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## Reflective practice:

In the realm of nursing, Reflective practice has turned into a key issue and is consistently mentioned (Glatton, Asp, & Fagerberg, 2007). Due to deep interest in reflective practice, it has been a topic on which various research studies have been carried out to have more understanding (Smith and Fagerberg, 2007) so that the existing gaps between the theory of nursing and its practice can be overcome and the knowledge embedded in practice can be developed. This is a continuous cycle which blends nursing experience and the reflection on those experiences.

## Importance of Reflective practice:

For long, advocates within the medical profession have recommended reflective practices as a valuable tool to bridge the gap that exists between nursing practice and nursing theory. For the nursing specialists, it helps update their skills and professionalism and in the case of nursing specialists involved in rehabilitation of older persons, it helps enable them to identify their strengths and area of development. Reflective practice helps in making the use of opportunities that helps the nursing specialist get the feedback of their impact on the older patients and their families.

## The practice of 'Being Available':

The core therapeutic practice is the nurse specialist's being available to others (patient/family) in order to guide them to find meaning in their health/illness experience so as to make the best decisions about their health/lives, and to appropriately assist them to meet their health needs.

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