

Reflective Practice

Reflective practice is an essential element of demonstrating your continuous development as a professional, your professional accountability and your engagement in best practice.

Practising reflectively can assist the practitioner to monitor aspects of their practice, encourage professional development, personal growth and to evaluate the currency of their skills

Reflective Practice Theory – learning by experience.

Reflection in action is the process of reflection that occurs while you are engaged in the task. A problem occurs and you are required to find a solution by reflecting, testing, and evaluating while in the midst of the problem.

Reflection on action in contrast is the use of reflection after the event. Reflection after an experience can be a useful learning tool to consider the understanding and knowledge that were evident in order to solve the problem, to analyse practice in order to improve future practice.

Reflective Practice Models can be useful tools to guide the reflective process

Three key stages in the reflective process:

Stage 1 is 'triggered by an awareness of uncomfortable feelings or thoughts,' it is realised the situation is beyond the current knowledge of the practitioner.

Stage 2 is the analysis of the situation, to examine thoughts and feelings, knowledge learnt and knowledge gaps.

Stage 3 is learning from the situation, the development of a change in knowledge and practice to enhance future professional practice.

Reflection is cyclical: In applying your learning to future professional practice, it is recognised that the reflective process commences again.

In choosing an appropriate model it is important to return to **WHY it is important to reflect.**

The Communication Process

Communication with patients and within the multidisciplinary team is vital.

The communication process can be divided into 5 steps:

- 1) The sender has a message to communicate
- 2) The sender encodes the idea in a message (verbal, written, hand gestures, body movement, facial expressions)
- 3) The message travels over a channel
- 4) The receiver decodes the message
- 5) The receiver understands the message and sends feedback to the sender

