

# REFLECTIVE WRITING

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For Nurse Revalidation



# Objectives

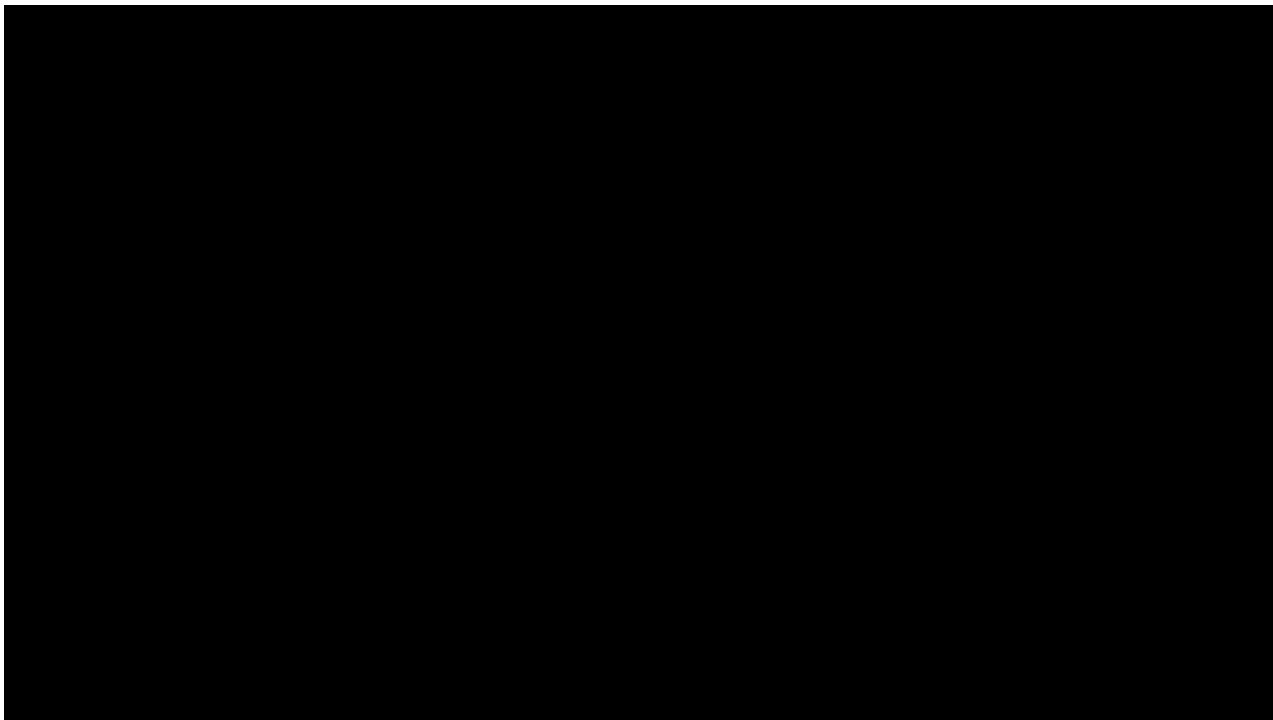
1. Define 'reflective writing'
2. Identify some experiences of your own that you could reflect on, following NMC revalidation guidelines
3. Appraise the content of two reflective writing examples
4. Use the NMC Reflective Accounts structure to start constructing a written reflective piece

# Session Outline

- What is reflective writing?
- What experiences / activities can you reflect on?
- What to include in your written reflective piece
- Reflective writing examples
- Writing exercise

# What is reflective writing?

Writing that explores practice-based experience or activities, leading to learning and personal development.



# What is reflective writing?

Reflective writing typically involves:

- Describing an experience and your actions
- Reflecting on what went well and what did not
- Discussing what you learned and what you would do differently next time

It is just a most formal version of what  
you are already doing!

# What is the purpose?

- Enables you to step back and consider the learning you have gained through experiences and activities
- Allows you to objectively review and analyse your experiences
- Commitment to ongoing professional development
- Greater awareness of the Code

# NMC requirement for written reflections

- Five written reflective accounts:
  - An instance of CPD
  - Practice-related feedback
  - An experience in your own professional practice
- They must relate to the Code
- You must not identify personal information
- You must use the NMC form



<http://revalidation.nmc.org.uk/what-you-need-to-do/written-reflective-accounts/>



What could you reflect on?



# Continuing Professional Development

- Education course
- Mandatory training
- Learning event *e.g. Library training session, workshop, conference*
- Professional reading
- Coaching and mentoring
- Participation in clinical audits
- Job shadowing, rotation or secondment

# Feedback

- Directly from patients, services users, carers, or colleagues
- Through reviewing complaints, team reports, serious event reviews
- Through clinical supervision, one-to-ones, annual appraisals

# Professional Practice

- Positive / negative experiences
- Eventful / unusual incidents
- Routine activities





# NMC Reflective Accounts Form

# What was the nature of the activity / feedback / experience?

## 1. Description

- Where was I?
- Who else was there?
- Why was I there?
- What was I doing?
- What happened?

## 2. Thoughts and feelings

- How was I feeling?
- What did other people's actions make me think / feel?
- How did I feel about the outcome?

## 3. Evaluation

- What was good and bad about the experience?

# What did you learn from the activity / feedback / experience?

## **4. Analysis**

- What did I do well / not so well?
- What did others do well / not so well?
- Did it go as expected? Why (not)?

## **5. Conclusion**

- Could I have done anything differently?
- What are the key things I have learned from this experience (about me, my performance, others)
- Is this evidence of achievement / an area for improvement?

# How did you change or improve your practice as a result?

## **6. Action**

- What action have I taken as a result of this experience?
- Did I do something differently the next time? Can I give an example?
- What knowledge / skills could I develop? How am I addressing this?
- What goals have I set myself?



# How is this relevant to the Code?

Select one or more themes:

- **Prioritise people**
- **Practise effectively**
- **Preserve safety**
- **Promote professionalism and trust**

# Reflective writing examples

Does the topic fit the NMC written reflection guidelines?

What is good about it?

Could anything be improved?

How is it relevant to the Code?

# Writing exercise

Start making notes for your reflective writing piece

- Use the structure of the Reflective Accounts Form
- Think about all the questions we have covered



# Tips

- Always have a pen and paper to hand
- Write down ideas in note form as they come to you
- See reflective practice as an essential aspect of your practice, not just an extra chore
- Scrutinise your assumptions and practices
- Seek feedback from others
- Pair up with someone and have a conversation about your topic of reflection

# Useful resources

## Websites

- Nursing & Midwifery Council (2016) Written reflective accounts.  
<http://revalidation.nmc.org.uk/what-you-need-to-do/written-reflective-accounts/>
- University of Surrey (2016) Introduction to reflection and reflective writing.  
[http://libweb.surrey.ac.uk/library/skills/Evidence%20base%20\(nurses\)/foundations%20in%20evidence%20based%20practice/reflection.ppt](http://libweb.surrey.ac.uk/library/skills/Evidence%20base%20(nurses)/foundations%20in%20evidence%20based%20practice/reflection.ppt)
- University of the West of England Library (2016) Reflective Writing.  
<http://academicskills.uwe.ac.uk/general/workbooks/reflective-writing/1511/introduction>

## Books (available at the UHB Library)

- Gillie Bolton (2010) *Reflective practice: writing and professional development*. Sage, London.
- Beverley Joan Taylor (2006) *Reflective practice: a guide for nurses and midwives*. Open University Press, Maidenhead.

## Other

- Gibbs G (1988) *Learning by Doing. A Guide to Teaching and Learning Methods*. Further Education Unit, Oxford Polytechnic. Oxford.

# The Library

Level 5, Education Centre

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