

# Reflection on nursing presentation



**ASSIGN  
BUSTER**

## REFLECTION ON MY PRESENTATION

### Introduction:

As part of my overseas program I had to deliver a 15 minutes presentation on choice of subject in front of my colleagues. An effective presentation makes the best use of the relationship between the presenter and the audience. It takes full consideration of the audience's needs in order to capture their interest, develop their understanding, inspire their confidence and achieve the presenter's objectives (University of Leicester, 2009).

According to Nickolas (2003), to facilitate an effective presentation there are four elements. They are: Planning, Preparation, Practicing, Presenting

**Planning:** it includes selection of an important topic, finding the learning outcomes, organising the content, preparing the visuals.

**Preparation:** The main aim is to prepare clear, simple and attractive visuals. For eg: effective power point slides.

**Practicing:** Practice makes perfection it includes rehearse and pre rehearse. In rehearse practicing the things you are intend doing, but in pre rehearse practicing the things you might have to do.

**Presenting:** It includes facial expression, pace, voice, body movements, use of pointer, roles etc...

In order to write a reflection I selected Gibbs 1988 model. It is mainly used by health professionals. To reflect is not enough, you then have to put into practice the learning and new understanding you have gained therefore

<https://assignbuster.com/reflection-on-nursing-presentation/>

allowing the reflective process to inform your practice. Taking action is the key; Gibbs prompts the practitioner to formulate an action plan. This enables the reflective practitioner to look at their practice and see what they would change in the future, how they would develop/improve their practice (Gibbs, 1988).

It has got six different stages. Which are description, feeling , evaluation, analysis, conclusion and action plan.

Description:

As part of my overseas nursing program I had to deliver a 15 minutes presentation on choice of subject on the final day at university. On my period of planning I was very confused about the selection of topic. Variety of topics was in my mind. Finally I decided my topic which was percutaneous endoscopic gastrostomy feeding and the care of patient with PEG.

I was really satisfied when I selected the topic. Because I felt it is going to be an important and useful information for all the nurses in their work place. Initial period of my job in this country have come across patients with PEG tube. It was a new experience for me. After the selection of my topic I started doing some research on it. I read some books, journals, and collected information from search engines.

Evidence based practice define as ‘ the conscientious, explicit and judicious use of current best evidence in making nursing decisions about the care of individual patients’ (Sackett, 1996). As it is a problem solving approach to

the today's healthcare system, it brings better clinical decisions and patient outcome.

In order to make my presentation more effective and clear I decided to use some visuals, this was power point slides. My slides were simple and easy to understand. Once I finished my preparation I started to practise. I practised in front of my family just to reduce the stage fear. At the day of presentation I was confident enough to present in front of a group.

Feeling:

In order to adjust the time our group was divided in to two. I was the third person in the first group. On the day I was slightly nervous especially few minutes before the presentation starts. Fortunately I felt very confident at the time of presentation and the colleagues were really supportive and responsive which increased my comfort

level with in the class. Now I feel , by doing this presentation helped me to achieve an important skill in my profession, as teaching has an active part in nursing.

Evaluation: International Center for Alcohol Policies (2014) says Evaluation offers a way to determine whether an initiative has been worthwhile in terms of delivering what was intended and expected. It has an important role to improve own skills. After my presentation I approached my tutor and she gave me a very effective and clear feedback. She explained my aims, learning outcomes, introduction of presentation was clearly stated. I used appropriate aids and the delivery of presentation was appropriate, and it was

evidence based too. The place where I could improve was the time management as I was little short on my time.

Analysis:

According to Ritchey, (1996) Analysis is defined as the procedure by which we break down an intellectual or substantial whole into parts or components. After my presentation I have gone through my experience once again and I felt my selection of topic was right as I saw my colleagues enjoyed the topic. But I was a little bit disappointed as I was a bit short on my time. When I was practicing at home I made sure I was on time. With this presentation I understood the importance of planning and organising the work as well as time management.

Conclusion: I found it myself the opportunity I got from the overseas nursing program was really great. Teaching in front of a group of people was a stressful job for me. When I realized I had to do it I tried for the level best and the feedback from my tutor made me more strong. Nurse has an important role in teaching the staff. In my future career I will be more confident to teach people , because I understood that, it will increase my knowledge as well.

Action plan: I will be doing another presentation in my work place regarding moving and handling as we have many new staff started. Before I do it I will make sure I will reach my intended time limit. Moreover that, I will go through reading materials and prepare the contents from evidence based knowledge. This section I am planning to do it with a mixture of theory and practical. I will show them the different types of hoists, slings and how to use

<https://assignbuster.com/reflection-on-nursing-presentation/>

it. It will be more easier to understand the moving and handling technique. Adhering to NMC code (2008) I will update my knowledge and skills throughout my career.

## **References:**

Gibbs, G. (1988). Learning by Doing: a guide to teaching and learning methods. London: Further Education Unit.

Nickolas, F (2003). Effective presentations, distance consulting: [www.nickols.uk](http://www.nickols.uk)(Last accessed on 04/02/2014)

NMC(2008) The code. <http://www.nmc-uk.org/Documents/Guidance/NMC-Guidance-on-professional-conduct-for-nursing-and-midwifery-students.PDF>(Last accessed on 10/01/2014).

International Center for Alcohol Policies (2014) What Is Evaluation. Online. (Last accessed on 24/02/2014) . <http://www.icap.org/PolicyTools/Toolkits/EvaluationToolkit/2WhatIsEvaluation/tabid/441/Default.aspx>

Ritchey T, (1996) On Scientific Method – Based on a Study by Bernhard Riemann. Analysis and Synthesis. Online.(Last accessed on 20/02/2014)<http://swemorph.com/pdf/anaeng-r.pdf>

Sackett, D. L., Rosenberg, W. M., Gray, J. A., Haynes, R. B. and Richardson, W. S. (1996) ' Evidence based medicine: What it is and what it isn't', British Medical Journal.

University of Leicester (2009) Planning an effective presentation. Learning development . online. (Last accessed on 10/02/2014).

[http://www2.le.ac.](http://www2.le.ac.uk/offices/ld/resources/pdfs-of-study-guides/presentation-skills-pdfs/planning-presentation-v1.0.pdf)

[uk/offices/ld/resources/pdfs-of-study-guides/presentation-skills-pdfs/planning-presentation-v1.0.pdf](http://www2.le.ac.uk/offices/ld/resources/pdfs-of-study-guides/presentation-skills-pdfs/planning-presentation-v1.0.pdf) .

R PhilipPage 1