Self reflection is defined as careful thought about your own behaviors and beliefs. Self reflection is essential in teaching critical thinking and fostering professional development. Self reflection in a simulation setting allows the nurse to examine their work with patients without fear of judgment or reprisal.

Simulation and learning space are innovative ways to use self reflection in a safe clinical setting. The objectives are to allow nurses the opportunity to practice care in a safe setting and review the simulation video to indentify learning opportunities.

The nurse attends simulation lab where they complete a patient care scenario. After completing the scenario, the nurse logs into learning space to complete a self assessment based on previously set criteria. The nurse watches the video of the experience and scores themselves using a likert scale from poor to excellent. The facilitator then completes the same assessment on the experience and a debriefing discussion is held to review the experience.

Adding the element of self reflection to simulation education has many benefits. Allowing a nurse to watch their simulation and assess themselves provides them experience with self evaluation. The video provides a solid foundation to have positive discussions with those nurses who have trouble identifying their own learning needs. Self reflection also provides the nurse with opportunities for professional development by highlighting strengths and weaknesses.

Simulation using self reflection gives educators the tools necessary to support perianesthesia nurses in becoming safe, confident care givers and foster professional development by identifying learning needs.