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Guest Editorial

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Aims and Scope

Manipal Journal of Nursing and Health Sciences (MJNHS) aims to promote excellence in nursing research, and healthcare with vision to advance knowledge for practice, education, research and administration in healthcare. The journal intends to disseminate high quality research reviews, clinical and contemporary healthcare issues based articles for the advancement of evidence based healthcare.

The target audience for the journal includes healthcare professionals in all domains, at all hierarchical levels who are committed to advance practice and professional development on the basis of new knowledge and evidence.

The journal is peer reviewed and published biannually. The journal publishes articles related to healthcare of individuals, families and/or community to help them attain or recover health and improve quality of life. Quality articles in the field of education, administration, teaching and learning, are considered for publication.

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It is my pleasure to present you the Volume 4, Issue 2 (July 2018) of the Manipal Journal of Nursing and Health Sciences. This issue focuses on different subject areas in the field of nursing and health sciences. We have considered the original research articles in different spheres. A mother needs to initiate breastfeeding her baby within half an hour after birth. The study on the effect of breast crawl on initiation of breastfeeding and initial weight loss among new-borns has shown that breast crawl is a beneficial practice that promotes immediate initiation of breastfeeding. Advances in medical technology has made organ transplantation possible. Donation of organ is a boon to humanity. Two research articles “Assessment of knowledge and attitude regarding organ donation” and “Effect of structured enlightenment program on knowledge and attitude regarding organ donation among college students highlight that knowledge and attitude regarding organ donation is not enough to promote the organ donation and the second article reports that structured enlightenment program is effective in enhancing knowledge and creating a favourable attitude regarding organ donation among college students. The other original articles that are considered for this issue are: to assess the risk of varicose vein among critical care nurses and nurses working in other nursing units; Knowledge, attitude, and barriers of nursing research among BSc nursing students; Registered nurses’ knowledge on comprehensive neuro assessment; and Effect of health promotion program among patients with newly diagnosed diabetes mellitus regarding lifestyle modification. One review paper “Prevalence of depression among post-stroke survivors in South Asian Region” and a case report on Jellyfish sting adds charm to this issue.

The editorial team extends its gratitude to all the authors and reviewers for their untiring support rendered towards bringing out this issue. The editorial team invites the health care professionals to contribute generously in the form of research/original articles, review papers and case reports.

Dr Baby S Nayak
Editor-in-chief
MJNHS



Reflective practice – Key for lifelong learning

Reflective practice is the ability of an individual to reflect on one's actions for enhancing continuous learning. A learner can reflect on the everyday actions which they are involved in. Reflection will provide an opportunity for effective learning by looking at situations through different dimensions and by asking challenging questions.

Learners can learn from their experiences as well as from mistakes. But learning happens with the process of active thinking about those experiences and questioning about what each of the experiences mean. The final outcome from experience to understanding is reflection. Always move forward with a question like “what did I do well in that context?”, “what could I do differently?” The answer to these questions will guide the individual to initiate steps to do things better. Sharing of reflections are important because it multiplies the learning for each individual. We can also assign new meaning for the learning through the reflection.

Learners require critical thinking, knowledge about self, inquisitiveness and emotional intelligence for effective reflection. Reflective practice will help to develop constructive thinking skills, clinical reasoning skills and encourages to be active in day to day activities. This may result in effective learning if it is used wisely.

Nurse educators should encourage reflection in individual learners by providing appropriate guidance and conducive environment to initiate open communication. Reflection encourages professional growth and helps nursing fraternity to provide the evidence based care to patients.

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