So You’re Writing a LEARN Reflection…

SET THE SCENE

• **Identify the event/ experience on which you will reflect using the 4 W’s:**
  1. What happened & what did you feel (try to use all your senses)?
  2. When did this happen (i.e. in first week of clinical….)?
  3. Where did this happen?
  4. Who was involved?*

*R Remember confidentiality is important! Use substitutions such as Nurse “A”/Patient “X”

• **Identify the main issue you will be reflecting on taken from your experience:**

  **Clinical Event**
  On the first day of my long-term care clinical placement, the nurses expressed negative feelings towards the nursing profession, and frustration with being overworked

  **Main Issue**
  Nursing burn-out in long term care

LITERATURE REVIEW

• Use scholarly sources to demonstrate your understanding:
  o **Relate** your insights to literature
  o **Connect** theory and practice
  o **Identify** professional and personal development needs
  o **Identify** ways the nursing profession can **benefit** from changes discussed in literature
  o **Support** your ideas for future clinical experiences

• Remember to check:
  o Primary versus secondary sources
  o Publication date restrictions
  o Minimum number of references required
  o Specific journal sources required
  o Specifically for nurses: Potter & Perry usually does not apply as a primary source

*This handout is adapted from the Ryerson Collaborative Nursing LEARN guidelines, 2016.*