KTO KARATAY UNİVERSİTY

FACULTY OF HEALTH SCİENCES

NURSİNG PROGRAM

CLİNİCAL REFLECTİON GUİDELİNES

Dear Students,

Clinical reflection is a process in which an individual concentrates all their thoughts on a problem, thinks about an issue in depth, and critically examines it. In this process, the individual analyzes their own actions, thoughts, and feelings, as well as those of others involved in the situation, and reaches a conclusion.

Writing a clinical reflection is one of the learning tools that supports the development of students' professional skills. Therefore, you are expected to write a one-page clinical reflection report structured under the following headings: Why is this topic important? Description of the situation, Situation analysis, and Action plan.

GUIDELINE

Please recall an event that affected you, made you uncomfortable, or excited you, and write about it in a clear, concise, and understandable manner. While describing your experience, consider the following principles (the event you write about must be one that you personally experienced; it should not be an event you witnessed, observed, or heard about).

1. **Why is this topic important to you? Write briefly.**
2. **Description of the situation**
    - What happened? When did it happen? Where did it happen?
    - What was the environment like where the event took place (temperature / sounds / verbal and nonverbal communication)?
    - Who were the people involved in the event?
    - How did you feel at that moment? How might the other people have felt? How did you understand this?
    - What did you think at that moment? What might the other people have thought? How did you understand this?
    - What did you do at that moment? What did the other people do?
    - What were your physiological reactions at that moment? (e.g., my face flushed, my heart was racing)
3. **Situation analysis**
    - Why did you behave or think in this way? (What knowledge, values, beliefs, impulses, prejudices, or experiences influenced you?)
    - Why might the other people have behaved or thought in this way? (What knowledge, values, beliefs, impulses, or prejudices might have influenced them?)
    - Was this situation positive or negative for you and for others?
    - What knowledge, if you had had it, could have led to a better or different outcome? What resources (articles, books, mentor/supervisor) do you need to obtain this knowledge?
    - How could you have behaved differently to achieve a better or different outcome?

- How were you and/or others affected by this situation? (social, cultural, professional, ethical, legal, political, etc.)
- How do you feel and what do you think about this situation now?Bu durum konusunda şu anda ne hissediyor, ne düşünüyor olabilir?

4. Action Plan

New approaches you have identified:

Approach	Purpose	How it will be implemented?	Who will implement it	When will they implement it?