



SoHPS GUIDE TO WRITING YOUR REFLECTIONS

What is Reflective Practice

Reflective practice happens when you explore an experience you have had to identify what happened, and what your role in this experience was – including your behaviour and thinking, and related emotions. Everybody learns in different ways and whilst one person may reflect on a positive outcome another may find it more helpful to reflect on an event that was more challenging. This allows you to identify changes to your approach for similar future events. If reflective practice is performed comprehensively and honestly, it will lead to improved professional practice.

‘Imagine that you come home at the end of a difficult week where everything possible has gone wrong. When you walk in the front door you are confronted with a time machine which can take you back to Monday morning so you can live the whole week over again. You use this opportunity to think about everything that went wrong and what you could do (if anything) to correct things as well as trying to repeat the things that you have done right. It may not seem like it, but this is reflective practice - the act of thinking about our experiences in order to learn from them for the future.’

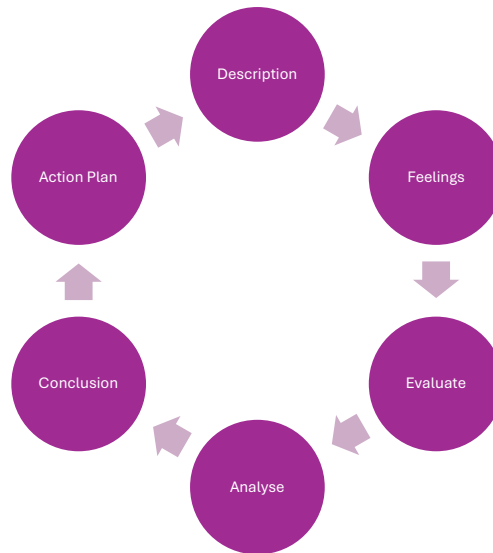
(University of Cambridge)

What is the Purpose?

- To encourage Health Play Specialists to reflect on their professional practice and be able to identify any changes or improvements that can be made to their practice based on what they have learnt whilst also identifying areas for future learning and development.
- To demonstrate the continued ability to practice safely and effectively meeting the required set of Professional Standards required by SoHPS ensuring Health Play Specialists understand the importance and implications for professional practice.

The Reflective Learning Cycle

Reflection is a self-directed way of learning. There are many models that you can use to guide your reflective writing, some suggestions are listed below. Overall reflective models recognise that the reflective learning cycle is a continuum, you apply what you have learnt, evaluate and continue to reflect and develop.



Gibbs Reflective Cycle

Other useful models.

- Kolb Experiential Learning Cycle (1984) – Concrete experience, Reflective Observation, Abstract conceptualization, Active Experimentation.
- Gibbs (1988) – Description, Feelings, Evaluate, Analyse, Conclusion and Action Plan
- Johns (1994) – Description, Reflection, Influencing factors, Could I have done it better, Learning.
- Borton (1979) – What, Now What, So What.

How to reflect on your practice

Stages of reflection (using Gibbs Reflective Cycle)

- Briefly describe: What?, Where? and Who?
- Examine: How did it make you feel?
- Evaluate: Could you have done anything differently?
- Analyse: Why did it happen?
- Conclude: What did you learn?
- Plan: What will you do differently in the future

A common mistake people make when writing reflectively is to focus too much on describing their experience. We all reflect constantly in the course of our everyday work but making that a more conscious/mindful practice by talking with colleagues or making a few notes during a break will help when it comes to translating your thoughts into written words.

Each of your reflections must include the following

- Discussion of the benefits/potential benefits to the service you offer and to the people you work with. *Your CPD is only of value if you're learning from it has a positive influence on the play service you offer and to the people you work with.*
- Evaluation of the impact of the CPD activity on your professional practice. *Analyse your own experience of what you did and how you did it. What was the intended outcome of your CPD activity and how does the CPD activity link to your goals and aspirations, this will help you to better understand which CPD activities are beneficial or not, increased knowledge does not always translate into improvements in clinical practice or patient outcomes.*
- Identification of your future learning and development needs. *Reflecting on your strengths and weaknesses helps to identify any gaps in your skills and knowledge and helps to identify support and resources that will help you manage and/or improve your everyday practice.*
- A minimum of 2 links to the SoHPS Professional Standards quoted in full and integrated in the main body of your text. *This demonstrates your understanding and adherence to the Professional Standards and reinforces that you practice safely and effectively.*

What is Required

Across the 3 years of your Profile, you need to write five Reflective Accounts which demonstrate your learning and development during each year and must represent different aspects of your CPD. You must link each reflection to the [SoHPS Professional Standards](#).

Years 1 and 2:

- **Reflection 1** must link to one of your CPD activities.
- **Reflection 2** must link to one of the following:
- One of your CPD activities (*as above*)

or

- One of your examples of Practice-Related feedback

or

- A new or challenging clinical experience

Year 3 - You need to write **1** Reflective Account which demonstrates your learning and development during the year.

- **Reflection 1** must link to one of your CPD activities.

Outcomes

Reflective practice enables us to learn from our experiences and develop and improve our future professional practice. Reflective practice enables us to achieve a better awareness of ourselves, our knowledge and understanding, our skills and competencies and workplace practice and promotes continuous learning and growth.

Effective reflection will allow us to build on best practice and have the confidence to demonstrate best practice and improve the quality of care provided.

You should now be able to

- Understand the basic requirements for writing your reflection
- Understand the benefits of reflective practice
- Understand what to include when writing your reflections