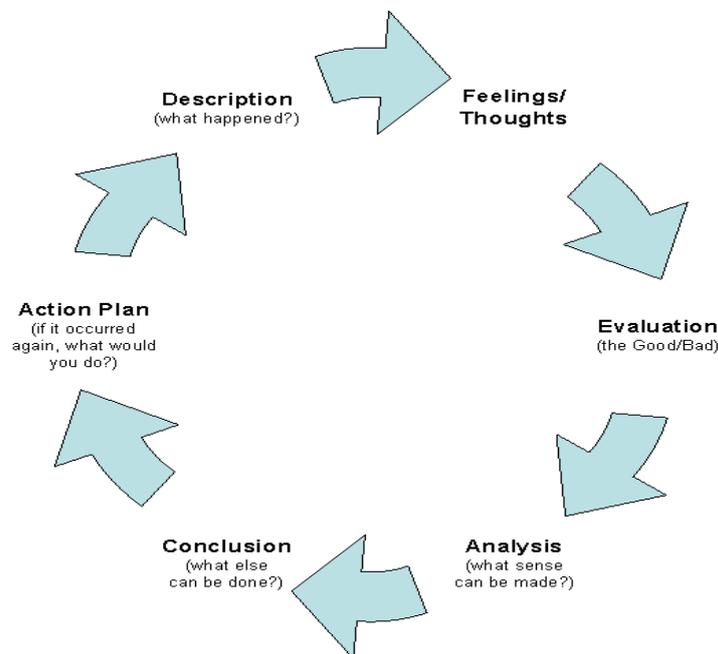


Gibbs (1988) model of reflection

Gibbs is another common model of reflection that is used within the health professions. Gibbs is clear and precise allowing for description, analysis and evaluation of the experience helping the reflective practitioner to make sense of experiences and examine their practice. To reflect is not enough, you then have to put into practice the learning and new understanding you have gained therefore allowing the reflective process to inform your practice. Taking action is the key; Gibbs prompts the practitioner to formulate an action plan. This enables the reflective practitioner to look at their practice and see what they would change in the future, how they would develop/improve their practice.

Gibbs (1988)



Gibbs, G. (1988). Learning by Doing: a guide to teaching and learning methods. London: Further Education Unit,

Jasper M (2003). Beginning reflective practice. Cheltenham: Nelson thorn

Marks C (2001). Reflective practice in thermoregulatory nursing care. Available URL <http://www.nursing-standard.co.uk/archives/ns/vol15-43/vol15w43p3841.pdf> accessed 16th January 2008

Taylor B (2004). Reflective practice: A guide for nurses and midwives. Maidenhead: Open University Press

Gibbs (1988) model of reflection

Description

This is context of the event .e.g.

Who was there?

Why were you there?

What was happening?

Feelings thoughts

This is self awareness .e.g.

How did you feel?

How did the others around you feel?

How did you feel about the outcome of the event?

Evaluation

Consider your judgments.e.g.

Consider what went well, what not so well.

What was good and not so good about your experience

Analysis

Break down the event and explore each part separately, here you may need to ask yourself more detailed questions

Conclusion

This is the synthesis. During this stage you should be exploring what you could have done differently.

Action plan

Consider what you would do differently if you encountered this situation again.

Would you act differently or do the same?