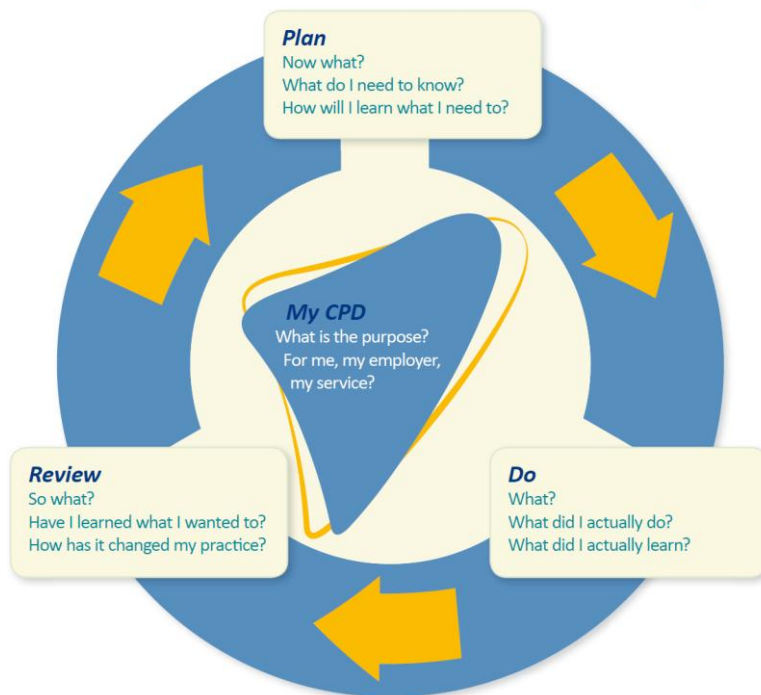


CPD habits: looking backwards



This document is fifth in a series of seven documents making up the CPD habits series. It is a summary of a more detailed online resource about reflective practice available on the CSP ePortfolio CPD resources gateway. It aims to highlight the link between reflection and achieving CPD excellence. It introduces you to how reflection can inform your journey around the CPD cycle, and facilitate you to reflect upon your current approach to reflective practice in detail.

What is reflective practice?

Reflective practice is *'The process of reviewing an episode of practice to describe, analyse, evaluate and inform professional learning; in such a way new learning modifies previous perceptions, assumptions and understanding, and the application of this learning to practice influences treatment approaches and outcomes'* (CSP, 2002).

It is a way of exploring and explaining events, which may lead to changes in everyday work practices.

*"We do not learn from experience... we learn from **reflecting** on experience."*

John Dewey, 1910¹

So what will developing my reflective practice allow me to do differently?

In order to learn (ie make long-term changes to your perceptions, assumptions, understanding and behaviours) from an event or experience, you need to personalise the event so that it is relevant to your own situation and context.

Reflective practice is the process by which to achieve this, and it can enable you to turn any event into a learning experience. It will allow you to:

- Critique the quality of your practice
- Highlight your strengths and successes
- Identify areas for development
- Bridge the gap between theory and practice
- Demonstrate your accountability and professionalism
- Facilitate change (personal and organisational)

References

1. Dewey J (1910) *How we think*. Boston; DC Heath & Co.

Developing a more critical thinking approach to reflection

You have received a letter of thanks from a patient. They are particularly grateful for the manner in which you dealt with them, which showed a great deal of empathy and understanding. They were particularly pleased with your input as they had previously been seen by your colleague, who they felt had been dismissive of their concerns. You decide to put the letter in your portfolio, and add a reflection to go with it:

Reflection 1:

This letter provides evidence of my interpersonal skills. It is reassuring to get this feedback as I am often shadowed by students. I will continue to approach patients in the same manner so they feel listened to and understood.

Reflection 2:

What?

This letter provides evidence that my behaviour is appropriate to my level of practice, as defined within the Physiotherapy Framework. I was mindful to maintain an open, non-judgemental approach to communication within my assessment and intervention.

So what?

For me: This was a positive experience. I was able to listen to the patient in an unbiased manner. My advice at the end of the intervention was the same as my colleague had given, but the patient accepted it as they felt they had been fully listened to and understood.

For the patient: This approach to communication is really important to ensure that the patient feels valued, listened to and understood.

For my service: Better patient recorded outcomes; fewer complaints; fewer re-referrals.

Now what? *I will share this learning with my colleague as part of peer review. I will use this reflection as evidence of effective communication within my appraisal. I will use this example (anonymously) to illustrate the importance of effective listening to my students.*

- Which reflection takes a more critical thinking approach?
- What are the important differences between the two reflections?
- Which one do you feel demonstrates most learning?

Now what else do I need to know?

- For more information on different approaches to reflective practice, take a look at 'my learning space' within the CPD resources section of the ePortfolio:
<http://eportfolio.csp.org.uk/viewasset.aspx?oid=1533607&type=webfolio&parentpageid=1546750&pageid=1535087>
- Reflective journals: For a research paper on the topic, take a look at:
<http://www.csp.org.uk/physio-journal/99/1/physiotherapy-students-find-guided-journals-useful-develop-reflective-thinking-p>
- For further information on reflection and reflective practice, visit:
<https://sites.google.com/site/reflection4learning>
- For specific up to date information and research about reflective practice, from a wider perspective, look at the Reflective Practice Journal:
<http://www.tandfonline.com/toc/crep20/current>
- The CSP Library and Information Service have information on reflective practice models:
<http://www.csp.org.uk/professional-union/library>