

Reflection

Linda Finlay (Reflecting on reflective practice, 2008) describes two types of reflective practice:

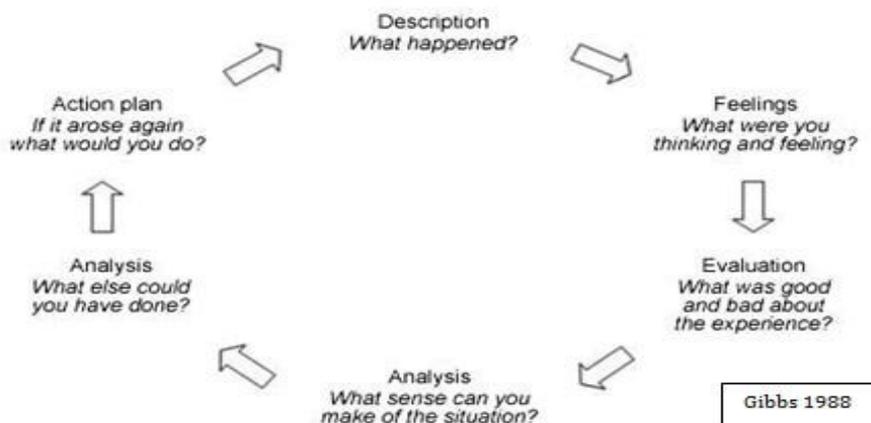
Reflection-on-action: “to review, describe, analyse and evaluate their past practice with a view to gaining an insight to improve future practice”

Reflection-in-action: “examining their experiences and responses as they occur”

“In both types of reflection, professionals aim to connect with their feelings and attend to relevant theory. They seek to build new understandings to shape their action in the unfolding situation.”

There are several models of reflection commonly used within the healthcare profession and it is up to you which you use and when best to use each model.

Gibbs Reflective Model:



Wessex Reflection Model

A guide for reflective writing
by Dr J Foulkes an
Associate GP Dean in
Wessex

Johns Reflective Model:

Looking in

- Find a space to focus on self
- Pay attention to your thoughts and emotions
- Write down those thoughts and emotions that seem significant in realising desirable work.

Looking out

- Write a description of the situation surrounding your thoughts and feelings.
- What issues seem significant?
- Aesthetics
What was I trying to achieve?
Why did I respond as I did?
What were the consequences of that for the patient/others/myself?
How were others feeling?
How did I know this?
- Personal
Why did I feel the way I did within this situation?
- Ethics
Did I act for the best? (ethical mapping)
- What factors (either embodied within me or embedded within the environment) were influencing me?
- Empirics
What knowledge did or could have informed me?
- Reflexivity
Does this situation connect with previous experiences?
How could I handle this situation better?
What would be the consequences of alternative actions for the patient/others/myself?
How do I now feel about this experience?
Can I support myself and others better as a consequence?
How available am I to work with patients/families and staff to help them meet their needs?

Johns 1995

Reflection

The library has a number of books about reflective practice, click [here](#) to view a list.

Resources, Podcasts and Learning Modules

[A new model of reflection for clinical practice.](#) Nursing Times article on the 'Reflect' model.

[BMJ podcast.](#) What is reflection, tips on how to be a reflective practitioner, examples of templates to use and examples of how clinicians have put this into practice.

[London Deanery Reflection and Reflective Practice Module.](#) Definitions, principles and examples of reflective practice. Includes exercises to complete.

[Reflection.](#) RCN advice, part of the 'First steps for health care assistants' series.

[Reflection for Learning.](#) 10 minute e-learning package produced by Leeds Institute of Medical Education. Designed for clinicians teaching students it provides an overview of how students are taught to use reflection, how reflection is assessed and suggestions for further reading.

[Reflection: tick box exercise or learning for all?](#) Summary of what reflection is, critical reflection checklist and benefits of reflection. BMJ Careers Nov 2012.

[Reflective Notes.](#) Faculty of Public Health advice on reflective writing including Tips on writing reflective notes and examples.

[Reflective Writing Guide by Dr J Foulkes, Associate GP Dean, Wessex Deanery](#) Short guide exploring what reflective writing is and examining how to become a successful reflective writer.

[The role of reflection in CPD and Revalidation.](#) Article from the RCoA Bulletin, September 2012. Why and how to reflect.

[The use of reflection in medical education: AMEE guide no. 44.](#) Defines and explains reflection, gives examples of reflection can be used for CPD and personal development and categorises reflective material based on professional development. Appendix contains templates to structure reflection and questions to develop deeper reflection (contact library for appendix) Medical Teacher, 2009, Vol. 39, pp, 685-695.

Reflective Templates

[AOMRC Reflective Template for Revalidation](#)

[NHS Structured Reflective Template](#)

[NMC Reflective Accounts Form](#)

[RCOG Personal Reflection Template](#)

