself as an expert by investigation of knowledge, skills, values, beliefs and practices.

KEYWORDS: Reflective Practice, Nursing education, educational approach.

Jessalyn F. Barbour aims to analyze the benefits of reflective pedagogies. The researcher selected 18 RN to BSN students of a private university in Baltimore as study samples. A descriptive phenomenological study was done after implementing an online course prior to the data collection. The data collection tool had 2 open ended essay questions. The subjects were asked to respond as typed essays. The responses were interpreted and analysed by research consultants.

After investigating the guided impression of the samples, the researcher interpreted 3 significant topics. The results incorporate as, **a) Nurses reflecting in real-life:** The participants depict the circumstances in which they reflected while working by solving moral and ethical issues and in managing troublesome circumstances. Reflection in action also helped the subject to improve decision making abilities, advocacy for patients, individualized nursing care and bridging theory to practice. **B) Reflection has an influence in retrospective activities:** Many participants expressed that this activity has an influence in to their training strategies in the future, which in turns improved their future nursing practice.^[1] This also helped the students to analyse themselves and strengthen their confidence.^[2] Moreover, this reflected on their activities lead to higher calibre in delivering holistic care for the patients. On the other hand, the researcher could identify a few **c) evident barriers:** lack of time and independence, dread of emotions and self-exploration. In fact, these limitations and barriers are hard for the nurses to overcome, especially when they are in-experienced and have limited tools available for reflective practices.^[1]

To put in a nutshell, reflective innovative teaching methodology ought to be incorporated in nursing educational programme. This study explains the potential of this pedagogy in improving training and practice. Nurse educator must focus on providing the students a protected space for reflection and creating capabilities to upgrade learning. In reality, curriculum which is integrated with reflective pedagogies creates experts in the profession.^[3,4]

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