

## FACT SHEET: REFLECTIVE STATEMENTS



### REFLECTIVE APPROACHES

To reflect formally and record the reflection requires time and effort, with different styles suiting different people. The Gibbs' model (included in the latest edition of the Board's 'Recertification Guidelines') is a valuable guide and one approach to pertinent reflection on your practice as a physiotherapist.

Also consider the websites that the following references and points of note have come from.

The **La Trobe University** in Melbourne, Australia, 'Reflective Practice in Health Sciences' has features that explain the basics well.

<http://latrobe.libguides.com/c.php?g=443139&p=3021136>

Reflective practice is when you explore an experience you have had. The aim is to identify what happened and what your role in the experience was – including your behaviour and thinking and the related emotions. This, in turn, allows you to look at changes to your approach to similar future events.

If reflective practice is performed comprehensively and honestly, it will inevitably lead to improved performances.

Other authors have described it as follows:

- 'Process of internally examining and exploring an issue of concern, triggered by an experience, which creates and clarifies meaning in terms of self and which results in a changed conceptual perspective'. (Boyd and Fales, 1983, p.100)
- '....requires you to stand back, to consciously analyse your decision making processes, drawing on theory and applying it again in practice'. (CSP, Information paper 31, 2005)
- 'Professional activity in which the practitioner thinks critically about their practice and as a result may modify their action or behaviour and/or modify their learning needs' (CSP, Information paper 31, 2005)
- 'The way in which an individual develops a repertoire of knowledge and ability, which can be drawn upon in future situations'. (Schon, 1983)

#### **Services for Australian Rural and Remote Allied Health – SARRAH**

<https://sarrah.org.au/content/reflective-practice>

Reflective practice is a key skill for developing as an Allied Health Professional. Reflective practice refers to the process of thoughtfully considering your experiences. This allows you to identify your strengths and weaknesses, and improve your practice through the reflective process.

Donald Schon (1983) introduced the concept of reflection in practice. He talked about two types of reflection: reflection on action and reflection in action.

Reflection **in action** is the process where the clinician recognises a new problem and thinks about it while still acting.

Reflection **on action** is the retrospective contemplation of practice undertaken in order to uncover the knowledge used in a particular situation by analysing and interpreting the information that you recall. This involves remembering the detail of the incident, how it happened, the feelings and thoughts that it elicited.

In any reflective process you may think about how the situation might have been handled differently, and whether further knowledge might have changed the situation. Promoted in this website are ideas to address reflection for those in more isolated areas.

**Another model with some good questions that provide a little more detail:**

<http://latrobe.libguides.com/reflectivepractice/models>

**Johns' model of reflection (1994)**

The following cues are offered to help practitioners to access, make sense of, and learn through experience.

**Description**

Write a description of the experience

What are the key issues within this description that I need to pay attention to?

**Reflection**

What was I trying to achieve?

Why did I act as I did?

What are the consequences of my actions?

- For the patient and family
- For myself
- For 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?

**Influencing factors**

What internal factors influenced my decision-making and actions?

What external factors influenced my decision-making and actions?

What sources of knowledge did or should have influenced my decision making and actions?

*Alternative strategies*

Could I have dealt better with the situation?

What other choices did I have?

What would be the consequences of these other choices?

**Learning**

How can I make sense of this experience in light of past experience and future practice?

How do I NOW feel about this experience?

Have I taken effective action to support myself and others as a result of this experience?

How has this experience changed my way of knowing in practice?

Johns, C. (1994). Nuances of reflection. *Journal of Clinical Nursing* 3 71-75

**Other useful resources:**

- Schon D. *The Reflective Practitioner: How professionals think in action*. London. Temple Smith; 1983
- Taylor B. [Reflective Practice: a guide for nurses and midwives](#). Allen & Unwin; 2000.

*all websites last accessed 3 July 2018*