



Reflection - The Synopsis

Learning Objectives

- Describe what reflective practice is
- Discuss why reflection practice is important in the everyday work environment
- Discuss the barriers to reflection
- Describe the differences between reflection and rumination
- Apply a structure model of reflective practice - 'What / So What /What Now' model

The WRaP EM Synopsis on Reflection

What is reflection - many proposed definitions exist, from the simple to the more complex?

To think carefully or deeply

OR

A process of seeking an understanding of self or situations to inform future actions

OR

Persistent and careful consideration of any belief or supposed form of knowledge in the light of the grounds that support it and further conclusion to which it tends

Why should one reflect?

Generically Reflection may

- Aid understanding of strengths and weaknesses
- Identify and question underlying values and beliefs
- Acknowledge your fears
- Recognise the potential for bias
- Identify areas for improvement

Reflection in the ED

- We work in a complicated system in difficult and stressful situations
- By its very nature, working in healthcare means we interact with patients and colleagues who challenge our emotions, beliefs and values.
- Unexpected moments are part of our practice
 - A complicated diagnosis, an unfortunate patient outcome, a 'mistake'
- Situations where the solution is unclear are frequent.

(Bernard, Gorgas, Greenberger, Jacques, & Khandelwal, 2012; Ménard, 2013; Sandars, 2009)

Reflection allows us to make sense of these situations and the practitioner to 'function' in the messiness of it all

What are the barriers to reflection/reflective practice?

It takes effort

- You have to have the will
- You have to have the skill

It takes some knowledge to do it effectively

It requires a change of pace and possible changed model of self-assessment

- It requires us to slow down
- We need to adopt a mindset of curiosity
- We need to take personal responsibility

Fear of process or outcome

- We may not like the process or the results
- Insight gained can lead to
 - Fear and anger
 - Sadness and vulnerability
 - Defensiveness - particularly in settings like a missed diagnosis.

Due to this the experience can be blocked - consciously or unconsciously and there may be a reluctance to discuss or consider change.

What is the difference between reflection and rumination?

Reflect

- Thinking about the '*What Is*'
- Think carefully or deeply
- To realise or consider
- To think from past experiences (*both good and bad*) and to learn from them
- Thinking mindfully the past cannot be changed but it can contribute to a better future
- Thinking about something with the intent of learning about it

Versus

Ruminate

- Thinking about the '*What Ifs*'
- Think deeply
- To go over in the mind repeatedly
 - To stew over
- Association with regret, lamenting missed opportunities
 - Chewing over the emotion and BLAME
- Thinking about something over and over with negative emotions linked to it

(“Reflection Versus Rumination,” 2015)

Perhaps reflection is rumination with structure, boundaries, self-awareness and an intention to avoid self-judgement in the process?

How can we start to create a formal reflective practice

Ask yourself and your learners some questions.....

- Am I avoiding it ?
- What practice might work for me?
 - select a practice that works for you
 - Am I a writer or a talker - journaling or talking
- When can I do it ? / Timing.
 - Schedule time
- I find this the hardest especially after a busy evening shift when all I want is a cup of tea/glass of wine and to go straight to bed !
 - How long should I do it for ?
 - 5 minutes is a good start
- Actually, do it!
- Do I need to reflect on my reflection ?
 - Ask for help if it isn't going well.

When may you need to reflect?

Without initial awareness of the need to reflect, no reflection can occur!

Self motivated reflection - You might prompt yourself

- Mindfulness and monitoring thoughts and emotions
 - 'Gee I feel rubbish after that resus today'
- Has to be deliberate and non judgemental
- Can feel a bit artificial and contrived at the beginning
 - But we can adapt so it can become routine and sub conscious

Reflection prompted by others

- Your reactions and actions are probably very apparent to those around you
 - Facial expressions in the middle of a resus.
- Be aware you'll get the feedback if you ask for it from others
 - This is it's own challenge to your ego no matter how small that ego is!

Reflection prompted through Workplace Critical event review

2 Reflective practice tools to consider

What, So what, What now?

What

- What happened?
- What were the results?

So what?

- What do these results imply?
- How did I influence the outcome?

What now?

- What do I need to do differently next time?
- What learning or Professional development so I need to focus on for a better outcome?

Model for Reflection - What, So What, What Now?

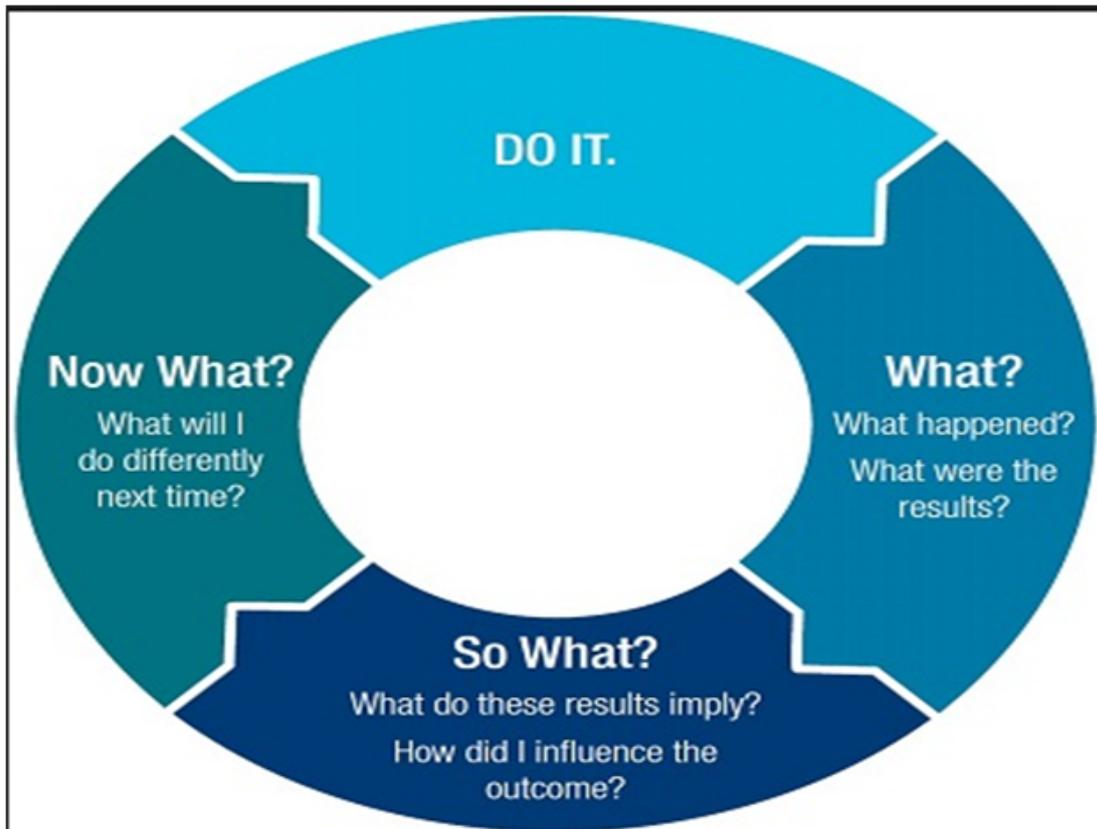


Figure 1: Reflection model. Burton AJ (2000). Reflection: nursing's practice and education panacea? *J Adv Nurs*; 31(5):1009–1017.

Klob's Models

- What happened
 - Concrete experience
- Analysis
 - Reflective observation
- Making generalisations
 - abstract conceptualisation
- Planning future actions
 - active experimentation
- What do I need to do differently next time
- What learning or professional development so I need to focus on for a better outcome

(Bernard, Gorgas, Greenberger, Jacques, & Khandelwal, 2012)

References

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