



A guide to reflective practice

A fact sheet

As part of this CD-ROM learning resource, you're asked to reflect on your personal and professional experiences as a health care student. There is a number of ways to undertake reflective practice. You may be familiar with a process that works for you.

The 5 Rs of reflection

When practising reflection, think about the '5 Rs of reflection'. They can help you work through a number of questions contained in this CD-ROM.

The 5 Rs	What to do	What's included
Reporting	Provide a descriptive account of a situation/issue.	What happened/what the situation/issue involved.
Responding	Record your emotional response to the situation/issue.	Observations, feelings and questions about the situation/issue.
Relating	Report on your understanding of the situation/issue and how it relates to the theory.	Your connections between the situation/issue and your experience, skills, knowledge, and understanding.
Reasoning	Explore and explain the situation/issue.	Significant factors that underlie the situation/issue and how they relate to what happened and what the situation/issue involved.
Reconstructing	Draw a conclusion and develop an action plan based on a well-reasoned understanding of the situation/issue.	Your deeper understanding of the situation/issue, which you've developed through well-reasoned thought. This understanding is used to reconstruct the practice and/or the theory of health care.

Sample questions to aid reflection

Below are some sample questions that may help you reflect on situations/issues related to your learning. Please feel free to come up with your own questions.

Important!

Always ask searching questions that help you think deeply about the many aspects related to a situation/issue. This will enhance your learning.

The 5 Rs	Questions to consider
Reporting	What is the situation/issue about? What are the key aspects of the situation/issue?
Responding	How do I feel about or react to the situation/issue? What makes me feel or react this way?
Relating	How does the knowledge/insight I have about the situation/issue relate to my: • personal and/or professional experiences • knowledge, understanding and/or skills? In what way/s does it relate?
Reasoning	How does the practice relate to the theory regarding this situation/issue? How do different perspectives, such as my personal perspective, my perspective as a student and my perspective as a health care professional affect the way I understand the situation/issue?
Reconstructing	In summary, what have I learned about the situation/issue? What conclusions can I draw? Why? Why is the situation/issue significant? What have I learned about myself and about professional health care practice? How will this situation/issue affect my future learning and the way I practice health care?

The information contained in the table above was adapted from Bain JD, Ballantyne R, Mills C. and Lester NC. (2002). *Reflecting on practice: Student teachers' perspectives*. Post Pressed, Flaxton, Qld.