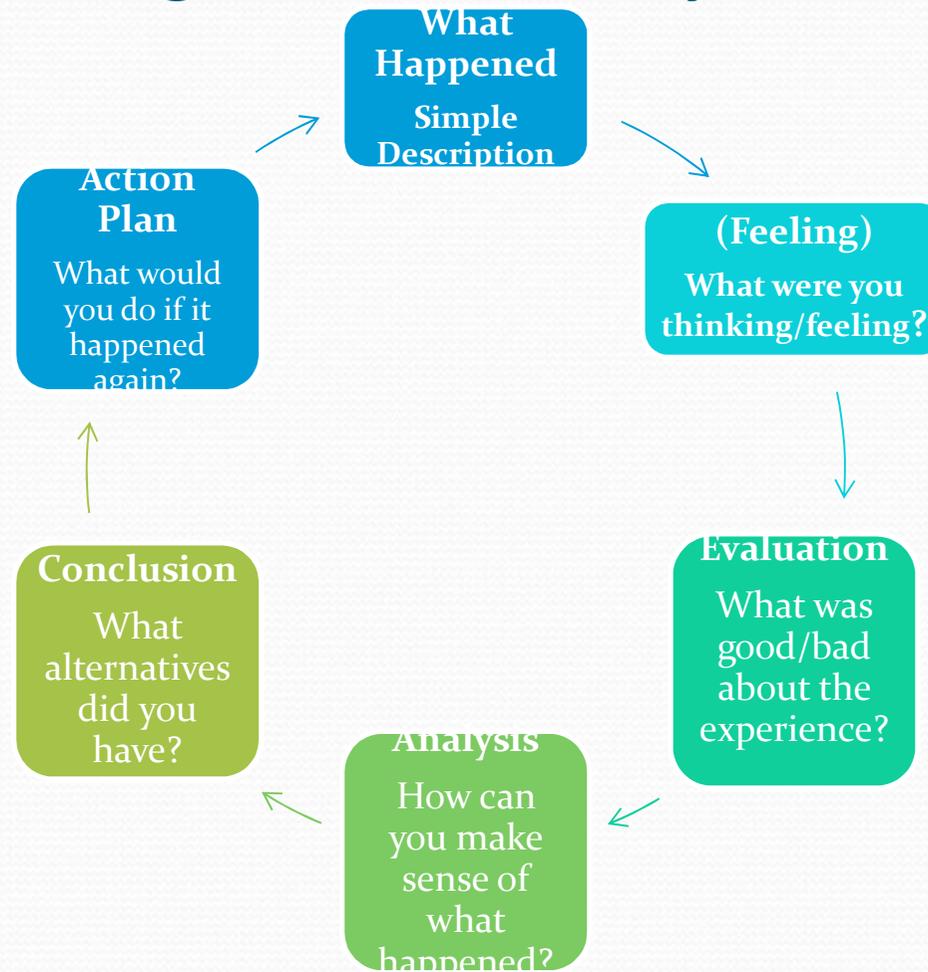


Reflective practice
gibbs reflective cycle
reid (1994)



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Reflective practice gibbs reflective cycle





REFLECTIVITY

- A circular process by which our thoughts affect our actions, which affect the situation we are dealing with and therefore after feedback the reactions of others involved which can affect how we understand and think about the situation.
- So we constantly get evidence about how effective or worthwhile our actions are.

What is reflection?

“Learning from Experience”

(Spalding 1998)

“Thoughtful deliberation”

(Tickle, 1994)

What is Reflection?

“Systematic, critical and creative thinking about action with the intention of understanding its roots and processes”

(Fish and Twinn, 1997)

“A process which encourages change in behaviour and practice”

(Sekwalor 2013)

Reflective Learning Log

Learning Log

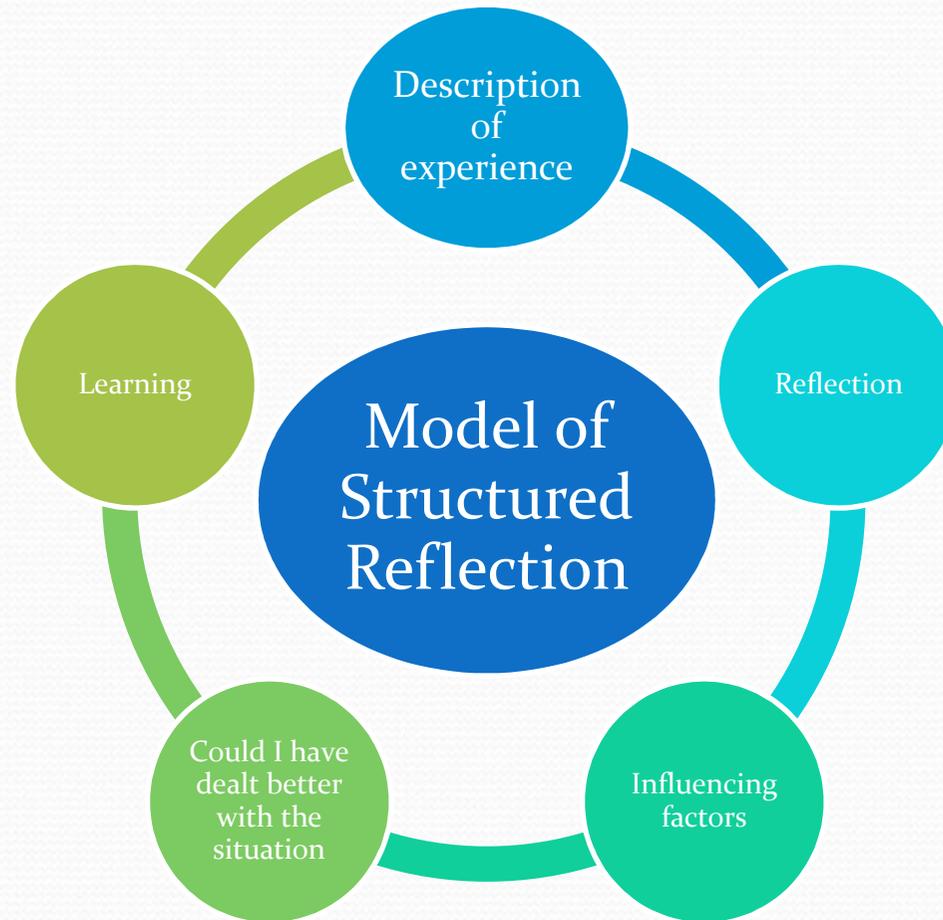
- What was the event?
- What was I expecting to learn (if appropriate)
- What have I learned?
- What is significant about this learning for me?
- How does this learning link to the competencies for my job?
- How will this learning change my practice?

Learning Log

- What were my feelings about what happened?
- What went well?
- What didn't go so well?
- What were the feelings of others involved?
- What evidence do you have?
- What evidence from research was used?

MODEL OF STRUCTURED REFLECTION

{John's (1992) and Carper (1978) }



MODEL OF STRUCTURED REFLECTION {Jonhs (1992) and Carper (1978) }

1. Description of experience

- **Phenomenon** – Describes the here and now experience
- **Causal** – What essential factors contributed to this experience?
- **Context** – What are the significant background factors to this experience?
- **Clarifying** – What are the key processes for Reflection in this experience

2. Reflection

- Why did I intervene as I did?
- What were the consequences of my actions for:
 - **Myself?**
 - **The patient/family/colleague?**
 - **The people I work with**
- How did I feel about this experience when it was happening?
- How did the patient feel about it?
- How do I know how the patient felt about it?

MODEL OF STRUCTURED REFLECTION

{Jonh's (1992) and Carper (1978) }

3. Influencing factors

- What internal factors influenced my decision making?
- What external factors influenced my decision making?
- What sources of knowledge did/should have influenced my decision making?

4. Could I have dealt better with the situation?

- What other choice did I have?
- What would be the consequences of these choices?

MODEL OF STRUCTURED REFLECTION

{Jonh's (1992) and Carper (1978) }

5. Learning

- How do I now feel about the experience?
- How have I made sense of this experience in the light of past experience and future practice?

5. Learning

- How has this experience changed my ways of knowing?
 - Empirics?
 - Aesthetics
 - Ethics
 - Personal?



REFLECTION

QUESTION & ANSWER

THANK YOU
ZIKOMO KWAMBIRI

Catherine Sekwalor