

LET'S TRY REFLECTION USING GIBBS REFLECTIVE CYCLE



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Reflection has been considered to enhance learning particularly in a practice based profession such as nursing. Literature have identified number of benefits of reflection (Greenwood, 2002; Cronin, & Rowling-Anderson, 2004; Asselin, Schwartz-Barcott, & Osterma, 2012). They include improving analytic thinking skills, facilitating integration of theory and practice and develop individual theories of nursing practice and enabling the monitoring of increasing effectiveness.

Following is one of the most commonly used framework for reflection in nursing education known as Gibbs reflective cycle.

Even though this is an educational framework grounded in experiential learning it can be used successfully with practicing nurses to explore nursing situations to gain insight and improve nursing practice. You can try the following steps of the model to reflect on a learning experience.

STEP 1: DESCRIPTION

The first step is to describe an event or situation from clinical practice that you have experienced. The description of the event should be from your perspective. The focus should be writing holistically the scenario and it must be personal that is from your viewpoint rather than from another person's view.

Consider asking questions when describing the situation:

- When and where did this happen?
- Why were you there?
- Who else was there?
- What happened?

- What did you do?
- What did other people do?
- What was the result of this situation?

STEP 2: FEELINGS

Next step is to describe the feelings that you experienced during the situation. Were you happy, sad, angry, pleased, frustrated, considered or valued? How was you were thinking connected with how you felt?

Use questions like these to guide the discussion:

- What did you feel before this situation took place?
- What did you feel while this situation took place?
- What did you feel after the situation?
- What do you think about the situation now?

STEP 3: EVALUATION

In this step you need to objectively look at what approaches you implemented and evaluate what worked, and which ones didn't in the situation you have experience?

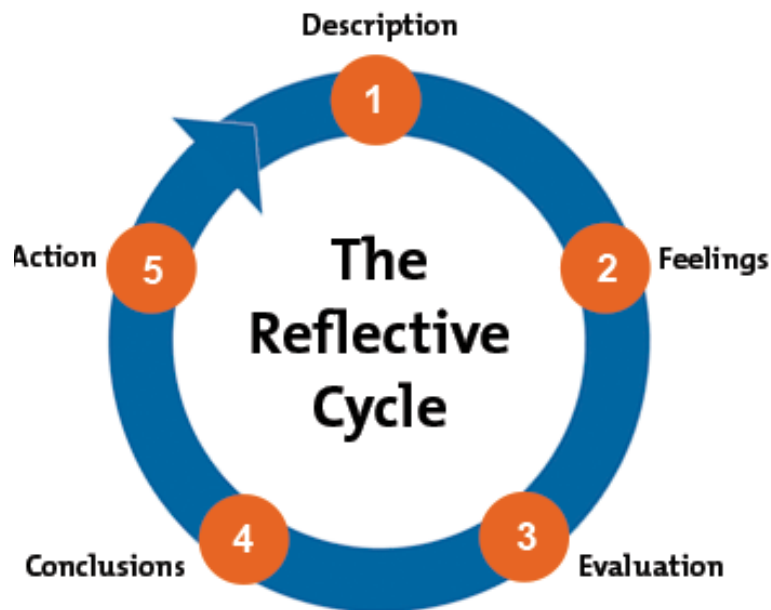
Use questions such as:

- What was positive about this situation?
- What was negative?
- What went well?
- What didn't go so well?
- What did you and other people do to contribute to the situation (either positively or negatively)?

STEP 4: CONCLUSIONS

Here you come to a conclusion of what has occurred. Think about the situation and ask these questions for yourself:

- How could this have been a more positive



experience for everyone involved?

- If you were faced with the same situation again, what would you do differently?
- What skills do you need to develop, so that you can handle this type of situation better?
- Could making a change, make a difference?
- Did things go so well that you would not change anything?

STEP 5: ACTION PLAN

You should now have some possible actions that you can deal with similar situations more effectively in the future. In this last stage, you need to come up with a plan so that he can make these changes. Most situations which have already made you reflect usually result in your realization that you could probably learn more about certain things. Once you've identified the areas you will work to improve or learn a new knowledge or skill. It is important to check on the progress you have made.

Finally the outcome of this model may be new perceptions and readiness to apply new insights in future situations. Additionally since reflection helps practicing nurses and student nurses to articulate rationale for their practice and in return improve their knowledge and skills, a frame such as Gibb reflective cycle can be effective and easy tool for reflection.

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