

the department was extremely busy. The main help would have been the patients' notes. This would have enabled the current staff to view what had occurred in the triage report.

The writer participated the information with fellow students, and discussed feelings in the hope they would be more prepared for their first emergency. This has been an excellent learning curve. Driscoll (2000, p24) says the practitioner must expose, confront and understand the differences between what is practiced and what is desirable.

Ghaye, Gillespie and Lillyman (2000, p35) discuss that all sorts of things happen to nurses, some good, some bad. Nursing is an emotional roller coaster that can be hard work, requires watchfulness, can be tiring and an emotional strain. With reflection, situations can be analysed to enable one to get through situations, either good or bad and get the most from them possible for use in future happenings. Taylor (2001, p11) includes that this critical thinking is the examination of ideas, issues, conclusions, beliefs, principles and actions.

Hogston et al. (2002, p398) says that reflection "seeks to identify the true value and meaning of our actions in order to quantify, enhance or discard them and to enable us to replicate them appropriately to their best effect in future interactions". It is about becoming aware of how we learn, how this affects what we think, feel and do.

It has been realised, from this experienced that students are often left with tasks to perform, but are not told anything about the situation. The nurse then will disappear with the announcement that they will be back soon. Then, as the student is in view the doctor will ask information from them, as happened in the above scenario. This will certainly not happen to the writer again.

In the future the writer will be move forthcoming when patient information is needed, and definitely more aware of the situation as a whole, not just the part being attempted to perform. Becoming more self-aware seems to be a very important concept to nursing practice. Driscoll (2000, p17) states that reflective learning will help you become more self-aware in your clinical practice.

Perry (1997, p35) includes that reflective tools such as Johns model of structured reflection assist to uncover the influences in practice, and help practice to become more effective through the provision of challenge and support. This tool has been helpful in analysing the experience, and drawing on different and new feelings, it is building on them for the future.

Reflecting on this situation found there was many weaknesses in knowledge and skills. To encourage these weak skills to strengthen, time has been spent working in the resuscitation department to ensure correct and safe practice will be delivered in future situations.

Reference List

Beers, M. & Berkow, R. (1999). The Merck Manual. (17th ed). Philadelphia: National Publishing Company