

## Nursing Reflection Example (Kolb's Experiential Learning Cycle)

**Description:** During a night shift in the pediatric unit, I cared for a child with severe asthma. The child's mother was visibly anxious and kept asking questions while I tried to administer nebulizer therapy. I focused on the treatment but gave short answers that didn't calm her. Later, she asked to speak with another nurse, saying she felt ignored.

**Initial Reaction:** I felt embarrassed and defensive. I told myself I was too busy managing the child's breathing to handle emotional reassurance. Yet, I also knew I could have done better. My chest felt heavy, and I avoided the mother for the rest of the shift.

**Analysis:** The care itself was correct, but communication fell short. I realized that I treated the parent's concern as a distraction rather than part of the child's care. My technical focus blinded me to the emotional environment, which is just as critical in pediatrics.

**Insights:** I learned that pediatric nursing involves treating both the child and the family. Calm explanation and reassurance can reduce parental anxiety, which in turn helps the child relax and respond to treatment more effectively.

**Action Plan:** I plan to attend a communication skills workshop focused on family-centered care. I will also practice pausing during procedures to acknowledge parents' concerns instead of brushing them aside. My goal is to balance clinical efficiency with empathy.

**Self-Awareness:** I discovered that under pressure, I tend to block out emotion to stay task-focused. Recognizing that habit allows me to consciously bring empathy back into my interactions.

**Connection to Professional Standards:** This reflection aligns with nursing standards promoting holistic and family-centered care. Effective communication and emotional awareness are part of professional accountability, not optional additions to technical skill.