

- ▶ Module Title: *Professional Career Development within H&SC*
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- ▶ Student Name: *Valinya Dacosta*
- ▶ Student ID: *2512507*
- ▶ Lecturer's Name: *Dr Christopher Mafuva*

REFLECTION

The Importance of Reflection in Health and Social care



REFLECTION

Reflection-Reflection is the active process of analysing an experience to gain new insights and improve future actions. (Schon, 1983)

It helps you to learn from your experience and what you can do better next time.

- In the context of Health and Social care, Reflection means looking back at your actions and how you be a better staff so, the patient gets the best care possible.



Introduction

About My Self

Hello everybody, my name is Valinya and I am really
Passionate when it comes to Health and Social care

What I am going to present today

In today's presentation, I will talk about the importance of
Reflection and analyse effective models and how it
Benefits the patients.

Importance of Reflection in professional practice

Why is this skill essential for people working in health and social care?

- *Reflection in Health and Social is very important, because it ensure the professionals do not repeat the same mistakes and not trying to improve .*
- *Instead, it helps learn from mistake and provide more safer and responsive care.*

who does Reflection benefit ?

Patients



Reflecting helps professionals spot mistakes and fix them before the patient is hurt .This creates a much safer environment for the patients.

STAFF



Reflecting as a team stops other staff members from feeling lonely and creates a friendly staff environment

Organisation

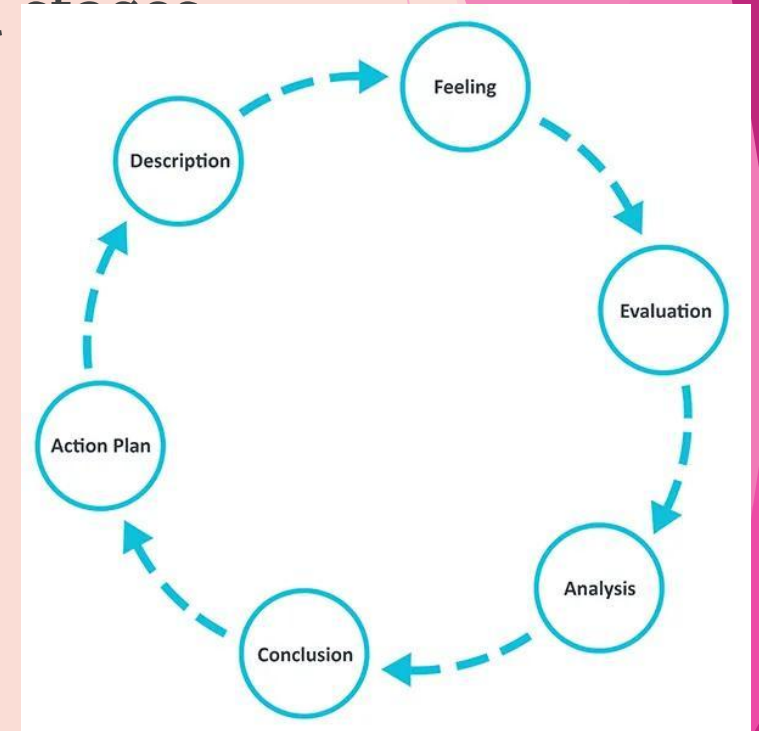


If the staff starts to reflect, they feel much Happier with the job instead of leaving . This saves the organisation from spending more money to hire new staff

The Gibbs Cycle

- ▶ The Gibbs Reflective Cycle (1988) is the most used framework in healthcare for structured reflection. It includes six important stages
- ▶ 1. Description-What happened?
- ▶ 2. Feelings- what were you thinking?
- ▶ 3. Evaluation-What was good/bad?
- ▶ 4. Analysis- what sense can you make?
- ▶ 5. Conclusion-what else could you do ?
- ▶ 6. Action plan- Future Steps?

Gibbs (1988)



Applying this skill in practice

Method	Application	frequency
Reflective journal	Private recording of thoughts and emotional responses to shifts	Daily
Clinical supervision	A session with a mentor to evaluate your decision	Monthly
Case conferences	Multidisciplinary team reviews of challenging cases	As needed
Critical incident debrief	Reflecting together as a group after a medical event.	immediate

How does this skill support my future career?

Lifelong learning

Reflection is the important for continuing

Professional development.it keeps my skills sharp and relevant.

Future Leadership

Critical thinking and problem solving through reflection are the skills that senior management and leadership roles require.



Conclusion

Reflective practice is not just a requirement for professionals, and it is a commitment to excellence. By pausing to think, we ensure that our care is safe, our methods are effective, and our patient are treated with the respect they deserve.

References List

Gibbs, G., 1988. *Learning by doing: A guide to teaching and learning methods*. London: Further Education Unit.

Schön, D.A., 1983. *The reflective practitioner: How professionals think in action*. New York: Basic Books.