

Reflecting: a need to succeed



**“Sometimes, you have to look back in order to understand the things that lie ahead.”
- Dead Beautiful, Yvonne Woon (2010)**

The end of the year is a time when we can reflect on the year and everything that we accomplished. For some the year was filled with very challenging situations, but others celebrated highlights and positive and exciting moments. In our personal life reflection will require from us to take some private time for ourselves, it can be done by listening to music or going for a walk or to meditate after a long working day to think about one's day, week or the year. Reflecting is an opportunity to make constructive and positive changes in our lives.

As nurses we also have to reflect on our professional life. By taking the time to reflect on the successes or challenges, we have to carefully dissect our professional journey where the focus was meant to be the wellbeing of our patients. Did we really listen to the needs of our patients and fellow employees, did we live our mission, vision and values? By reflecting on 2015, the nursing profession will be able to see our action and

outcomes differently and we will be able to interpret them from a new perspective. Reflecting will assist the nurse leaders in making adjustments to our course or to continue on the old tried and trusted ways.

To reflect raises awareness of what the real state of our profession is, realign our perspective, reconnect us with the profession and lead to improved decision making. Through focussing on the identified gaps new options for future behaviour can be shaped including new or improved ways to care for our patients. The year 2015 will not only be remembered as the year that the major changes in the nursing qualifications were implemented or for the preparation for the continuous professional development (CPD) pilot for 2016, but also the continuous negative media coverage and the uncertainties around staffing shortages. The last two months of the year is the ideal opportunity to take these challenges and to plan for 2016 and to set realistic objectives. Objectives not only for our personal lives but also for our professional lives.

The health of our country relies on the dedication, knowledge and the passion of the profession in the delivery of comprehensive health care. Healthcare is facing unprecedented challenges and nurses must play a major role in meeting them. Whether it is caring for the ever aging population, preventing and managing lifestyle illnesses or improving mother and child health, the nursing profession is the one link that must be strengthened and to succeed it is necessary for nurses to retake control of their professional life.

Nursing is not only a job, it is a passion and remember the saying that people who love what they do never work a day in their life!