

Nursing Reflection Example (Johns' Model of Reflection)

Description: During an evening medication round, I observed another nurse administer oral medication to a patient without checking their identification band. The patient appeared familiar to her, and the dose was correct, but the verification step was skipped. I felt uneasy but didn't intervene at the moment.

Initial Reaction: My first thought was that it might be harmless since the nurse knew the patient well. Still, I felt a knot in my stomach. My training kept repeating in my mind: identity checks prevent medication errors. I wanted to speak up but froze, afraid of seeming disrespectful.

Analysis: The event ended safely, yet it revealed a weakness in my professional behavior. By staying silent, I failed to act as an advocate for the patient. Even small shortcuts, like skipping ID checks, can open the door to serious mistakes. That thought stayed with me long after the shift ended.

Insights: I realized that ethical practice requires both competence and courage. Following procedure isn't about mistrust, it's about protecting the patient and maintaining standards that keep everyone safe.

Action Plan: I plan to attend a session on professional communication and assertiveness in clinical settings. In the future, I will calmly address similar issues and remind colleagues about safety protocols. My goal is to raise safety concerns early, without hesitation.

Self-Awareness: I understood how authority and experience can silence less confident nurses. My hesitation came from fear of judgment, not from lack of knowledge. Recognizing that helps me find my voice and use it when safety is at risk.

Connection to Professional Standards: This reflection aligns with professional codes that stress accountability, advocacy, and adherence to safe medication practices. Raising safety concerns and following verification procedures are core duties of every nurse.