

## **Alison Greggans, Nursing**

### **Introduction to reflection**

I have been working at QMU from 1993 to 2008 and my background is nursing and clinically I was working in intensive care/critical care areas and since working in Nursing education I really teach students about evidencing practice, what the different types of knowledge is that they use in their practice and then that moves on to helping them with their research skills, research methods. What I understand by reflection is that its actually not real because it's a mirror image of what we think we understand about what's happened to us in a particular practice situation. The challenge in all that is to make sure that we can seek the truth in terms of our interpretations of what we think happened and that's the fun bit and its also the scary bit and where the risk taking happens because we have to prepare ourselves for some surprises in terms of what we consider to be important for us in our practice.