

Reflective Practice

Nursing

A structured way to learn from an event, as opposed to ruminating.

One widely used cycle, and the conditions that make reflection actually useful.

A reflective cycle

Description — what happened, factually

Feelings — what you thought and felt

Evaluation — what went well and badly

Analysis — what sense you can make of it

Conclusion — what else you could have done

Action plan — what you will do next time

Makes it useful

Written soon after the event

Anonymised: no patient-identifiable detail

Honest about your own part in it

Ends in a specific, doable action

Discussed in supervision, not carried alone

Revisited to see whether the action happened

Educational reference. Reflective writing is not part of the clinical record and must never identify a patient. Local rules apply.