

Reflective Practice

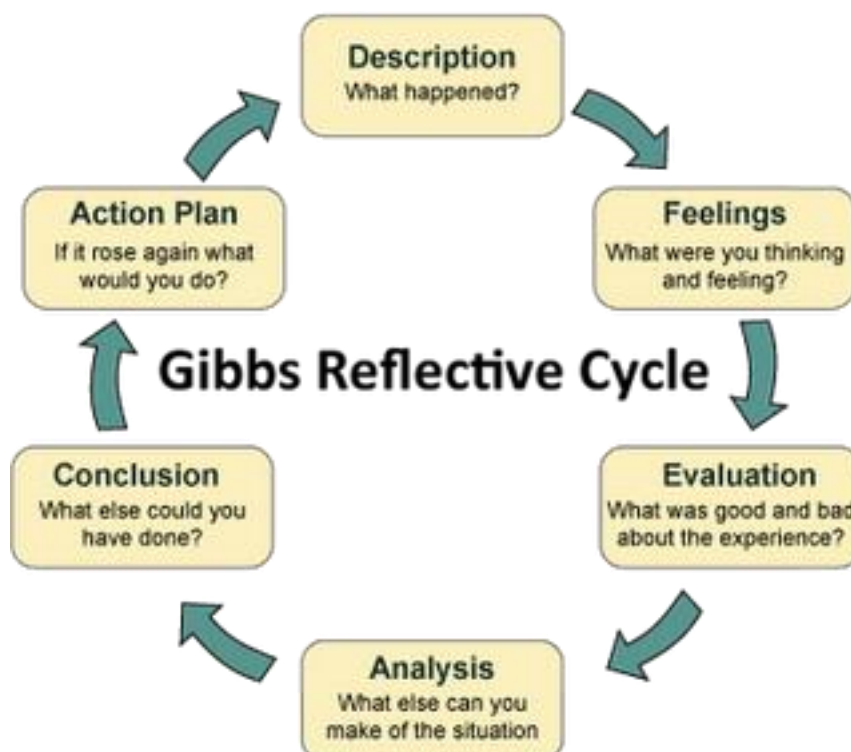
Reflective practice is a tool used to develop critical thinking, using insights gained during reflection to change and improve future practice.

“Reflection is a process of reviewing an experience of practice in order to describe, analyse, evaluate and so inform learning about practice” (Reid 1993).

Use of Gibb’s Reflective Cycle is one way of guiding reflective practice. Use of such a tool allows you to:

- Record your experience
- Facilitate learning from your experience
- Develop critical thinking, along with developing a questioning mind
- Increase your ability to reflect and think
- Increase active involvement in and ownership of your learning
- Monitor the achievement of your goals
- Make explicit what is often implicit in your practice and decision making.

Gibb’s Reflective Cycle (Bulman & Schultz, 2004 p166)





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1. In your own words, describe the education session
2. Why was this education session important to you? List specific thoughts/ ideas that occurred to you during the education
3. Identify an area of this education session that has enabled you to see new aspects of the subject?
4. Was there anything that changed the way you think about the subject?
5. Is there anything that you have learnt which really sticks in your mind?
6. Is there any aspect of this topic which you have had to go over & over again before you have been able to understand it?
7. Did you encounter anything in the session that you have found troubling, counter-intuitive or alien?
8. If you were to teach someone else about this topic what would be the key points you would discuss?
9. How would the information you have learnt from this education session inform your practice now?
10. Will you change anything in your practice as a result of this education session?