

PERSONAL REFLECTION

Advancing Nursing Practice through Artificial Intelligence: A Personal Reflection Using the Driscoll Model

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Personal reflection

Artificial Intelligence (AI) in nursing practice is becoming increasingly visible, even in healthcare. As a hospital nurse, I've started to see how it's beginning to shape the way we practice. AI offers tools and systems that enhance patient care, improve efficiency, and support our nursing roles, from clinical decision-making to administrative tasks. Reflecting on this topic, it is both exciting and interesting. My reflection centers on how AI enhances patient care and workflow efficiency, while also introducing ethical challenges for nurses. I am presenting my reflection following Driscoll's three reflective questions: what is it, so what, and what now.^[1]

As a hospital nurse, there are some days when I feel overwhelmed and pressured by time in care coordination, documentation, and patient care. The idea of AI eases some of my burden making work easier and faster. For example, at the hospital where I work, the use an AI-based charting assistant that helps nurses complete documentation faster by using smart keys and shortcuts that automatically expand into longer words by automatically summarizing notes and vital signs.^[2] AI can also now predict patient deterioration based on subtle changes in vital signs or lab results.^[3] When I first heard about the use of AI in nursing practice, I realized how powerful AI could be, not to replace our judgment, but to support it.

However, the effect of AI leaves healthcare workers with mixed feelings. Some are ecstatic with it as it makes their work more efficient and safer. However, others worry that it might replace the "human touch" and might cause more harm than good for patients. Reflecting on this helped me understand my own feelings, which are also mixed with hope, curiosity, and the fear of the unknown. This made me realize that AI offers efficiency and precision beyond convenience; it's about how it changes the essence of nursing care. For instance, AI can now easily detect whether a patient is at risk of a critical condition, such as a heart attack or sepsis, allowing nurses and doctors to intervene before it occurs.^[4] This strengthens patient safety and outcomes, which are among our main goals as nurses. From an efficiency standpoint, AI helps nurses reduce repetitive tasks such as documentation, scheduling, medication reminders, and data entry that can take up a large part of a nurse's shift. With AI automating these tasks, El Arab et al. reported that nurses can spend more time on direct patient care, comfort patients, and provide emotional support, core parts of nursing that no technology can ever replace.^[5]

Reflecting on my own practice, I've noticed that sometimes the thought of multitasking and limited time affects my interactions with my patients. If AI can do the task in the background effectively, I can spend more time with my patients. For example, instead of worrying about completing charting for all my patients, I could spend few extra minutes listening to my patient's concerns and be able to explain to them the treatment plan. That kind of connection is what makes nursing more meaningful. However, I can also see some challenges with using AI. Nurses should be aware

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of the information being used as it can also violate Health Insurance Portability and Accountability (HIPPA) if not used cautiously as AI systems are only as accurate as the data they're automated on.^[6] If the data is incomplete or inaccurate, it could lead to errors and can cause unfair outcomes.^[4] The institution needs to train nurses to use AI and allow them to exercise clinical judgment, as AI can't do so. Over reliance on technology or lack of knowledge of using it could potentially compromise therapeutic nurse-patient relationship.^[7]

I then ask myself – what now? After reflecting on this, I realized that we cannot avoid technology such as AI, and the only thing I have to do is to prepare myself for this ongoing transformation. AI in the hospital setting is becoming an increasingly important part of our work every year. Instead of being opposed to it, I want to learn more of how to use it wisely. Enhancing digital literacy will allow me to evaluate the reliability of AI tools and ensure they are ethical and safe to use in practice.^[8] My first step is to continue learning about AI and its importance in healthcare. This includes attending webinars and reading nursing journals that discuss the latest AI innovations and its use. The more I understand how AI works and analysed data, the better I can evaluate the reliability and use them safely in my practice.

Throughout this reflection, I aimed to maintain a balanced perspective. AI can help us, but it shouldn't take away the personal connection between healthcare workers and the patient. I can advocate for thoughtful implementation where AI supports nursing judgment instead of replacing it. For instance, when hospitals introduce new systems, nurses should be part of the discussion to avoid confusion and resistance in implementing AI in practice. We are the ones who use these tools daily, so our opinions is essential in constructing how they're applied in real practice. In the long term, I also hope to help create a culture that embraces innovation while still valuing empathy and care. Maybe that means helping nurses who are new to AI and hesitant about technology by showing them how it can actually make their work easier and how to use it efficiently. Khan et al., suggest that reminding others that even with using AI, the heart of nursing remains the same, caring for people with compassion and understanding.^[9] This reflection has changed how I see the future of nursing. I used to think of AI as something distant or only for other field of industry like researchers. I now understand that it is already part of our everyday environment, from smart monitors to automated charting systems. As nurses, we are not just users of technology; we're also responsible for ensuring it's used ethically, safely, and in ways that benefit patients.^[8]

Going forward, I want to approach AI with curiosity rather than fear. I'll remind myself that change and learning systems are parts of growing as a professional. I want to find ways to blend the best of both worlds by using

AI precision, speed and data support, while maintaining the compassion, intuition, and emotional intelligence that define nursing care.

In conclusion, reflecting using the Driscoll's model helped me see AI fairly and objectively. "What" - I observed is that AI has significant role in modern nursing practice. "So what" - I learned is that it brings both opportunities and responsibilities, it can make nursing more efficient and safe, but it also challenges us to adapt and stay human-centered. "Now what" - I plan is to keep learning, stay open-minded, and grow alongside technology as my support. I believe AI is not here to replace us but to support us. It is here to remind us of how valuable we are to patients as nurses. The more technology advances, the more we need empathy, intuition, and compassion to give care meaning and that is something no machine/automation can never do.

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Declarations

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Artificial Intelligence Disclosure

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Authors' Contributions

The author solely conceived the idea, developed the reflective content, drafted, critically revised, and approved the final version of the manuscript.

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