



# Reflective Practice in Nursing: The Growth of the Professional Practitioner

*Anthony M. Palmer, Sarah Burns*

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With an emerging interest within the nursing profession about reflection, nurses recognize the need for professional self-awareness and an ability to analyse their nursing practice in order to improve and develop clinical care. This book explores the underlying issues and problems surrounding reflection, describing a selection of initiatives and fulfilling a need for novice reflectors to increase their knowledge. The book not only provides the theoretical underpinnings of reflection, but also considers the realities and practicalities of using reflection in practice.

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