



# REFLECTIVE PRACTICE (Key to success)

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for Health Care Professionals.

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# Introduction

- ◆ What is reflective practice?
- ◆ How important is it?
- ◆ How many of you actually reflect on your practice?
- ◆ How do you reflect?
- ◆ What tools do you use, if any?



## Enlightened practitioner

- ◆ Reflect on ones practice
- ◆ One who questions and challenges ones practice
- ◆ Exploring new and improved ways of working
- ◆ Help and inspire others to question and improve their practice by encouraging reflection.



## Definition

“ Reflective practice is associated with learning from experience, and is viewed as an important strategy for health professionals who embrace life long learning !”

<http://staffcentral.brighton.ac.uk/clt/events/documents/Ramage%20Example%202.doc>



# Importance

- ◆ Promoting the development of an autonomous, qualified and self-directed practitioner.
- ◆ Improving quality of care
- ◆ Stimulating one's personal and professional development
- ◆ Closing the gap between theory and practice.

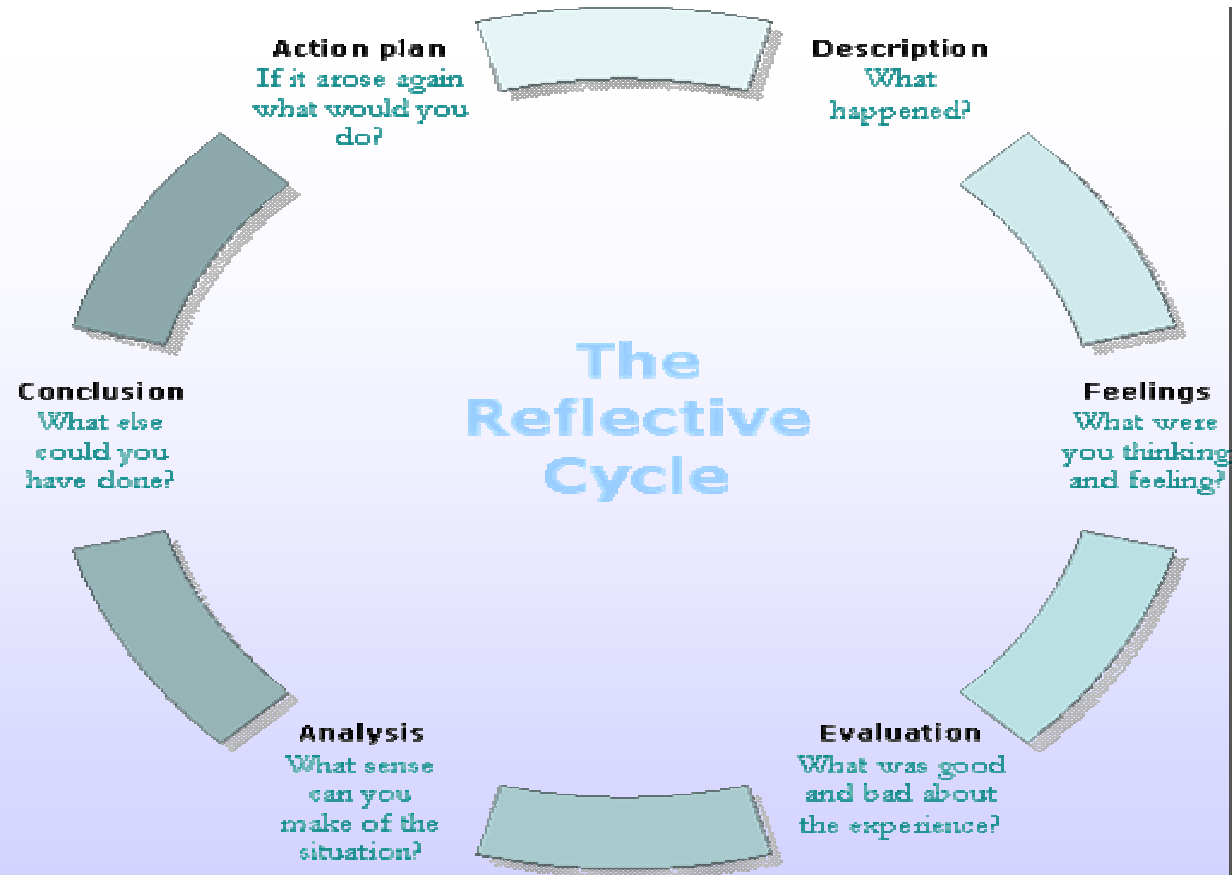


# Types of reflection

- ◆ **IN** action (Whilst doing something)
- ◆ **ON** action (after you have done it)



# Method- One possible framework



The reflective cycle (from Gibbs, 1988)



# Tips to effective reflection

## **Avoid:**

- ◆ Self justification/indulgence/pity

## **Identify:**

- ◆ Your successes
- ◆ Areas in need of development
- ◆ Barriers to your progress
- ◆ Solutions to working around or overcoming barriers



## Conclusion

### Real reflection:

- ◆ Challenges the concepts and theories by which you make sense of knowledge
- ◆ With a mentor/ professional supervisor who:
  - ensures the process is constructive
  - develop new perspectives