

Literature support:

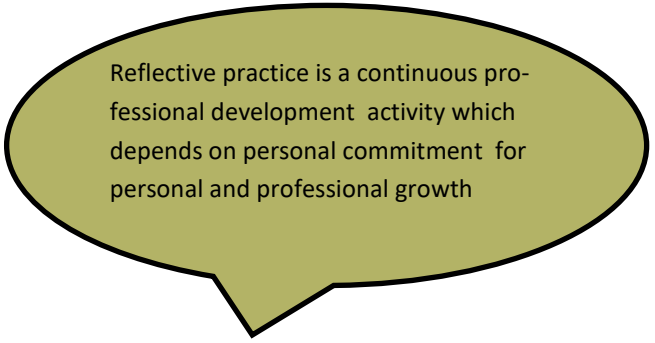
Further reading do not only enhance the knowledge, but the person can use the information to improve the skills and service. Delivery. Making use of literature is important for the following reasons

- To show why something is done in a certain way (e.g. by referring to a policy guideline)
- To explain what brought about certain feelings or reactions (e.g. by quoting a theory)
- To explain what went well or what went wrong e.g. a policy guideline, a research article or a relevant theory could be used
- To explain why a certain action had a positive or a negative outcome)
- To discuss what could have been done differently (e.g. policy, research or theory could be used to support your reflection that doing things differently could have had a better outcome)
- To justify why you plan to do something (e.g. a research paper might be used to show the value of developing a skill or of acquiring knowledge)
- To be able to make recommendations for improvement

Reference list:

A list of all the articles you have read to enhance your knowledge about the event should be available.

Having a reference list will be your evidence of the research done and can be use for future reference .



Reflective practice is a continuous professional development activity which depends on personal commitment for personal and professional growth

References

- Abigail V. Lewis (2013)Reflective practice: what is it and how do I do it? <http://ro.ecu.edu.au/ecuworks2013/846>
- Johns,C. (2002). *Guided Reflection Advancing Practice*: Oxford: Blackwell Science Ltd
- Bolton,G.(2005). *Reflective practice writing and professional development*: London: Sage Publications.
- Peter Lia (2019) using GIBBS reflective cycle in coursework , Kings college London

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Introduction

Reflective practice is basically about reflecting on a case event by analyzing and criticizing what happened. Most important about this activity is to read further about the condition for better understanding (literature review) to improve the practice .

There are different situations or scenarios in the daily practice which a nurse /midwife can use for reflective practice.. Apart of practicing in the hospital and community setting, nurses are also engaged in administration, education, policies to name a few. The definition of nursing practice therefore extend to areas where nurses/midwives skills and knowledge are being implemented to improve health and nursing care.

Example of event for reflective practice

- 1) an incident whereby there was mis-management of patient/client
- 2) a complaint made by the patient or family about the care or other nurse/patient issues

What are the benefits of reflecting on practice?

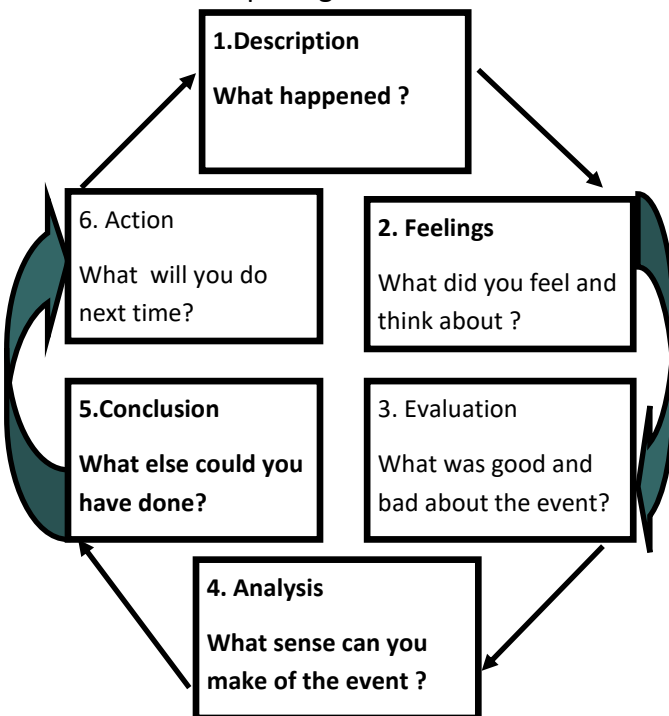
- Personal and professional development
- Improve quality of care
- Improve care outcomes
- Increased patients/clients satisfaction
- Reduces economical impact

Council emphasizes implementation of the following tools in ensuring a good reflective practice

1. **GIBBS** model of reflection to discuss about the event (refer to page 6 of portfolio guideline)
2. **Nursing Code of ethics & professional conduct**
3. The **10 key ENB characteristics**
4. **Literature** to support your reflections
5. **References** list

Understanding the relevance of Gibbs model

This model of reflection consists the 6 stages below which helps to guide the reflection



Graham GIBBS model (1988)

Reflection involves a number of skills (such as observation, self awareness, critical thinking, self-evaluation and taking others' perspectives) and has the outcome of integrating this understanding into future planning and goal setting (Mann et al., 2009).

The aims of Gibbs' reflective cycle:

- to challenge your assumptions
- to explore different/new ideas and approaches towards doing or thinking about things or practices
- to promote self-improvement (by identifying strengths and weaknesses and taking action to address them)
- to link practice and theory (by combining doing or observing with thinking or applying knowledge)

(Peter Lia 2019, using GIBBS reflective cycle in coursework)

Nursing /midwives Code of ethics and professional conduct

Nurses /midwives should be familiar with their nursing codes of ethics and professional conduct, This is very important as it will guide their professional decision making.

The importance of referring to the nurses code during the course of reflective practice, is to identify if there has been breached of the codes.

This should be analyzed and solution provided by referring to appropriate research based articles.

The 10 key ENB characteristics:

The keys characteristics represents the knowledge, skills and attitude necessary for the provision of quality care to meet the changing health needs

1.Accountability

2.Clinical skills

3.Use of research

4.Teamwork

5.Innovation

6.Health promotion

7.Staff development

8.Resource management

9. Quality care

10.Management of change

The most relevant keys ENB must be used in relation to the case event being reflected on. identify the limitations and the strengths of those roles by critiquing on them and provide solutions for improvement in future eventualities.