

Unveiling the Extraordinary Journey of a Nurse: Exploring the Profound Highs and Lows in "One Man's Journey Through the Nursing Life"

Embark on a captivating literary journey with "One Man's Journey Through the Nursing Life," an intimate memoir that unveils the extraordinary highs and profound lows of a nurse's life. Written with raw honesty and heartfelt introspection, this book transcends the realm of healthcare and delves into the universal human experience of triumph, adversity, and the indomitable spirit that endures.

A Nurse's Heart: A Crucible of Emotion





Oh, Nurse!: One Man's Journey Through the Nursing Life, a Personal Account of the Highs and Lows

by David Daniels

★★★★☆ 4.1 out of 5

Language : English
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X-Ray : Enabled
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Nursing is an occupation that demands not only technical expertise but also a profound level of empathy, resilience, and compassion. In "One Man's Journey Through the Nursing Life," the author immerses us in the rollercoaster of emotions that nurses navigate daily. From moments of immense joy and fulfillment to the depths of despair and heartache, we witness the transformative power of caring for others while grappling with the weight of life's inevitable challenges.

Navigating the Highs: Triumphs and Celebrations



The narrative celebrates the indomitable spirit of nurses who rise above adversity, making a tangible difference in the lives of their patients. We share in the author's triumphs—from witnessing the miraculous recovery of a critically ill child to the profound gratitude expressed by those they have helped. These moments ignite a sense of purpose and reaffirm the transformative nature of nursing.

Confronting the Lows: Loss, Grief, and Burnout



"One Man's Journey Through the Nursing Life" does not shy away from the inevitable lows that accompany a life in healthcare. The author courageously confronts the emotional toll of witnessing suffering, loss, and the complexities of life and death. We witness the struggles of nurses as they grapple with burnout, compassion fatigue, and the weight of carrying the burdens of others.

A Call to Empathy and Understanding



Through the author's personal account, "One Man's Journey Through the Nursing Life" underscores the importance of empathy and understanding for nurses. The book sheds light on the challenges they face and advocates for increased support, resources, and compassion for those who dedicate their lives to caring for others. By fostering a deeper appreciation for the nursing profession, we can empower nurses to continue providing exceptional care while also protecting their own well-being.

A Journey of Self-Discovery and Transformation

Clinical Reflection: The experience of Nursing Students in the Obstetric Unit

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Abstract

Background: The reflective journal, a tool for student learning that helps students reflect on and synthesize clinical learning in their own words. It also helps in better understanding of clinical practice as well as understanding of what they experienced and learned, provided the clinical experiences are not available for every student all the time. The outcome is to assess the usefulness of the students and facilitate the ability of the experience to enhance clinical experience for individual students based on their learning gaps.

Method: Reflection journals of 30 nursing students from fall and spring 2015–2016 assigned to their Obstetrics clinical placement were analyzed. Of them, 12 were interviewed face to face and were asked to verify their reflections in the postpartum, labor and delivery, antepartum, and neonatal intensive care unit (NICU). Interviews were digitally recorded and transcribed verbatim. A qualitative phenomenological approach was used to explore the lived social process, which attempts to understand student nurses' experience regarding clinical reflection as a clinical process and how it fits in a description of what is happening in an understanding of a situation by which it happens.

Results: The findings of this study have the potential to contribute new knowledge regarding the process of experiential learning using reflection. Through reflective journaling, nursing students in their obstetric clinical rotations demonstrated a variety of skills and competencies in developing confidence and knowledge in practice.

Conclusion: Reflective journaling is an educational strategy for facilitating learning in the clinical practice setting. The use of reflection addressed maternal-child nursing content was the most used in the journaling. The journaling also facilitates the nursing students' learning and progress towards building confidence and knowledge, which are main components in providing quality of care.

Introduction

Nursing students' reflective journaling has become established as a significant part of their learning process and vital to the concept of learning from experience. Students are made to the reflective practice because of the capacity to reflect on learning to develop the ability to critically think and analytical abilities, which contribute to their development as professionals, enable necessary and ongoing communication to be made between different aspects of education, and to understand how to manage their own learning. All of these are qualities to be recognized in excellent students. Therefore, this study considers the effectiveness of reflective journaling in the obstetric practice setting as a method to its use right at a data source and as an analytical process.

The aim of the current study was to explore the journaling practice by nursing students while on their obstetric clinical placement at Saint Joseph's College, University of Missouri, St. Louis during fall 2015 and spring 2016. The study was to determine the social reflective practice as an educational strategy for facilitating learning in the practice setting and level of reflection achieved.

This study is based on the current and previous experience of students in the Obstetric Unit and assigned by nursing students. In the clinical work, through an interpretive and descriptive approach, the experiential and contextual aspect of the learning and learning difficulties and the use of reflective journaling has been explored. Data has been gathered from written reflections and interviews of nursing students' experiences during clinical rotations in the Obstetric Unit.

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The reflective journal, a tool for student learning that helps students reflect on and synthesize clinical learning in their own words. It also helps in better understanding of clinical practice as well as understanding of what they experienced and learned, provided the clinical experiences are not available for every student all the time. The outcome is to assess the usefulness of the students and facilitate the ability of the experience to enhance clinical experience for individual students based on their learning gaps.

Review of the Literature

Reflective journal writing has frequently been used in nursing and other health care fields as an educational approach to promote reflection and learning readiness. Studies on reflective journaling as a learning strategy for nursing students in clinical practice are limited in the literature.

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Beyond the experiences shared in the hospital setting, "One Man's Journey Through the Nursing Life" is a compelling story of personal growth and transformation. The author's journey serves as a testament to the power of resilience, self-compassion, and the transformative nature of embracing challenges. Nurses, and indeed all who read this book, will find inspiration

in the author's ability to navigate the highs and lows of life with grace and determination.

A Valuable Resource for Nurses and Healthcare Professionals



"One Man's Journey Through the Nursing Life" is not only a captivating read but also a valuable resource for nurses and healthcare professionals. The author's insights into the emotional realities of nursing offer valuable

guidance and support for those navigating the complexities of the profession. The book also provides a unique perspective for healthcare administrators and policymakers, highlighting the importance of fostering a supportive work environment that values the well-being of nurses.

"One Man's Journey Through the Nursing Life" is a powerful and poignant memoir that invites us into the extraordinary world of nursing. Through the author's personal account, we gain a profound appreciation for the highs and lows, the triumphs and heartbreaks that nurses experience in their daily lives. This book not only sheds light on the challenges faced by healthcare professionals but also serves as a testament to the indomitable spirit and unwavering compassion that define the nursing profession. Its pages will resonate with nurses, inspire empathy and understanding, and ultimately empower us all to value and support the invaluable work that nurses do.



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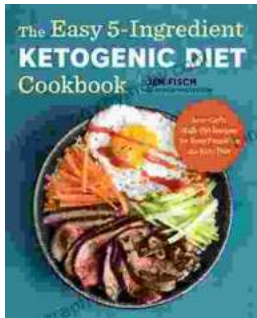
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