

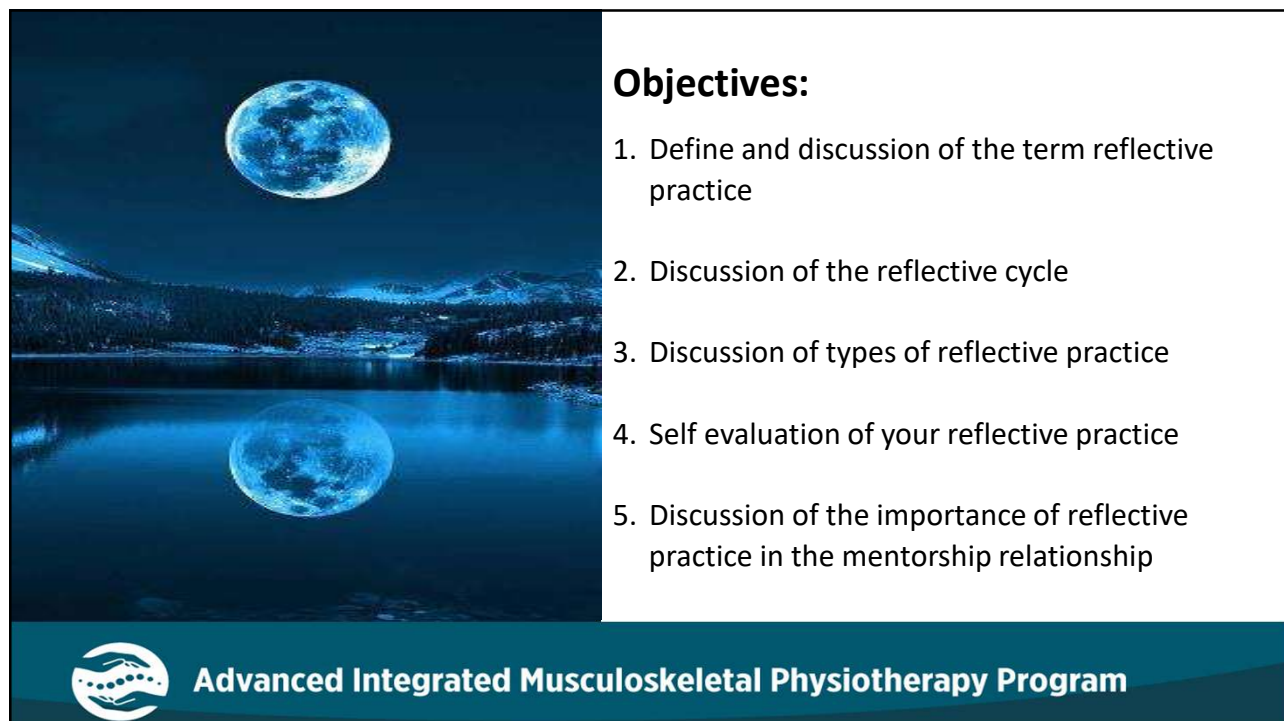


Reflective Practice

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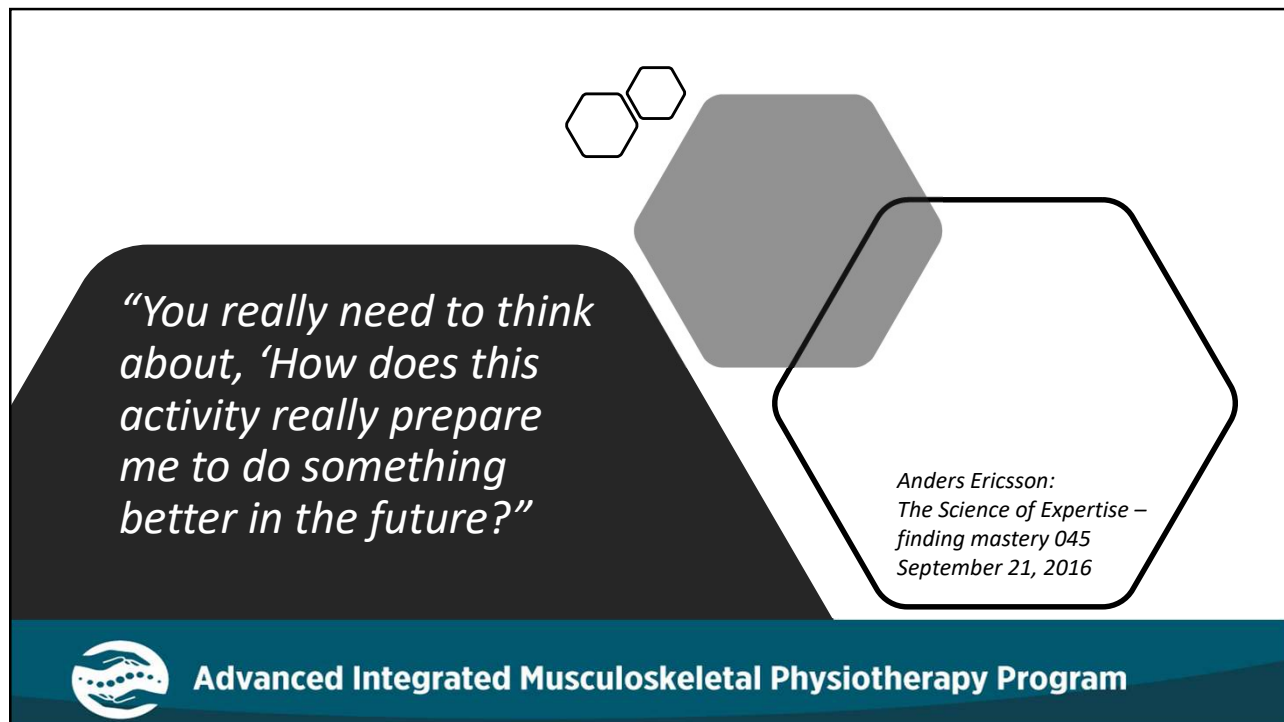


Objectives:

1. Define and discussion of the term reflective practice
2. Discussion of the reflective cycle
3. Discussion of types of reflective practice
4. Self evaluation of your reflective practice
5. Discussion of the importance of reflective practice in the mentorship relationship


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“You really need to think about, ‘How does this activity really prepare me to do something better in the future?’”


*Anders Ericsson:
The Science of Expertise –
finding mastery 045
September 21, 2016*




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Reflective Practice



- The ability to reflect on one's actions so as to engage in a process of continuous learning
Schon, D (1983)
- Metacognition: Awareness & understanding of one's own thought processes.
OED (2006)
- Metacognitive process that occurs before, during and after situations with the purpose of developing a greater understanding of both the self and the situation so that future encounters with the situation are informed from previous encounters.
Sandars, J (2009)



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Reflective Practice



- Done by both the Mentor & Mentee: separate & together
- Done often, throughout the mentoring relationship
- Done formally & informally

Sanders J, (2009)
Duffy A (2008)



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- **Remember** - Look back, review, ensure intense experiences are reviewed.
- **Experience** - What happened? What was important?
- **Focus** - Who, what, where, etc. Roles, responsibilities, etc.
- **Learn** - Question: why, reasons, perspectives, feelings? Refer to external checks.
- **Evaluate** - Causes, outcomes, strengths, weaknesses, feelings - use metacognition.
- **Consider** - Assess options, need/possibilities for change? Development needs? 'What if?' scenarios? Refer to external checks
- **Trial** - Integrate new ideas, experiment, take action, make change. (Repeat cycle)

Lawrence-Wilkes - 'REFLECT' model (2014)



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**Terry Woodard,
FCAMPT
Winnipeg, Manitoba**

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Reflective Practice Behavioural Determinants:



MOTIVATION:
DESIRE TO REFLECT



OPPORTUNITY:
ENVIRONMENT THAT FACILITATES REFLECTION



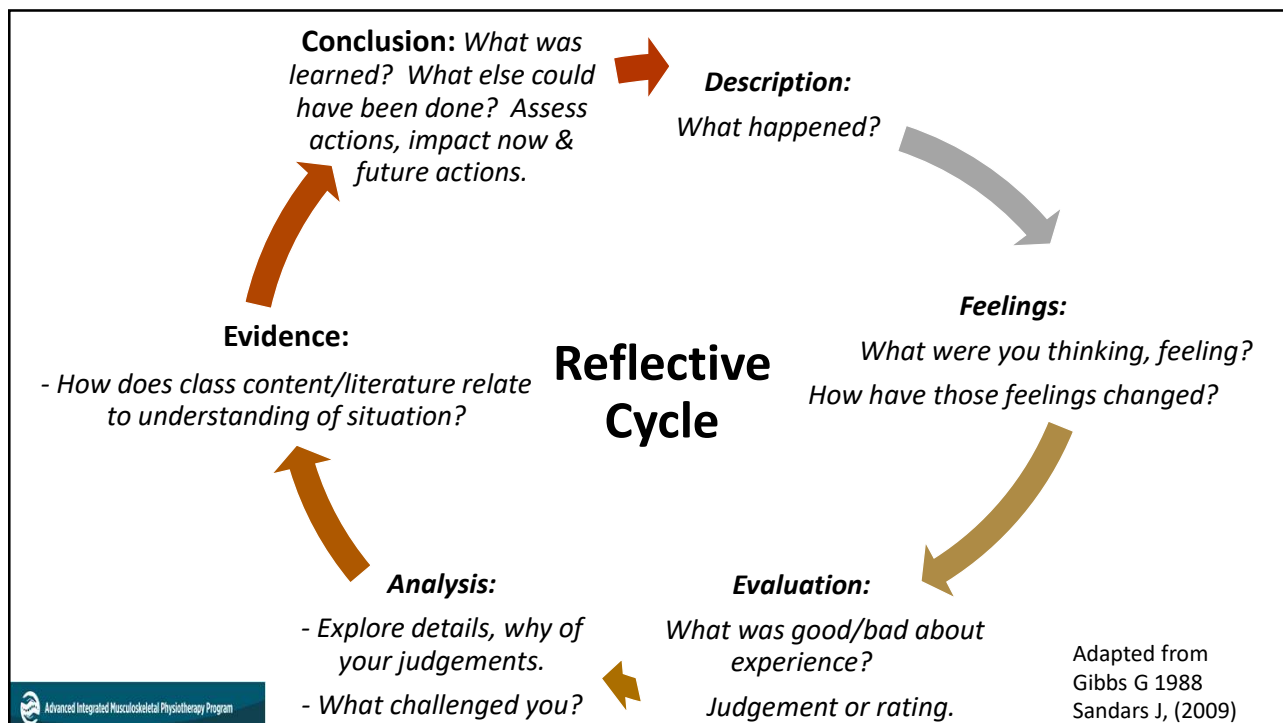
CAPABILITY:
SKILLS TO BE ABLE TO REFLECT





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Types of Reflective Practice:

- Written journal, notes or diary
- Logging of patients assessed & treated with and without assistance
- Creative imagery - e.g., 'mind-mapping', sketches, pictures, diagrams
- Reflective dialogue and discussion - in groups, couples, etc., face-to-face or by phone or written, and with a mentor
- Electronically – email discussions, blackboard, online discussion groups
- Academic study - qualitative research, research process, reflective texts
- Published work - article, book, conference
- Video review
- Meeting and discussion

Kashiwagi DT et al (2013)
https://www.college-ecce.ca/en/Documents/CPL_Reflective_Practice_Self_Directed_Learning.pdf

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Good evidence:

- Clinical practice longevity
- Evidence informed practice
- Protocol

Limited evidence:

- improved patient outcome
- Need further research

Mentorship and positive relationship

Abdullah G, et al (2014)
 Paget T (2001)
 Welp A, et al (2018)
 Williams A, et al (2019)
 Ziebart C et al (2019)

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Dr. Alison Rushton:



- Director PT School
- Chair IFOMPT Standards Committee (2004-2020)
- London, Ontario



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Reflections and application

-  Your own life
-  Within your own clinical / academic work
-  Within your educational facility



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Reflective Practice Self-Assessment:

Score each item 0 = None; 1 = Some; 2 = A lot

1. To what extent do you reflect?

- a) I make decisions about events as they happen.
- b) I change my behaviour or actions as events happen.
- c) I think about events and reasons for actions after they happen.
- d) I talk to others about events and behaviour after they happen.
- e) I think proactively after events to plan future action.
- f) I research/investigate issues to solve problems.

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Reflective Practice Self-Assessment:

Score each item 0 = None; 1 = Some; 2 = A lot

2. What reflection methods/tools do you use?

- a) I write notes which I review (e.g., diary, journal)
- b) I talk with others.
- c) I explore theories, models, etc., that relate to my issues.
- d) I seek and get feedback from others about specific events / issues.
- e) I make image or audio records /interpretations of events / challenges.
- f) I observe events and situations that involve me carefully.

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Reflective Practice Self-Assessment:**Score each item 0 = None; 1 = Some; 2 = A lot****3. Do you examine other points of view?**

- a) I understand my 'self' views - subjective and objective.
- b) I empathise with colleagues' / other's viewpoints.
- c) I seek standpoints of external theories and concepts.
- d) I look for relevant discussions (e.g., journal, article, conference).
- e) I look at research / evidence.
- f) I try to make objective sense of social media.



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Reflective Practice Self-Assessment:**Score each item 0 = None; 1 = Some; 2 = A lot****4. What assumptions do you question?**

- a) My own ideas and beliefs.
- b) Other people's points of view.
- c) About task-related problems.
- d) About the way that I think, how and why (metacognition).
- e) I question books, newspapers, TV, etc.
- f) I question internet information.



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Reflective Practice Self-Assessment:

Score each item 0 = None; 1 = Some; 2 = A lot

5. Your ability/freedom to reflect?

- a) I have or make time to reflect.
- b) I have necessary reflection knowledge, methods, and tools.
- c) I overcome any self-imposed barriers, habits.
- d) I understand how/why I think as I do (metacognition).
- e) I am sufficiently empowered personally/at work.
- f) I am free of negative influence by others.

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Interpreting your scores:

There are a maximum 60 points available:

5 sections / each of 6 questions = 30 questions with max. of 2pts each

The total score indicates as follows:

0 - 20 - low interest/opportunity for Reflective Practice
21 - 40 - good potential for using Reflective Practice
41 - 60 - excellent potential for Reflective Practice or you are already a critical reflector

© Lawrence-Wilkes/Chapman, Businessballs 2015



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Summary

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Harvard Business Review

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Questions ...

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