

# 6th Global Congress on Nursing & Patient Care

**July 23-24, 2025 | Paris, France**



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## Reflective Journaling, diagnostic reasoning, evidence based physical examination together with Gut Feelings and Empathy -a way forward to improve nursing care

Nurses with their holistic based patients approach combined with their nursing and medical skills are at the centre of patients care, who have increasing complex health care needs. The nurses role has evolved over the years and nurse practitioners are at the forefront of medical practice working together in multidisciplinary teams.

As part of the nurses competencies, the nurse need to conduct comprehensive patient assessments by listening to the patient story, reviewing the patient's past records, performing an evidence based physical examination (1,2) and apply diagnostic reasoning to identify health needs, problems and diagnosis according to the competencies for Nurse Practitioners 2020. (3). Reflective journaling can enhance learning from mistakes, improve critical thinking and clinical reasoning. It can foster personal and professional development, stress management and emotional wellbeing. Reflective journaling is essential to structure our reflexion and critical thinking and identify gaps in our knowledge to improve future nursing care (4).

The clinical reasoning process is a lifelong learning process, which is feed by learning pattern recognition, with a sound knowledge base, reflexion in action and a patient centred approach in order to collect essential clinical information.

Understanding the underlying mechanism of clinical mistakes being essential to prevent them (5). Gut feeling can further assist the diagnostic accuracy (6). Empathy is essential in nursing care and vital for improving diagnostic reasoning and it facilitates better clinical decision making and patients care (7).

Practicing mindfulness, in addition to clinical reasoning, helps not only in clinical teaching (8), but enhances the focus and the observation, reduces cognitive bias and improves communication (9).

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## Biography

Dr. Bernard Klemenzenz is a distinguished General Practitioner based in Portsmouth, UK, affiliated with Uni-City Medical Centre. He is a Fellow of the Royal College of General Practitioners (RCGP), an institution dedicated to advancing general practice through education, research, and clinical standards. Additionally, Dr. Klemenzenz is a member of the American Academy of Family Physicians (AAFP), reflecting his commitment to family medicine on an international scale. Dr. Klemenzenz has actively contributed to medical education, participating in international conferences such as the Association for Medical Education in Europe (AMEE), where he has presented on topics related to health professional education. His involvement with AMEE underscores his dedication to improving medical training and practice globally. With a career spanning several decades, Dr. Klemenzenz is recognized for his contributions to general practice and medical education. His work continues to influence both clinical practice and the training of future healthcare professionals.