



Learning topic: Explore the role of reflection in developing self-awareness

Outcome 1: Define reflection and research models of reflection

Outcome 2 – Develop and evaluate personal and professional action plans that reflect identified learning needs and goals. Complete a Portfolio of Evidence, including a reflective journal, personal SWOT analysis, Personal and professional action plans and learning styles questionnaire.

Learning activity Outcome 1: Complete a reflective account of a situation in practice. Define reflection, choose and describe a model of reflection and apply it to the chosen situation in practice.

Reflective account approximately 1500 words, academically written and referenced.

Learning Activity for outcome 2: Complete a portfolio of evidence

- Keep a Reflective journal of your thoughts and feelings whilst in the practice/clinical area.
- Complete a personal SWOT analysis to identify strengths and weaknesses.
- Complete learning styles questionnaires
- Complete 1 Personal and 1 Professional Action plan.

Learning Topic: What is reflection

Reflection is an essential skill for our personal and professional development. It helps to increase our self-awareness, an important factor in compassionate care. If we are to truly understand the thoughts and feelings of our patients, we must first explore and understand our own thoughts and feelings. Finlay (2008) suggests that “*reflective practice is the process of learning through, and from experience, towards gaining new insights of self and/or practice, often by examining assumptions of everyday practice*” Also, reflection can help us to make sense of events within the practice/clinical area, with the aim of improving our practice and ensuring optimum patient care.

Why reflection is important

Care Professionals are responsible for providing care to the best of their ability focusing on skills, knowledge and behaviour to ensure they provide care to the highest standard. It may be a requirement for registration for some professionals to maintain evidence of reflection and constant updating of skills and knowledge, however all professionals reflect on their practise to ensure that clients receive care according to their needs. Reflection allows professionals to consider how they interact with others, clients, families and other professionals. Reflection can include feedback from others.

Models of Reflection

Models are a framework which allows care workers to have a structure to provide care. Although the structure and format of models may vary they share common features enabling the care professional to use different models in practice depending on the situation.

Reflection usually starts with a description of the situation which may be positive or negative identifying key elements which worked, in order to reproduce the same outcome or to allow the care worker to learn from their mistakes. We then look at what we know considering theory and knowledge, identifying lack of knowledge and including our feelings and thoughts of the situation. Considering all these factors allows the worker to recognise what has been learnt and changes that are required for future situations.

Activity

Research the following models

Schon's Model of Reflection in- action and Reflection on- action

Gibbs Reflective Cycle

Johns Model of Structured Reflection

Learning topic: Self awareness and communication

Self awareness is having a perception of your personality, including strengths, weaknesses, thoughts, beliefs, motivation, and emotions. Self Awareness allows you to understand other individuals, how people perceive you, your attitude and your responses to them.

Power point - Self awareness

Communication is more than just speaking it is about the tone of our voice, the content of our conversation, the understanding of the content by the receiver, listening to the other person, body language and how the other person perceives our body language.

Activity- In pairs carry out Communication exercise

Learning Topic: Personal SWOT Analysis

A SWOT analysis is a method that can help one to identify the strengths, weaknesses, opportunities and threats relating to a shared purpose or an aspect of care that one wants to improve. This method can then be used to inform an action planning process.

- Strengths – Factors that are likely to have a positive effect on (or be an enabler to) achieving the objectives
- Weaknesses – Factors that are likely to have a negative effect on (or be a barrier to) achieving the objectives
- Opportunities – External Factors that are likely to have a positive effect on achieving or exceeding the objectives, or goals not previously considered
- Threats – External Factors and conditions that are likely to have a negative effect on achieving the objectives, or making the objective redundant or un-achievable.

Activity

Using the template learners should identify their current SWOT analysis

Learning topic: Baseline Assessment of technical ability

The use of digital technology is an integral part of care provision when accessing or updating client records. Core digital skills are the skills and knowledge necessary for undertaking everyday digital activities relevant to the job roles within care.

We will discuss digital technology in the Learning topic: What is digital health.

Activity

Complete the assessment for digital skills and identify the skills you need to develop and include these in the action plan template.

Learning Topic: Action Plan

Action Planning is simply a way of looking at all aspects of your learning and then determining what action you need to take to improve your understanding and skills. A plan is put in place to determine how you are going to actually make the necessary changes. Action plans can be very specific and relate to one activity such as, learning drug calculations, or they can be more general such as, needing to improve communication skills.

Effective action planning involves:

- Breaking down one's goals into smaller steps
- Identifying the actions needed to take for each step
- Considering how to overcome any constraints
- Identifying people/resources that can help
- Setting a target date for completion of each step
- Trying to be realistic in tasks one sets oneself
- Monitoring, reviewing and adapting the action plans on a regular basis

Activity

Using the evidence from the SWOT analysis, the baseline technical assessment and the outcome of the communication activities complete a personal action plan

Websites

Finlay, L., 2008. *Reflecting on "Reflective Practice"*. 1st ed. [e book]. The Open University.

Available at: [http://www.open.ac.uk/opencetl/files/opencetl/file/ecms/web-content/Finlay-\(2008\)-Reflecting-on-reflective-practice-PBPL-paper-52.pdf](http://www.open.ac.uk/opencetl/files/opencetl/file/ecms/web-content/Finlay-(2008)-Reflecting-on-reflective-practice-PBPL-paper-52.pdf).

Foundation of Nursing, 2015. *Swot Analysis*. Foundation of Nursing. Available at: <https://www.fons.org/resources/documents/Creating-Caring-Cultures/SWOT-.pdf>

Jack, K and Smith, A., 2007. Promoting Self-awareness in nurses to improve practice. *Nursing Standard*, 21,32, pp.47-52.

Available at: <http://journals.rcni.com/nursing-standard/promoting-selfawareness-in-nurses-to-improve-nursing-practice-ns2007.04.21.32.47.c4497>

NHS Education for Scotland, 2018. *Reflection in care*. [online]. Flying start NHS. Available at: <http://www.flyingstart.scot.nhs.uk/learning-programmes/reflective-practice/reflection/>

Learning activity

Reflective Account of a situation in practice.

This account should contain a definition of reflection, a description of a model of reflection and how you have applied the model to a situation in practice. It should be approximately 1500 words, academically written and referenced.

Complete a portfolio of evidence including the following:

- Reflective journal
- Personal SWOT analysis
- Personal Action Plan
- Professional Action Plan