

REVIEW PAPER

The Importance of Reflective Practice in Nursing

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Abstract

Reflection is an essential attribute for the development of autonomous, critical, and advanced practitioners (Mantzoukas & Jasper, 2004). According to Chong (2009), "Reflective practice should be a continuous cycle in which experience and reflection on experiences are inter-related" (p. 112). Studies have shown that nurses who take the time to reflect on their daily experiences provide enhanced nursing care, have a better understanding of their actions, which in return develops their professional skills (Hansebo & Kihlgren, 2001). Reflective practice is the ability to examine ones actions and experiences with the outcome of developing their practice and enhancing clinical knowledge. Reflective practice affects all levels of nursing, from students, to advanced practice nursing students, as well as practicing nurses. Reflective practice is an important component of the nursing curriculum. Research has shown the relationship between student nurses and their mentors is vital. In order for reflection to be effective open-mindedness, courage, and a willingness to accept, and act on, criticism must be present (Bulmam, Lathlean, & Gobbi, 2012). This paper will explore the current literature and implications related to reflective practice in nursing.

Key Words: Caring, Reflection, Nursing, Reflective practice, students