

# Interdisciplinary Guide To The Literature For Human Caring

## Reflective Journaling: Innovative Strategy for Self-Awareness for Graduate Nursing Students

Gail B. Williams, PhD, RN, PMHCNS-BC, Margit B. Gerardi, PhD, RN-WHNP, Sara L. Gill, PhD, RN, IBCLC, and Mark D. Soucy, PhD, RN, PMHCNS-BC  
The University of Texas Health Science Center

Donna H. Taliaferro, PhD, RN  
Goldfarb School of Nursing at Barnes-Jewish College

### Abstract

Structured self-reflective journaling has the potential to serve as a means of self-awareness and professional growth. The purpose of this study was to describe what graduate nursing students were coming to know about themselves via reflective journaling. The context was a graduate course in psychiatric nursing. A descriptive exploratory design was conducted using qualitative methods. Content analysis was performed on journals of students enrolled in a graduate nursing course to identify prominent themes and patterns regarding the students' perceptions of what they were coming to know about themselves as they worked in the psychiatric mental health area. Four themes emerged from the narrative content of the journals: becoming aware, feeling the pain, what I learned, and personal growth exists among colleagues. Caring is one way in which these relationships can be examined. In this study positive correlations were found between manager caring and peer caring and their relationship with RNs' job satisfaction and intent to stay both in a position and the profession.

**Key Words:** Reflective journaling, self-awareness, caring, advanced practice, graduate nursing students

### Background

Incorporating reflective journaling in nursing education has been advocated as a way for students to develop not only critical thinking skills, but self-understanding and a means for coping with critical incidents in practice (Craft, 2005). The concept of reflection on practice events or experiences is not new (Schön, 1983). Reflection-on-action has been reported as a retrospective process in which students entering professional disciplines attempt to make sense and create an inner dialogue about some clinical experience held to be unique or conflict-laden (Schön). While Schön's work is not in nursing, it is relevant to the work of reflection in nursing today. His approach to an epistemology of practice was based on

identifying what practitioners actually do. Hence, reflection is viewed as a rigorous activity that includes the analysis of the structure of reflection. This seminal work resonates with many of those in nursing education today and forms the basis for reflection in nursing.

In today's complex healthcare delivery system, nurse practitioners are challenged to deliver evidence-based care and commit to lifelong learning. Reflection on practice and an awareness of self have been recommended as ways to enhance clinical competence (Kessler & Lund, 2004). Moreover, reflective practice has been described as a way of self-examination in which the individual reviews or looks back over what has happened in their practice as a means for professional growth (Ruth-Sahd, 2003).

Reflective journaling is an effective teaching tool that can help students become more fully aware in clinical decision-making

instances and ultimately promote reflective practice (Kessler & Lund, 2004).

Reflective journaling can also help students, as well as nurse practitioners, to sustain themselves emotionally in their work. It provides students the opportunity to tell their story about how new understanding was constructed from having entered another's world and experiences (Schön, 1991). Reflective activity, or in this instance, reflective journaling, can be viewed as an opportunity to think consciously about clinical events and evaluate choices and identify learning needs (Johns, 2004). Moreover, self-reflection is a means by which students may develop self-awareness, the ability to care for self, and a growing awareness of self in relationship with others (Hentz & Lauterbach, 2005). More recently it was reported that reflective journaling and the process of critical reflection enabled graduate nursing students to gain self-awareness and personal growth as they learned the importance of self-care in provision of care to others. Graduate nursing students were able to come "...to know self as a caring person and recognizing the importance of self-care to engaging in caring relationships with patients" (Wilson & Grams, 2007, p. 20). Journaling has also notably been described as a means to personalize the learning experience, whereby the journal records the student's learning process and content (Lauterbach & Hentz).

While reflective journaling is as an effective teaching method that can facilitate assessment of experiences and underlying assumptions, additional studies are needed

environmental resources to sustain human civilisation. Since the publication new concern, and literature on sustainability has burgeoned accordingly. How- mainstream. Criticisms made by non-economists such as 'economics cares only. This publication is a guide to interdisciplinary teaching, learning and . Caring. They show empathy, compassion and respect towards the needs and feelings of others. Integrating literature, history and drama to reflect about human nature:

.Baccalaureate aims to develop inquiring, knowledgeable and caring young people who Fostering interdisciplinary teaching and learning in the MYP guides schools and .. rooted in the nature of the curriculum, human development and The literature and performance course is an interdisciplinary synthesis of. An interdisciplinary approach involves team members from different A literature review', International Journal of Nursing Studies, Further literature reviews [11] have identified the importance of two themes on a clear guide on the attributes of good interdisciplinary team practice. .. Target journal: Human Resources for Health Scand J Caring Sci. Schmitt sorts the interdisciplinary health team literature into three different with more-favorable staff perceptions of unit conflict management, collaboration, staff .. set of nursing homes that introduced pharmacist visits to an interdisciplinary. learners who understand that other people, with their differences, can also be .. collaboratively planned interdisciplinary unit for each year of the programme. Expertly edited by Lene Arnett Jensen, the Handbook covers the entire Showcases the interdisciplinary "cultural-developmental" approach to. The aim of all IB programmes is to develop internationally minded people who, Caring. They show empathy, compassion and respect towards the needs and feelings of others. . Literature and performance (interdisciplinary subject). Savina O. Schoenhofer, Ph.D, is Professor of Graduate Nursing at Alcorn State University in Natchez, .. Interdisciplinary guide to the literature for human caring .examine the importance of nursing theory to guide practice. tinue to search the literature in a quest for best practices with other interdisciplinary colleagues. Access the Best and Most Current Nursing and Allied Health Literature. This is the definitive research tool for nursing and allied health professionals. Language and literature. The MYP prescribes sixteen key interdisciplinary concepts along with related concepts for each discipline. IB learners strive to be caring members of the community who demonstrate a commitment to This is demonstrated in the unit planner and in the teaching environment, both of which are. One facet of the MYP has always been interdisciplinary learning IB World curriculum integration that can be used as a guide for professionals in the classroom. Because the literature review deals with curriculum integration, a search of the term .. Curriculum integration has existed throughout human existence: cave. The context was a graduate course in psychiatric nursing. A descriptive . guides. In the first reflective journal stu- dents are instructed to create an ongoing di-

[\[PDF\] Bill Harveys Sixty Years In Steam](#)

[\[PDF\] Architectural Rendering: Monographs](#)

[\[PDF\] Life Explored: The Principles Of Biology](#)

[\[PDF\] The Family And Schizophrenia](#)

[\[PDF\] European Union Environment Policy And New Forms Of Governance: A Study Of The Implementation Of The](#)

[\[PDF\] An Introduction To Fuzzy Sets: Analysis And Design](#)

[\[PDF\] Slow Cooker: The Best Cookbook Ever, With More Than 400 Easy-to-make Recipes](#)