

Two extracts from a very well written critical reflection:

Conducting a critical analysis of the two studies above made me realise the importance of continuous learning. Lifelong learning is advocated by the NMC (2015b) who state that skills must be maintained to facilitate safe practice. This encouraged me to ensure I participated in all scenarios where ECGs were being recorded and interpreted. Initially, this was quite daunting as interpretation was generally performed by the ward doctors and specialist nurses. However, as emphasised by Mukherjee (2017), I learned that regularly participating in a procedure increased my confidence; both in my own practice and in working with a team. Through this process, I realised that I must be prepared to challenge myself and take part in procedures that I find difficult in order to increase my own learning and therefore my ability to safeguard my patient. Gaining this knowledge meant that I was more proactive whilst on my placement. I asked my mentor for permission to attend a greater number of ward rounds with the doctors where ECG interpretation was discussed. I also volunteered to perform ECGs when I knew they would be required and challenged myself to look at the ECG reading each time I performed an ECG. Importantly, I ensured that I discussed the ECG readings with the ward doctors who were able to check my understanding and explain the reading to me.

Commented [h1]: Clear steps to enhance the nursing practice are identified. Also, supportive citations are included.

The study by Meier et al. (2016) taught me that obtaining knowledge of ECGs could be achieved in a variety of ways. As a result, I considered my own learning and talked to my mentor about ways of improving my own skills. I decided that to become comfortable with ECG readings I would look at as many as possible and was encouraged by my mentor to compare ECGs performed on the same patients over a period of time. Moreover, I found literature relating to the effectiveness of online learning (Pereira et al., 2017) and found a website that provided practice tests in ECG interpretation. This was very useful in allowing me to look at ECGs and gave me an opportunity to interpret them in my own time and find the correct answers without always needing assistance from my mentor or other ward staff. Through increasing my theoretical knowledge, I felt more confident in my own ability to interpret ECGs, which in turn enhanced my ability to safeguard patients.

Commented [h2]: Clear reflection with appropriate and evidence-based steps are identified. Effective demonstration of increase in learning.