



TRINITY JAMES - 2505460

Self-Awareness Presentation Reflection: Developing Safe and Effective Health and Social Care Practice

**Module: Professional Development within Health
and Social Care**

This presentation is my own work. Artificial intelligence (ChatGPT, Open AI) was used only to assist with proofreading, improving the organisation of content, and generating ideas for the presentation's colour scheme and overall visual theme. All academic content, critical thinking, and final decisions remain my own.

Defining the reflective practitioner

Action

What Reflection Is Not



Not an exercise in self-criticism. Not simply remembering an event or moving on to the next task.

Reflection

What Reflection Is



A continuous learning process of critically thinking about an experience to improve future practice.

Reflection allows professionals to evaluate decisions, identify strengths and weaknesses, improve future performance, and ultimately provide safer person-centred care.

Moving from passive observation to active clinical data mining

Healthcare professionals make decisions every day that affect people's wellbeing. Without reflection, we continue making the same mistakes.

Passive Review

Focus

Subjective and static.

Internal Dialogue



"That shift was terrible" or
"That went badly."

Outcome

Missed opportunities to recognise mistakes or improve performance.

Structured Reflection

Focus

Objective, dynamic, and action-oriented.

Internal Dialogue



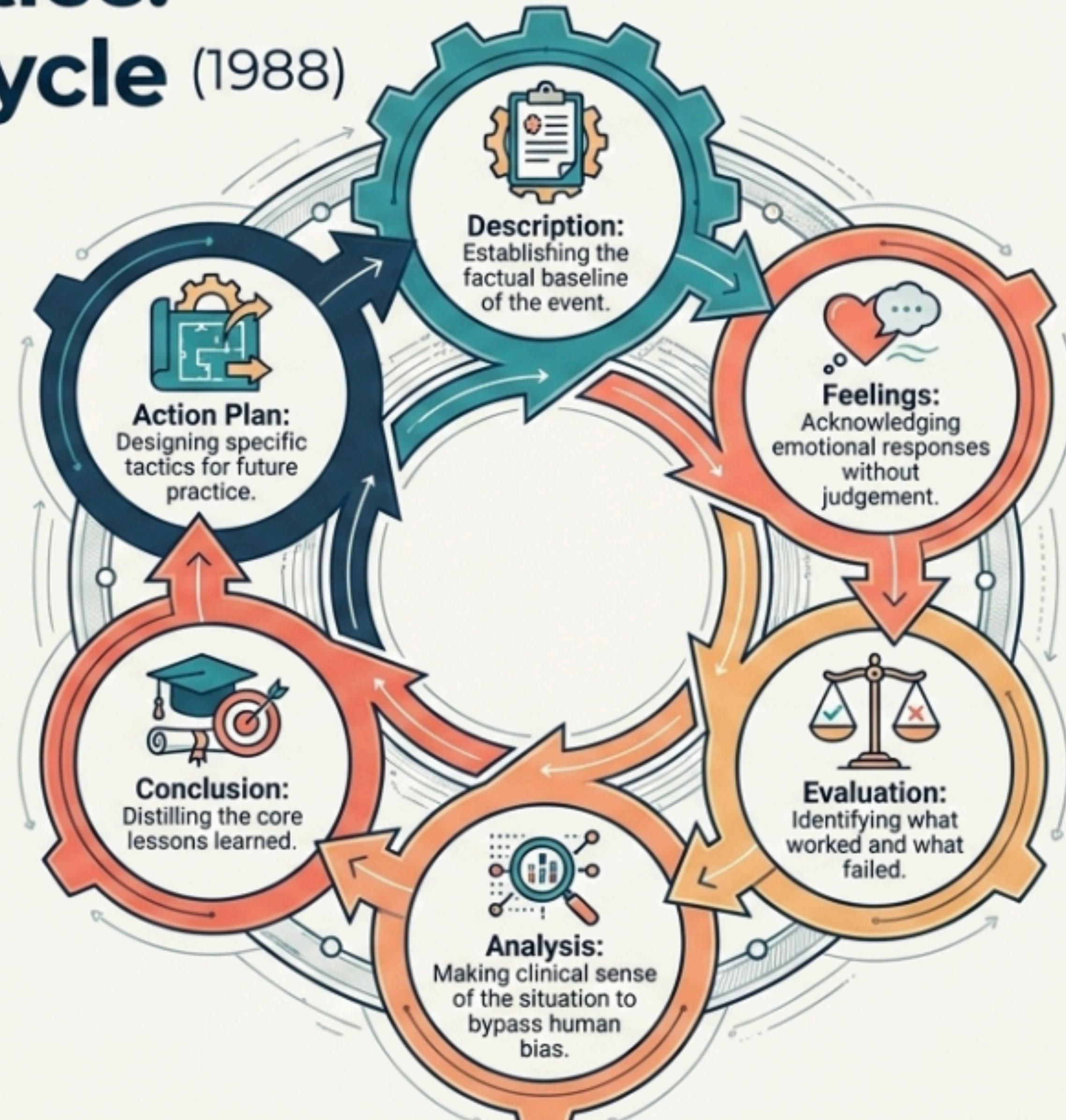
"Why did that interaction escalate and how can I de-escalate it next time?"

Outcome

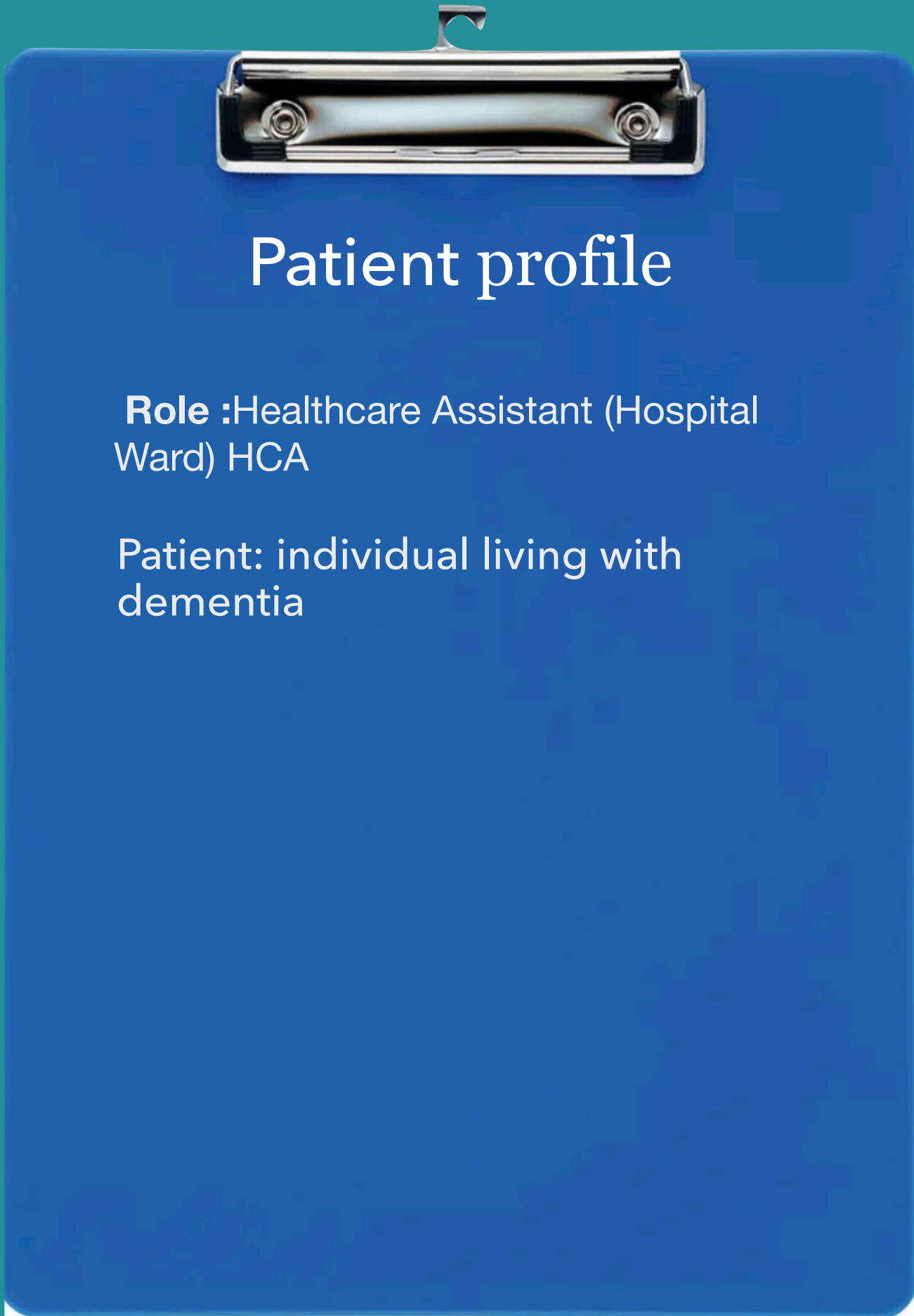
Generates specific improvements for future patient safety.

The Engine of Practice: Gibbs' Reflective Cycle (1988)

Gibbs provides a structured pathway to bypass bias, moving practitioners from assuming they communicated perfectly to critical, objective analysis.



Applying Reflection in Practice



Patient profile

Role :Healthcare Assistant (Hospital Ward) HCA

Patient: individual living with dementia

Situation report

A patient with dementia becomes distressed because they believe they have forgotten to collect their children from school.

Instead of correcting them immediately, I:

- Reassure the patient
- Listen carefully
- Redirect the conversation calmly

Reflection using Gibbs

What went well

- Stayed calm
- Used reassuring body language
- Maintained dignity

What could improve

- Spoke too quickly
- Could allow more silence
- Check understanding more often

Action Plan

- Slow my speech
 - Allow thinking time
 - Seek feedback from experienced colleagues
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Developing My Reflective Practice

Slide Content

Reflection will help me to:

- Learn from experience
- Improve communication skills
- Build confidence
- Develop professional judgement
- Become a safer practitioner

My Future Actions

- Keep a reflective journal
- Ask mentors for feedback
- Reflect after each placement
- Turn learning into action

Reflection is essential because it:

- Improves patient safety
- Supports professional development
- Strengthens decision-making
- Promotes person-centred care
- Encourages lifelong learning

Reflection turns experience into improved future practice.

Synthesis & Conclusion

“Reflection is not simply thinking about the past. It is the bridge between experiencing an event and mastering a skill.”

It is the essential tool to improve patient safety, strengthen clinical judgement, and promote true person-centred care.