

## Reflection models

Figure 2. Kolb DA. *Experiential learning: experience as the source of learning and development*. Prentice-Hall; 1984.

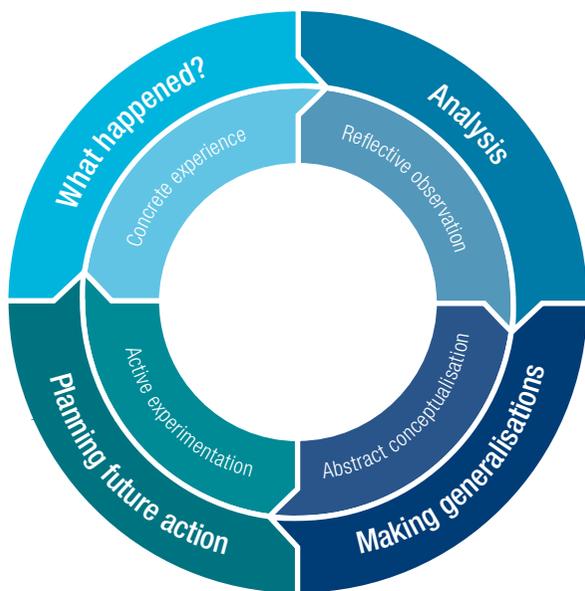
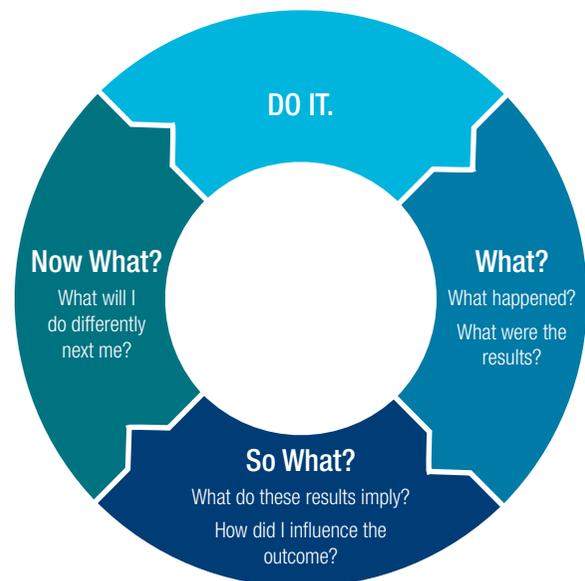


Figure 3. Burton AJ. Reflection: nursing's practice and education panacea? *J Adv Nurs*. 2000;31(5):1009–1017.



## How do I gain MyCPD credits for self reflection?

You may find after you reflect on your performance that there are domains in the SPPP framework that would benefit from additional learning or support. This gives you the opportunity to target your CPD to specific professionalism domains, allowing you to claim CPD credits.

Documenting your reflections and any subsequent professional development is essential. Reflective writing has the advantage of capturing both documentation and your reflections at the same time. Alternatively you could utilise specifically designed templates to structure your reflections and documentation which are available from the SPPP webpage.

Documented reflective practice is currently claimable in MyCPD under Category 5: Practice Review and Appraisal at 3 credits per hour.

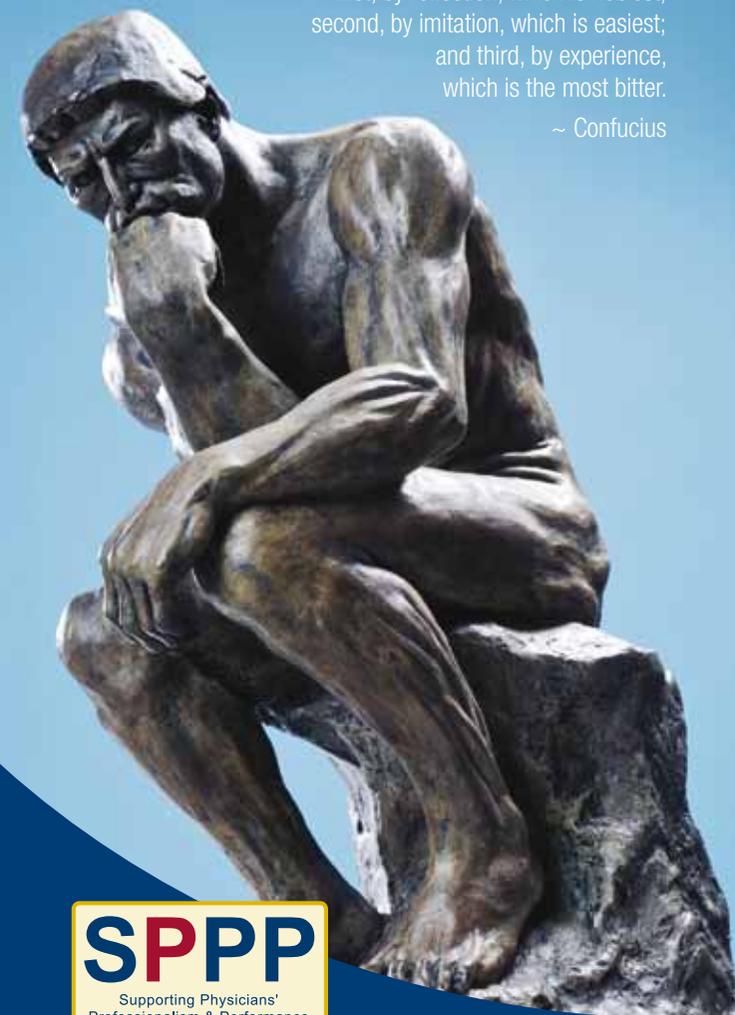
## Looking for more information?

The SPPP Guide, together with the most up to date information regarding professionalism is available to all Fellows and trainees electronically via the RACP website: <http://www.racp.edu.au/page/sPPP>

# The Reflective Physician

Models to assist effective self reflection

By three methods we may learn wisdom:  
first, by reflection, which is noblest;  
second, by imitation, which is easiest;  
and third, by experience,  
which is the most bitter.  
~ Confucius



**75** years  
STRIVING FOR  
EXCELLENCE

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## Supporting Professionalism

### Why should self reflection be an integral component of my practice?

Reflection underpins all learning - we do it all the time, often without realising it.

The SPPP framework (Figure 1) helps us to be explicit about the expectations of performance held by our colleagues and our community. Our “demonstrable professionalism” as physicians.

The process of reflection:

- Ensures that we do learn from our day to day practice
- Provides insight to your performance through self appraisal
- Helps you identify your learning needs and prioritise your professional development

Figure 1. SPPP Framework



### Using Self Reflection for Improvement

Good physicians know that improving practice is much more complicated than merely acquiring knowledge. Physician practice can be “messy”. There is often uncertainty, patients deviate from the textbooks or guidelines on a regular basis.

Learning to manage this requires skills that are difficult to acquire through attendance at lectures or conferences. Improving our professional skills requires an active approach to learning including reflection of our past and current performance.

Reflective practice involves asking ourselves questions such as “How did I do?” and “What do I currently know?” Importantly, we need to ask “What do I need to learn to deal with a similar situation in a better way next time?”

### How do I make the most of reflective practice?

There are a variety of reflection models (Figure 2 & 3). One simple model works by highlighting the difference between what was supposed to happen and what did happen and turns this into a learning opportunity.

- What happened?
- What was supposed to happen?
- Why were the outcomes different?
- What did we learn?

Events that trigger reflection may be based on clinical incidents; difficult cases; or a feeling of discomfort arising from being outside your professional comfort.

Talking with colleagues, reflective journals and online blogs are all ways of working out what should have happened. SPPP provides a framework to consider all aspects of professionalism and may facilitate conversations with trusted colleagues who can help provide insights to your practice.

There is no preferred model of reflection and it is acknowledged that different personalities will approach self reflection in different ways. The method you use is up to you but techniques that integrate with your practice and your habits are likely to work best.

We suggest that you experiment with different techniques and then reflect on how helpful it has been – that’s what it is all about!

