

Activity 4 - Reflection

Using the Gibb's Reflective Cycle (1988) template below, you should reflect on a time when you demonstrated care and compassion, this can be in any situation.

Please pick a scenario that is comprehensive but concise – short and sweet will help you focus your responses.

For each area of Gibbs Cycle – you must include at least one citation and include a corresponding reference list at the end.

Please upload your word document to the correct submission link when complete.

The people are referred to as Cari and Steven in this reflection to protect their identity.

1. Description – what happened?

-----Cari was in the middle of doing her course work when her brother
-----Steven phoned. Steven asked her if she could take him to the doctors as he was unable to walk that far due to him having gout in his foot. Gout is a type of arthritis that can come and go. It is usually the big toe that is affected by swelling in the joint, causing it to be unbearably sore with sudden burning pain and redness (Mayo Clinic, 2023). Cari went to pick Steven up and drove him to the doctors. Cari then waited for Steven in the car as the car park was full. Cars were going in and out of the car park with little room to spare, so Cari had to keep moving her car about out of people's way. Steven was waiting to be seen for a while. When he had been seen Cari drove him back to his home.

2. Feelings – what were you thinking and feeling

Cari was feeling empathy towards Steven as she knew it could not be nice to be in pain, unable to walk far, and having to rely on other people. Having empathy for someone is

putting oneself in the mental state of the other person, feeling how they would feel (Smith, 2017).

Cari was bored, frustrated and restless waiting as she had coursework to do, but also felt guilty for feeling that way as Steven needed her help.

Cari was getting stressed moving her car around so other people could get in and out of the car park with their cars.

3. Evaluation – what was good or bad about the experience

Cari enjoyed spending some time with her brother as they do not see each other that often.

It was good that Cari's brother got to his appointment and received the treatment he required. Harbishettar et al (2019) suggests that it is important to go to the doctors to get treatment. The doctor can explore all options by gaining all the relevant information of the illness with the patient, enabling them to give the best treatment option for the individual, so the best outcome can be achieved.

Cari did not like seeing her brother in pain, and she did not like the fact that he was waiting ages to be seen.

4. Analysis – What sense can you make of the situation? What have you learned?

Cari learned not to park her car in the doctor's carpark when it's full. She also learned that the waiting times at the doctors can be quite long, and that she does not like waiting in the car, for lengthy periods of time with nothing to do. It makes her feel restless. Gurarie (2022) stated that feeling restless can impact someone physically and mentally. It is when someone cannot keep still, feels anxious and irritated. Everyone that has the

feeling of restlessness may have the presents of different symptoms, and it can also be due to an underlying condition.

5. Conclusion – what else could you have done?

Cari could have parked away from the doctors and gone into the doctors and waited with her brother, or she could have taken her course work with her to do in the car while waiting. Course work is given to students to do over a set period. It is so that they can show their course tutor certain skills, such as academic writing, research, and artwork. It enables a student to produce material that they would not be able to in an exam (nidirect government services, 2023).

6. Action plan — If I have to do the same thing again, what would I do differently?

If Cari had to do the same thing again, she would go into the doctors with her brother to have a look to see how busy it was. If there are quite a few people waiting, she would go to do her coursework until Steven phoned her to go and pick him back up. She would then be using her time more effectively, and she would not be in other people's way. To use time more effectively, more tasks can be completed using time management skills. Using time management skills is being organised. It is to plan, prioritise and prepare so time is used effectively (indeed, 2023).

Reference list

Gurarie, M. (2022) *Restlessness*. Available at: <https://www.verywellhealth.com/restlessness-5223436> (Accessed on: 1st December 2023).

Harbishetter, V. et al. (2019) 'The enigma of doctor-patient relationship', *Indian Journal of Psychiatry*, 61(4), pp 776-781. Available at: doi: [10.4103/psychiatry.IndianJPsychiatry_96_19](https://doi.org/10.4103/psychiatry.IndianJPsychiatry_96_19)

Indeed (2023) *Time-management skills: definition, examples and tips for improvement*. Available at: https://uowtsd-my.sharepoint.com/:w:/r/personal/2316582_student_uwtsd_ac_uk/_layouts/15/doc.aspx?sourcedoc=%7B2e493e48-17da-4fe4-84ec-3c8edb9c9d4e%7D&action=edit (Accessed on: 5th December 2023).

Mayo Clinic (2023) *Gout*. Available at: <https://www.mayoclinic.org/diseases-conditions/gout/symptoms-causes/syc-20372897> (Accessed on: 1st December 2023).

Nidirect government services (2023) *Coursework – what to expect*. Available at: <https://www.nidirect.gov.uk/articles/coursework-what-expect> (Accessed on: 1st December 2023).

Smith, J. (2017) 'What is empathy for?', *Synthese*, 194, pp 709-722. Available at: <https://doi.org/10.1007/s11229-015-0771-8>

