

Reflective Practice



Reflective Practice

Reflective Practice is a vital tool in practice-based professions like nursing where individuals learn more from their experiences. Developing the capacity to reflect in and on practice is one of the most important dimensions of professional practice and development of expertise. The aim of this module is to provide learning from past experiences that leads to development of new perspectives and professional growth.

Learning Outcomes

- Explore the concept of reflection in nursing
- Discuss the advantages and disadvantages of reflective practice in nursing
- Identify factors that facilitate and inhibit reflective practice
- Discuss the significance of reflective practice in healthcare industry
- Describe Gibb's Model of Reflection
- Apply the concept of reflective practice in clinical scenarios

Training Material

- Multimedia audio visual aids
- Hand outs

Learning Activity

- Discussion on different case studies
- Ice breaker and various activities
- Problem solving activity
- Knowledge and skill assessment

Duration

2 hrs

Number of Participants

50