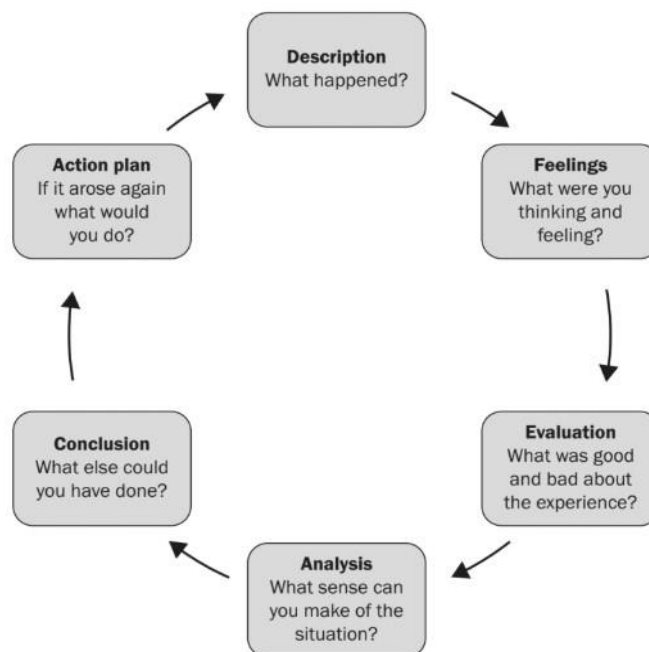## An Introduction to Reflective Writing
Resources for Further Study

Gibbs' Reflective Cycle

Gibbs created this 'structured debriefing' tool to support experiential learning. It was designed as to a template to prompt routine reflection on regular tasks and frequently encountered situations, but it can also be used to examine standalone experiences.


Each step is considered sequentially:

1. **Description**: Briefly outline the experience and the context in which it occurred.
2. **Feelings**: Describe thoughts and feelings that arose.
3. **Evaluation**: Objectively discuss both positive and negative aspects of the experience.
4. **Analysis**: Draw together observations and examine how these factors have interacted. This section benefits from receiving particular attention. Draw on existing knowledge and past experience, and reflect on the role of others involved in the situation.
5. **Conclusion**: Focus on learning, including knowledge acquired, and skills/ behaviours to be developed.
6. **Action Plan**: Designate specific actions to be taken forwards.

The University of Edinburgh has produced a brief **reflective toolkit** which you may find helpful. For those wanting to study the model in detail, a digital copy of Graham Gibbs' original text can be found **here**[1].

## Other Models of Reflection: ERA, Driscoll, Kolb

In healthcare, Gibbs is the most frequently cited reflective framework. However, there are a number of other models that you may wish to explore, and this **overview** by the University of Cambridge is a good introduction.

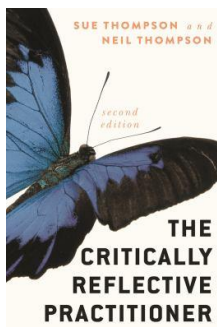## Introductory Texts at UHS Libraries
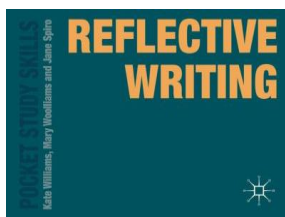
Reflective Writing: Pocket Study Skills
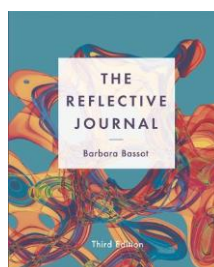Williams K, et al. Basingstoke: Palgrave Macmillan, 2012
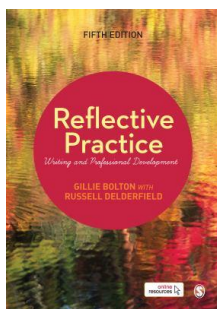
Reflective Practice: Writing and Professional Development
Bolton G, et al. 5th ed London: Sage, 2018

The Critically Reflective Practitioner
Thompson S, et al. 2nd ed Basingstoke: Palgrave, 2018

The Reflective Journal
Bassot B. 3rd ed London: Red Globe Press, 2020

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[1] Gibbs, G (1988) *Learning by Doing: A Guide to Teaching and Learning Methods* [online, 2013 ed] Oxford Centre for Staff and Learning Development.

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Link to our catalogue:

Resources for Nurses, Midwives, AHP's and associated students

Nursing and Midwifery Council: Written Reflective Accounts
https://www.nmc.org.uk/revalidation/requirements/written-reflective-accounts/

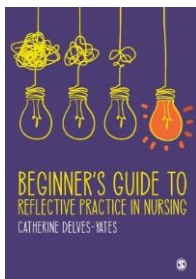**Royal College of Nursing: Reflective Discussion**
https://www.rcn.org.uk/professional-development/revalidation/reflection-and-reflective-discussion

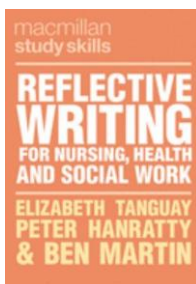**Health and Care Professions Council: Reflective Practice**
https://www.hcpc-uk.org/standards/meeting-our-standards/reflective-practice/

Royal College of Midwives: Introduction to Reflection (Member login required)
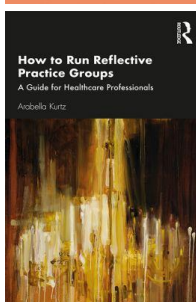https://www.ilearn.rcm.org.uk/enrol/index.php?id=66

Beginner's Guide to Reflective Practice in Nursing
Delves-Yate C. Los Angeles: Sage, 2021

Reflective Writing for Nursing, Health and Social Work
Tanguay E, et al. London: Red Globe Press, 2020

How to Run Reflective Practice Groups: Guide for Healthcare Professionals
Kurtz A. Abingdon: Routledge, 2020

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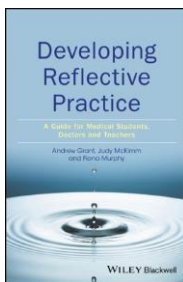
Link to our catalogue:

Resources for Doctors and Medical Students

General Medical Council: The Reflective Practitioner
https://www.gmc-uk.org/education/standards-guidance-and-curricula/guidance/reflective-practice

Academy of Royal Medical Colleges: Reflective Practice
https://www.aomrc.org.uk/reports-guidance/reflective-practice/

Developing Reflective Practice: A Guide for Medical Students, Doctors and Teachers
Grant A, et al. Chichester: John Wiley, 2017

Further Information

Access to a vast range of online resources and databases are available from the **library website** (OpenAthens login required) If you need help with this or locating a particular resource, please do get in touch with the library service desk: **uhsussex.library@nhs.net**