

HOW TO WRITE A NURSING EXEMPLAR

A Step-by-Step Guide for Nursing Students

What is a Nursing Exemplar?

A detailed narrative of a significant clinical experience that demonstrates your nursing knowledge, clinical reasoning, and professional growth.

IMPORTANT: Always write in FIRST-PERSON perspective!

1

Select a Meaningful Clinical Situation

- Unexpected change in patient status
- Complex nursing intervention
- Effective interdisciplinary collaboration
- Patient advocacy situation
- Application of evidence-based practice
- Professional growth opportunity

2

Gather Relevant Information

- Chief complaint and diagnosis
- Assessment findings
- Nursing interventions performed
- Patient responses to care
- Communication with healthcare team
- Resources utilized

3

Write a Detailed Account in First-Person

- Introduction to patient and situation
- Description of nursing assessment
- Clinical reasoning process
- Nursing interventions implemented
- Patient outcomes and response
- Reflection on the experience

4

Incorporate Nursing Theory and Evidence

- Connect actions to nursing theories
- Reference evidence-based guidelines
- Cite relevant nursing literature

Example: "My approach to pain management was informed by McCaffery's definition of pain as 'whatever the patient says it is'"

5

Reflect Deeply on the Experience

- What emotions did you experience?
- What went well? What could improve?
- How did this change your approach?
- What did you learn about yourself?
- How will this inform future practice?

EXEMPLARS SHOWCASE YOUR CRITICAL THINKING AND PROFESSIONAL GROWTH

Ana Exemplar Papers 2014

Melissa Eppihimer



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