



Reflective Practice

Microlearning Sessions by Nursing Education Network



Key Learning Outcomes

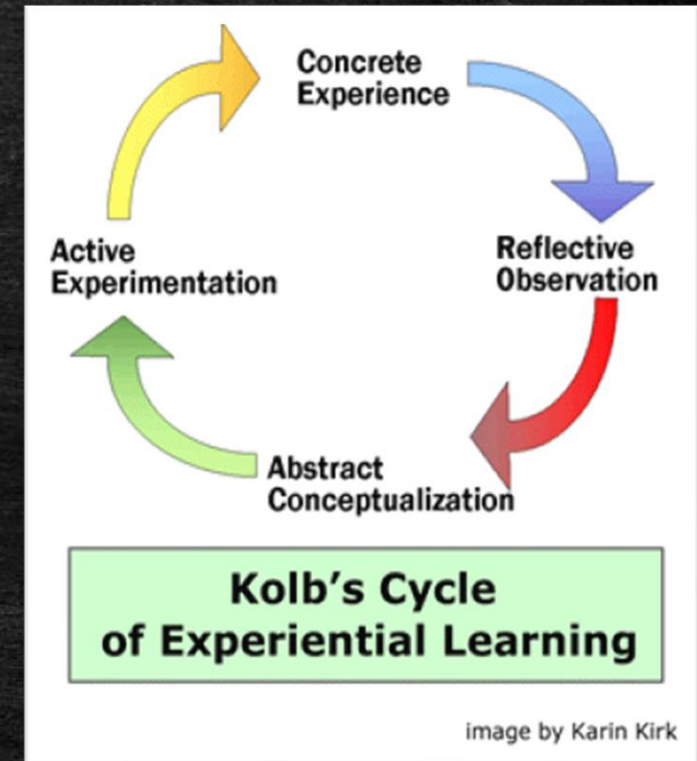
Introduce and provide an overview of reflective practice:

- Describe reflection key concepts
- Adult learning concept of experiential learning
- Approaches to encourage reflective practice
- Share some key learning resources



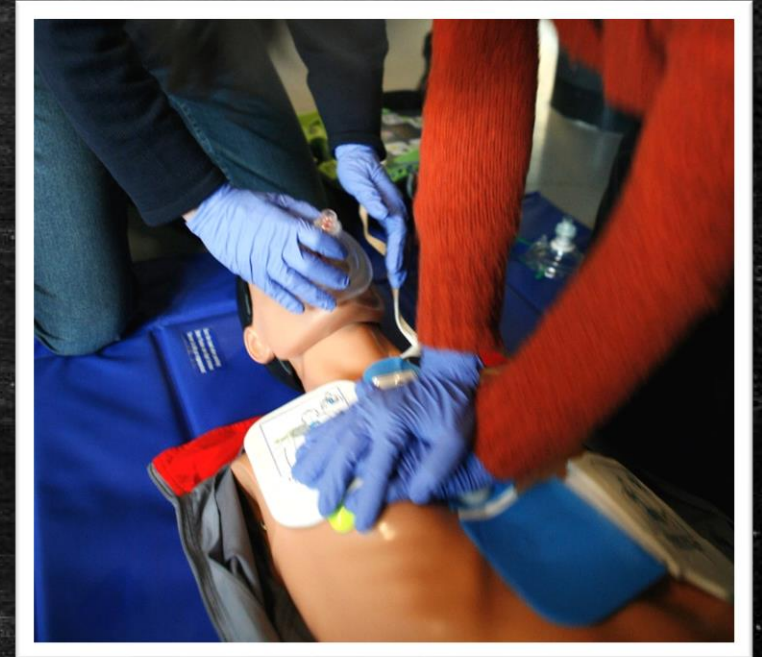
Critical Reflection

- “Learning is best conceived as a process, not in terms of outcomes” (Kolb, 2008).
- Reflecting and deciding what works best at that time, for that unique event/incident (Reflection-in-action).
- Reflecting post an event on how practice can be developed (Reflection-on-action).



Reflective Tools

- Critical Incident Reflection.
- The prescribed reflection and caution of losing the power of reflection. Writing what they think you want to hear.
- Reflective Approaches:
 - Feedback
 - E-portfolio
 - Reflective Tools
 - Journal
 - Imagery
 - Future Planning



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References

- Kolb, A. Y., & Kolb, D. A. (2008). [Experiential Learning Theory: A Dynamic, Holistic Approach to Management Learning](#). *Journal of Education and Development*, 17(9), 312-317.
- Gibbs, G. (1988). *Learning by Doing: a Guide to Teaching and Learning Methods*. London: FEU.
- Johns, C. (2009). *Becoming a Reflective Practitioner*. Chichester, U.K: Wiley-Blackwell.
- Nursing Education Network. (2019). [Experiential Learning: Kolb and Schon](#)
- Somerville, D., & Keeling, J. (2004). A practical approach to promote reflective practice within nursing. *Nursing Times*, 100(12), 42-45.

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