

**Weekly Reflection Format
NURS 342L**

1. Cover page
2. Briefly describe your experience during the clinical day.
3. How does it relate to public health theories such as (choose one):
 - a. Levels of Prevention Model: Primary, Secondary, and Tertiary levels of prevention
 - b. Theories and models for public/community health nursing such as:
 - Salmon White's Construct for Public Health Nursing
 - Pender's Health Promotion Model
 - Neuman's Health Care System Model
 - Milio's Framework for Prevention
 - Nightingale's Theory of Environment
 - Roy's Adaptation Model
 - Block and Josten's Ethical Theory of Population Focused Nursing
4. What did you learn from your experience?
 - a. What are your thoughts about the interdisciplinary team in terms of teamwork/function, decision-making process, issues, conflicts?
 - b. Did you observe anything that stood out, shocked, or impressed you during your clinical?
 - c. How did you feel before, during, and after your clinical?
 - d. Did it change your views, perceptions, or assumptions?
 - e. Did it strengthen your beliefs and values?
5. How will you use what you have learned?
 - a. Will you function differently as a result of your learning? How?
 - b. Is there anything you can do to improve personally and/or professionally? How?
Examples:
 - communicate better
 - be more effective
 - be more efficient
 - provide better customer service
 - address issues better
 - be more productive or resourceful

Use at least one theory to cite.