

Reflective Practice in Nursing (Third edition)

★★★★★

Reflection and reflexivity are essential skills in all fields of nursing practice. However, these skills are not always inherent, and many students need preparation and guidance to develop them.

This reasonably priced text is an easy read and a practical guide. The nursing student is facilitated in understanding reflection and in becoming a reflective and reflexive practitioner.

Though some of the material may not be new, the scenario examples and guided activities help students to contextualise their learning. A wide range of material is incorporated, including defining reflection,

lifelong learning, analysing autobiographical reflection, reflective models and frameworks, and the reflective practitioner.

Areas often found more challenging, such as reflective writing and critical reflection, are addressed, and there is an interesting chapter on the use of new media in reflection.

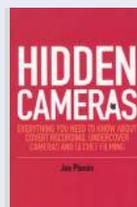
Useful features are the explicit links to the Nursing and Midwifery Council domains and essential skills clusters at the start of chapters. These enable the student to realise the clear connections between reflection and its relevance to their nursing practice.

Each chapter closes with a clear summary, outline answers to the activities and further reading.

Whether a reflective novice or a more experienced practitioner seeking to develop their reflective skills, this book has something to offer all.

Lioba Howatson-Jones | Learning Matters/Sage | 200pp | £19.99 | ISBN: 9781473919297

Reviewed by Fiona Barchard, senior lecturer in adult nursing, University of Northampton



Hidden Cameras: Everything You Need to Know About Covert Recording, Undercover Cameras and Secret Filming

★★★★★

Last year, the Care Quality Commission issued guidance to families on using hidden cameras if they are concerned that their relatives are being abused or receiving poor care. The author was the undercover producer who exposed the abuse at Winterbourne View, near Bristol, in 2011 for BBC's Panorama.

Hidden Cameras takes you through the history of undercover reporting, what equipment to use, and the ethical and moral issues that are raised when secretly filming vulnerable people and their carers. The section on what to do with footage obtained by secret filming is particularly thought-provoking. The book also explores the future of covert filming, for example drone cameras.

This is an excellent book written by someone who has been instrumental in the use of undercover cameras and secret filming. This subject is here to stay and we need to understand and debate its use.

Joe Plomin | Jessica Kingsley | £12.99 | 224pp | ISBN: 9781849056434

Reviewed by Jane Buswell, independent nurse consultant and best interest assessor

APP



Headspace – Guided Meditation and Mindfulness Techniques

★★★★★

Mindfulness has been recommended by the National Institute for Health and Care Excellence and the NHS to help mental wellbeing, but can the Headspace app be used by nurses and health professionals in clinical settings?

Headspace is a guided meditation app where users can learn meditation and mindfulness in ten minutes, and it comes with an online 'how it works' video.

Users are given an initial 10-day free trial, which includes a series of guided 10-minute

meditation sessions. Users will then need to pay a subscription to access guided and non-guided exercises and content on stress, anxiety and sleep.

Mindfulness may give nurses and students the tools to manage difficult emotions or situations. I would recommend being in a quiet place to undergo the sessions.

Requires iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch

Reviewed by Layla Haidrani