

# CPD – Reflection in Practice

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# Reflection in Practice...

- What learning did you undertake ?
  - *Think about the what you experienced.*
- Explain what you learned or achieved ?
  - *REFLECT on this experience*
- Detail if you have/how you can/apply this to your day to day practice?
  - *EVALUATE the experience and your learning*
- How could this benefit the service user?
  - *CRITICALLY ANALYSE the experience*
- Comments/Learning outcomes
  - *Personal Action PLAN/SMART objectives/PDPR objectives*

Reference - Reflective Practice questions based on IBMS CPD

# Reflective Approach

A willingness to self-criticise is key!

- review of your past learning experience
- review of your daily practice/role
- Identify any problem areas
- Identify key issues for future development
- construct an action plan for learning

# Reflective on an Activity

- Reflection-in-action (real-time)
  - Where you 'hands-on'?
  - where do we go from here?
- Reflection-on-action (after the event)
  - Retrospectively review (free from urgency or pressure)
  - how was it?...what could have been done differently?
  - Review feedback, other's ideas

# GROUP EXERCISE



# Reflective learning statement

- Why did I choose this activity?
- What was I hoping to achieve?
- What learning did I undertake , was there any preparation?
- Was it a useful exercise or not?
- Has this changed my working practice?
- How relevant is it now/for the future?
- Is there a follow-up to this?

# Examples for a reflective log

You can reference;

- An observation of an event /incident as it happened and ....
- Your work group progress and your contribution
- Behaviour - your own and that of other group members
- Your feelings or reactions
- drawing/illustration/'mind maps'
- difficulties or issues of concern
- how you overcame issues– writing this down helps clarify thinking and develop solutions
- what you have learned from this – how you put this into practice
- An action plan to achieve your targets/goals

# Qualities of a Reflective Practitioner

- Willingness to learn from what happens in practice
- Be open to share
- Believe it is possible to change
- Believe there is no end-point in learning
- Self critical
- Confidence to act
- Honesty
- Recognising the importance of reflection



Any Questions??

