S P E C I A L   A R T I C L E

Reflection in and on nursing practices- how nurses reflect and develop knowledge and skills during their nursing practice

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ABSTRACT

Introduction: This paper present some theoretical foundations for reflection and also present some findings from some studies including nurses' reflections in and on nursing practice in various areas of nursing care.
Aims: The aim of this paper was to critically discuss and analyze the application of reflection to nursing practice and how it could become visible and understandable.
Method: A secondary analysis was performed on some studies whereas the author had been involved in. This secondary analysis on all data focused on identifying reflection in nursing practice.
Results: Data was abstracted and analyzed in order to making reflection in nursing practice visible. The results show that reflection in nursing practice could be identified as reflection on action, reflection in action and reflection as self-discovering. Sometimes the nurses made good caring activities by intuition; they made some actions that they by experiences knew will function, but they had difficulties to verbalize this, in other words; they have what we call silent knowledge.
Conclusion: Using reflections can access our theories in use so enabling others to learn. In this way the risk of taking practice for granted has the potential to be reduced. So what nurses' do- can be explored and shared – nurses can share and develop knowledge and experiences- nurses will be able to learn from each other as well as from ourselves.

Key words: reflection, nursing practice,