

1. An Example of Good Critical Reflection

The study by Meier et al. (2016) taught me that obtaining knowledge of ECGs could be achieved in a variety of ways. As a result, I considered my own learning and talked to my mentor about ways of improving my own skills. I decided that to become comfortable with ECG readings I would look at as many as possible and was encouraged by my mentor to compare ECGs performed on the same patients over a period of time. Moreover, I found literature relating to the effectiveness of online learning (Pereira et al., 2017) and found a website that provided practice tests in ECG interpretation. This was very useful in allowing me to look at ECGs and gave me an opportunity to interpret them in my own time and find the correct answers without always needing assistance from my mentor or other ward staff. Through increasing my theoretical knowledge, I felt more confident in my own ability to interpret ECGs, which in turn enhanced my ability to safeguard patients.

(Academic Skills Advice, 2022)

Reflection workshop