

## **Reflective Models for Nursing: An Overview**

Nursing is a challenging profession that requires constant self-evaluation and critical thinking. Reflective practice is a key aspect of nursing education and professional development. Reflective models are used to guide nurses in the process of reflecting on their experiences, identifying areas for improvement, and developing strategies to enhance their practice. This essay will explore the various reflective models used in nursing and their relevance to professional practice.

The Gibbs Reflective Cycle is one of the most widely used models of reflection in nursing. It is a six-step model that includes the following stages: description of the event, feelings and thoughts, evaluation of the experience, analysis of the situation, conclusion, and action plan. This model is popular because it is simple to use and can be adapted to different situations.

The Johns Reflective Model is another popular model used in nursing. It consists of three phases: returning to the situation, attending to the experience, and re-evaluating the experience. This model is particularly useful for nurses who have had a difficult or challenging experience and need to reflect on it in a structured way.

The Rolfe Reflective Model is a three-stage model that includes returning to the experience, attending to the experience, and re-evaluating the experience. This model is useful for nurses who want to reflect on a specific aspect of their practice or experience.

The Borton Reflective Model is a three-stage model that includes the following stages: what? So what? Now what? This model is useful for nurses who want to reflect on a specific situation or event and develop an action plan to improve their practice.

Each reflective model has its own strengths and weaknesses, and nurses can choose the model that best fits their needs and learning style. Reflective practice is an essential component of professional practice for nurses and pharmacists. It provides opportunities for personal and professional growth and enhances the quality of patient care.

In conclusion, reflective practice is a critical component of nursing education and professional development. Reflective models provide a framework for nurses to reflect on their experiences, identify areas for improvement, and develop strategies to enhance their practice. The various reflective models used in nursing have different strengths and weaknesses, and nurses should choose the model that best fits their needs and learning style. Ultimately, reflective practice helps nurses to provide high-quality patient care and improve their professional practice.