

Helping Nursing Students Develop Professional Values, Morals, and Ethics through Reflective Practices

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Disclosure Statement

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The author has no conflicts to disclose for this presentation

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Objectives/Learner Outcomes

Upon completion of the session the participant will be able to:

- Describe how reflective activities can promote affective learning
- Discuss specific activities that can be incorporated in the classroom
- Identify resources for reflective activities

Affective Learning Outcomes

- Help students:
 - Become thoughtful, reflective practitioners
 - Develop professional values, morals and ethics
- Required by accrediting bodies; expected by professional organizations
- Developing classroom activities can be difficult

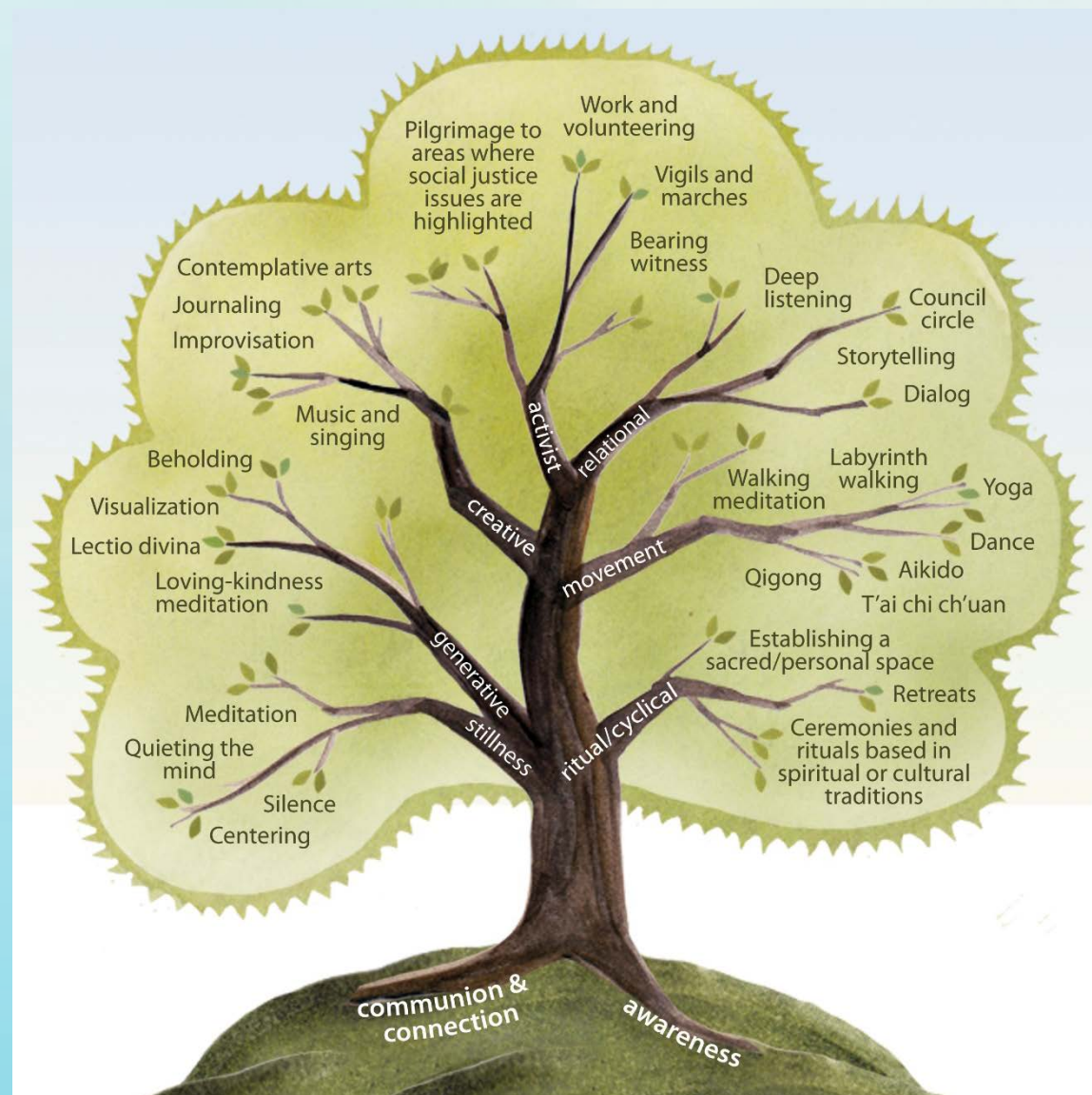


Fred Webb Jr.
Outdoor Geology Laboratory-
Interactive Rock Garden, Appalachian
State University

Reflective Activities

A range of reflective, contemplative activities can be used to:

- Improve concentration, focus and attention
- Develop a positive, compassionate outlook
- Develop empathy and search for meaning
- Promote understanding and valuing of different perspectives
- Create an environment of openness



Association for the Contemplative Mind in Higher Education (ACMHE)

<http://www.contemplativemind.org>

Meditation



Rich Mountain Meditation Room
Plemmons Student Union
Appalachian State University

- Calming yet energizing
- Promotes awareness and insight
- Fosters creativity and focus
- May improve well-being
- Creates a quiet, tranquil learning environment

Compassion Practice

- Aims to
 - Connect with concerns of others
 - Promote understanding
 - Helps individuals see commonalities



Plemmons Student Union
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Compassion Practice

- Students work in pairs and silently focus on each other while statements are read aloud
- Statements can include:
 - Thoughts such as the need to feel respected and valued
 - Common feelings such as disappointments and misunderstandings
- Concludes with statements of wishes and hopes
 - Thoughts such as being healthy or having the strength to accomplish a task or goal

Attending Exhibits

- Student impressions and interpretations of abstract visuals will likely vary.
- Can start the discussion of difficult or controversial topics.



Looking Glass Gallery



Looking Glass Gallery
Plemmons Student Union
Appalachian State University

Evaluating Activities

- Evaluation Forms
 - Did you find the activity beneficial?
 - Will you use this activity again in the future?
- Reflective Papers
 - Students were asked:
 - to reflect on the activities in general
 - To reflect on specific questions related to the activities

Introducing Activities in Class

- Be engaged with practices prior to introducing them in class
- Keep class activities secular
- Allowing students to choose whether or not they want to participate



Blue Ridge Parkway, Boone, NC

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- <http://www.contemplativemind.org>