

Electronic Reflective Practice Tournal



Reflective Practice Tournal

Awareness of uncomfortable feelings and thoughts

Identify any learning which has occurred

Describe the situation including thoughts and feelings

- Salient events
- Key features

Evaluate the relevance of knowledge

- Does it help to explain/solve problems?
- How complete was your
 use of knowledge?

Analyse feelings and knowledge relevent to the situation

- Identify knowledge challenge assumptions
- Imagine and explore alternatives

In order to truly change our attitudes and culture in care environments, there is a need to really live in truth and 'Be ourselves. A significant part of Meaningful Care Matters theoretical frameworks is that when feelings matter most, this needs to be demonstrated in the lived experience.

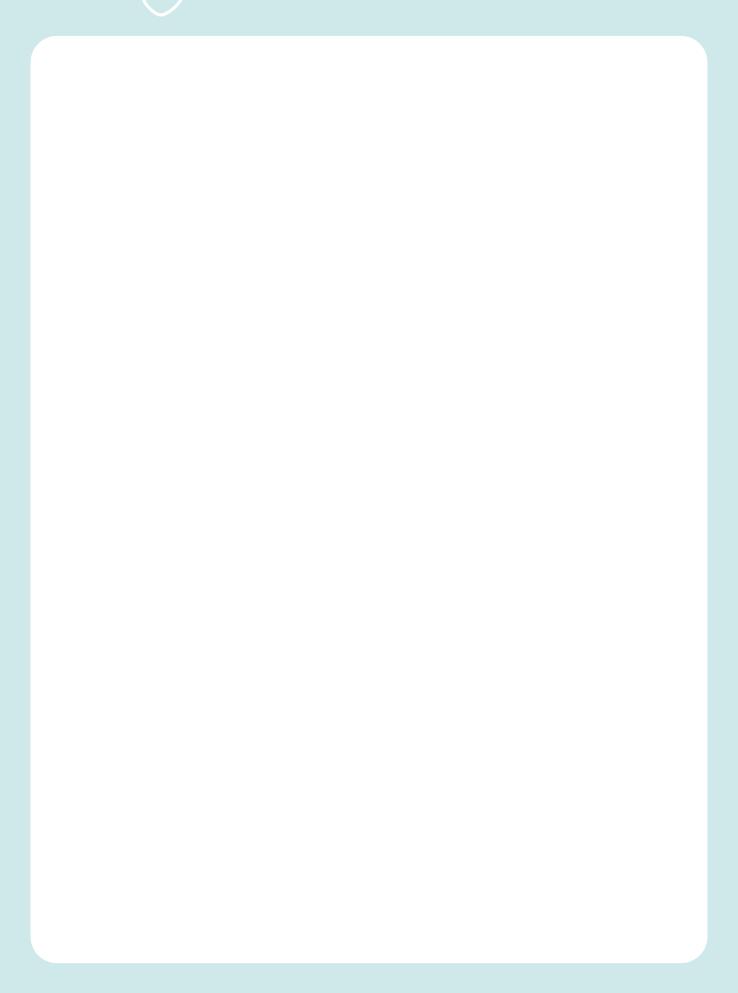
Reflective practice is a significant part of understanding who we are and can assist us to 'Be' rather than 'Do' in our professional practice contexts. The model of reflective practice by Atkins and Murphy (1994) focusses on the feelings associated with learning and practice outcomes.

Meaningful Care Matters finds this to be a useful reflective practice model and encourages members of The Meaningful Connections Community to consider this model when undertaking the self-directed learning packages and reflections.

To create a new culture of care, reflection is integral to understanding our own feelings, emotions and practices as we journey to 'Be' person centred, rather than 'Do' person centred care.

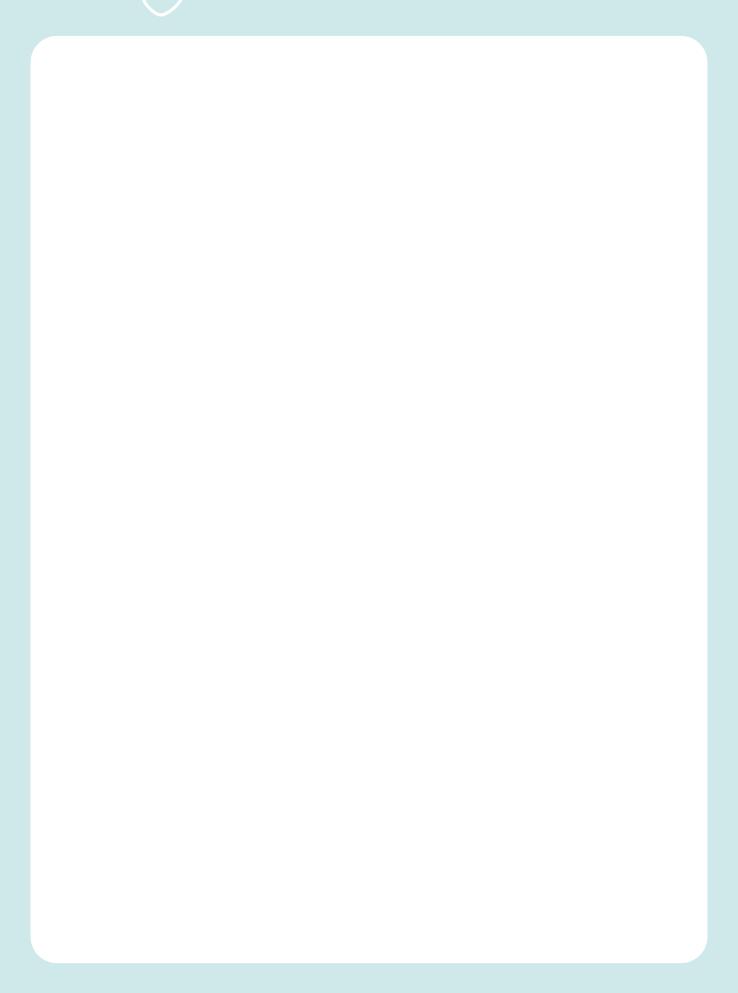


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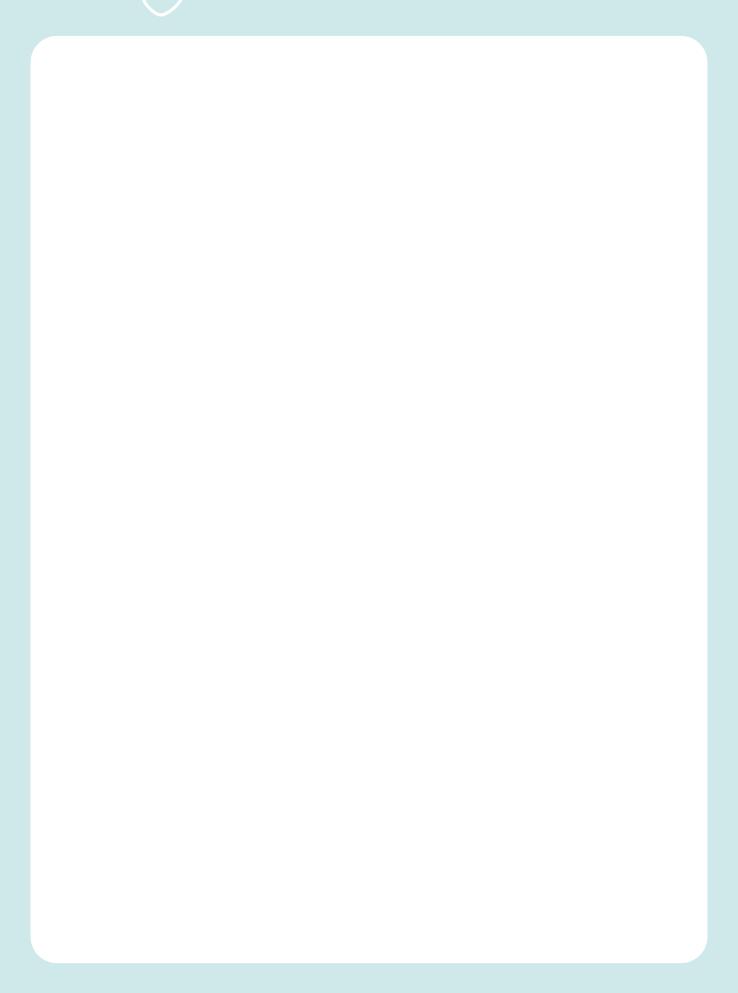


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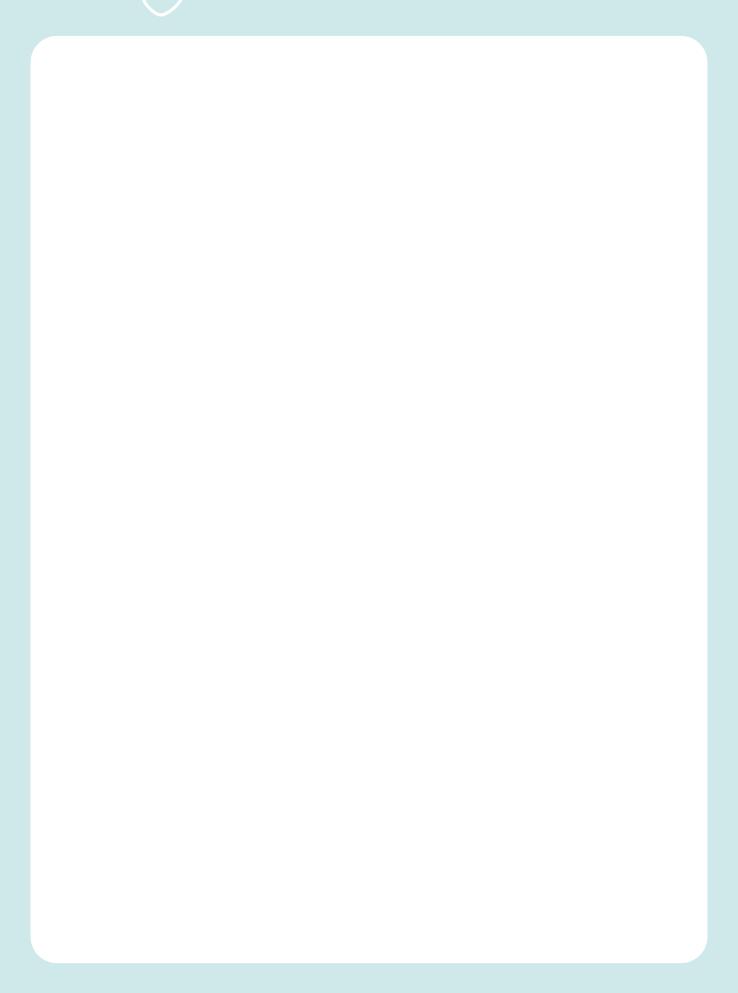


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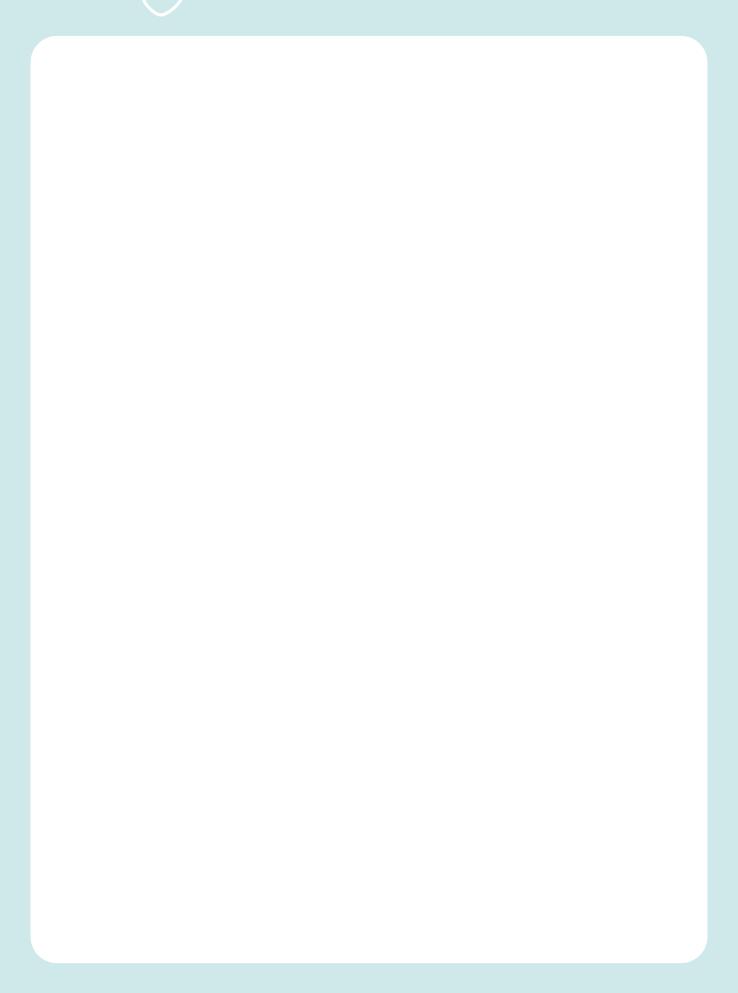


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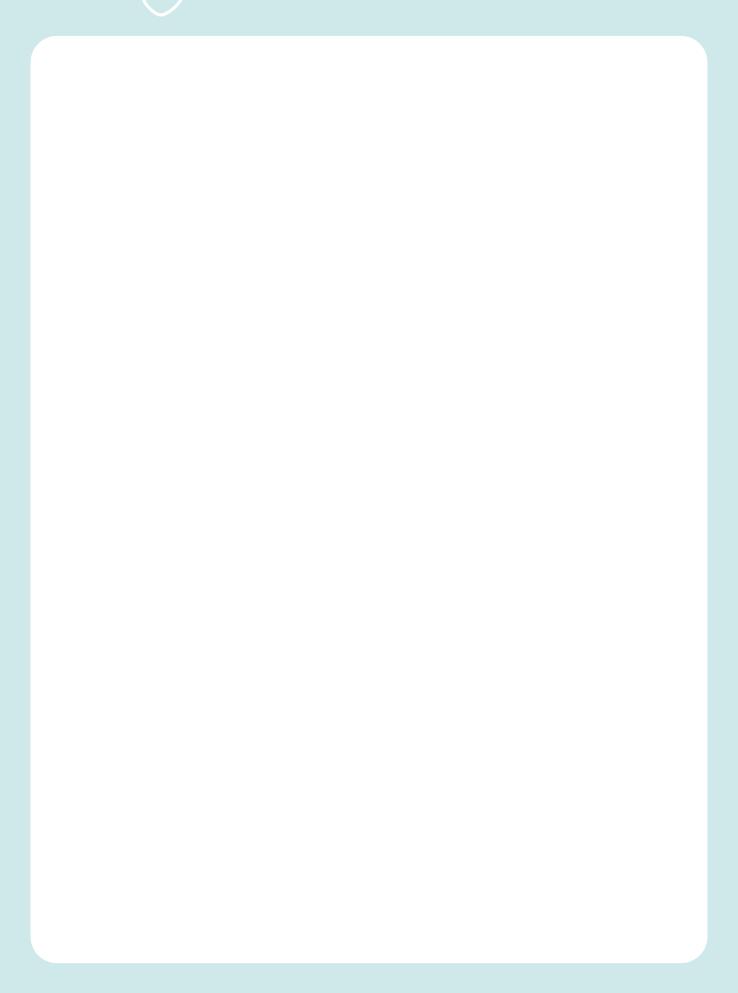


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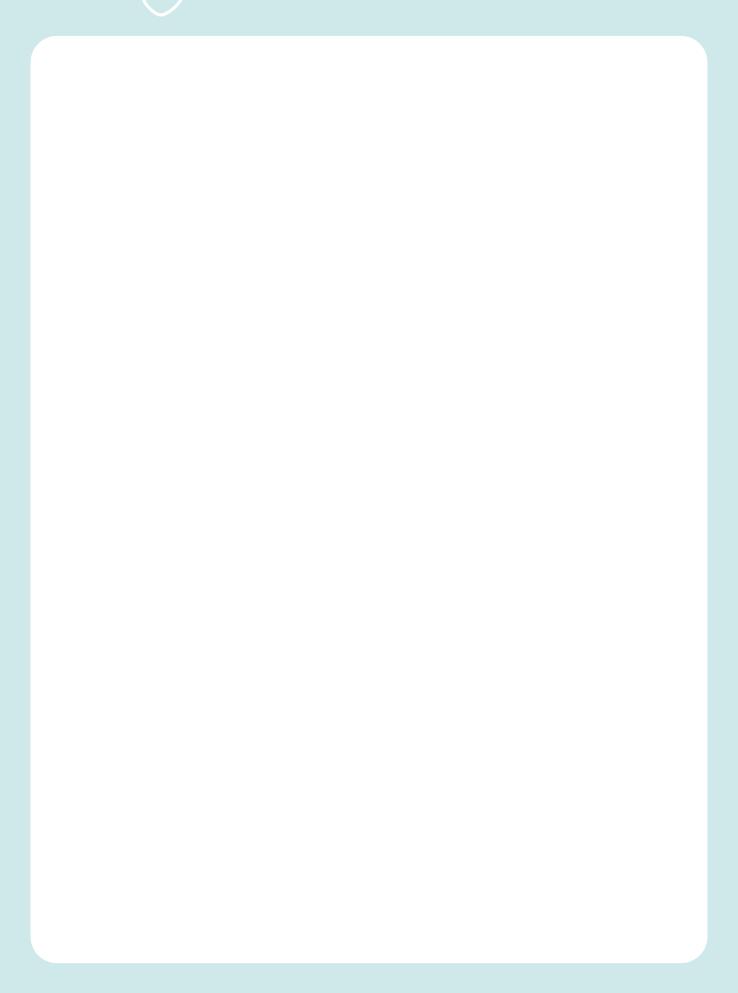


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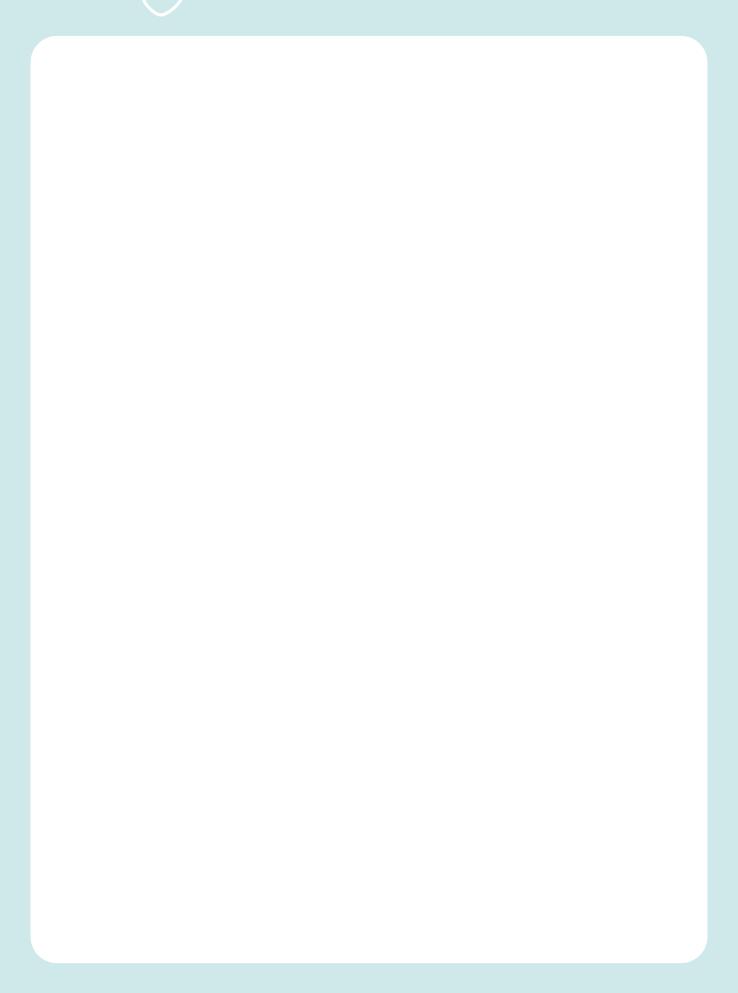


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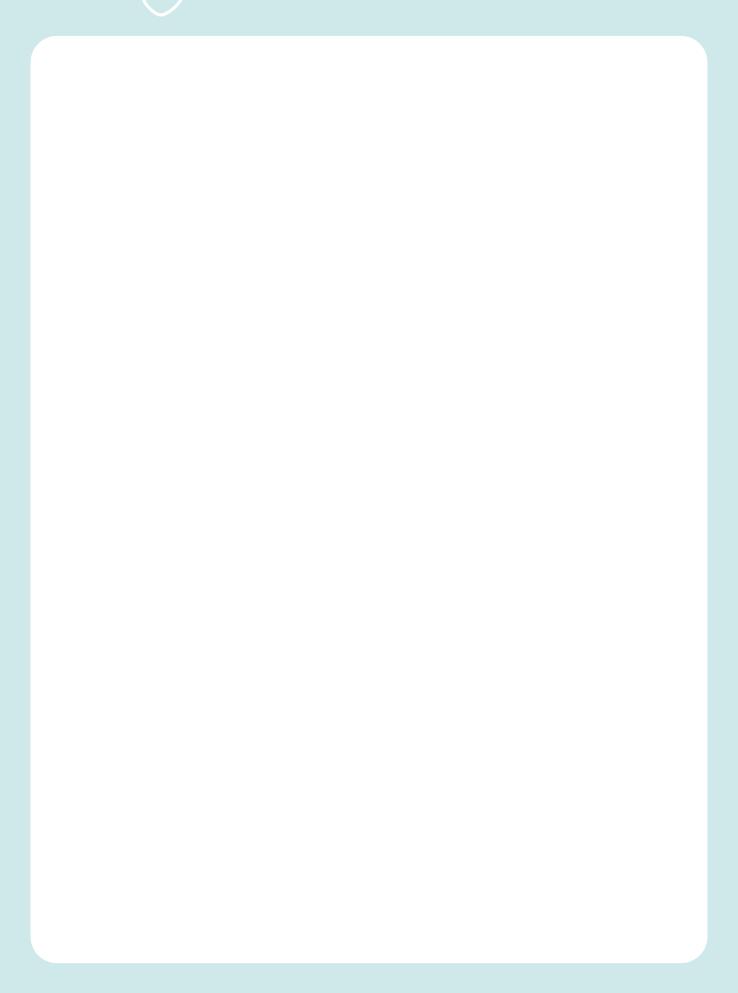


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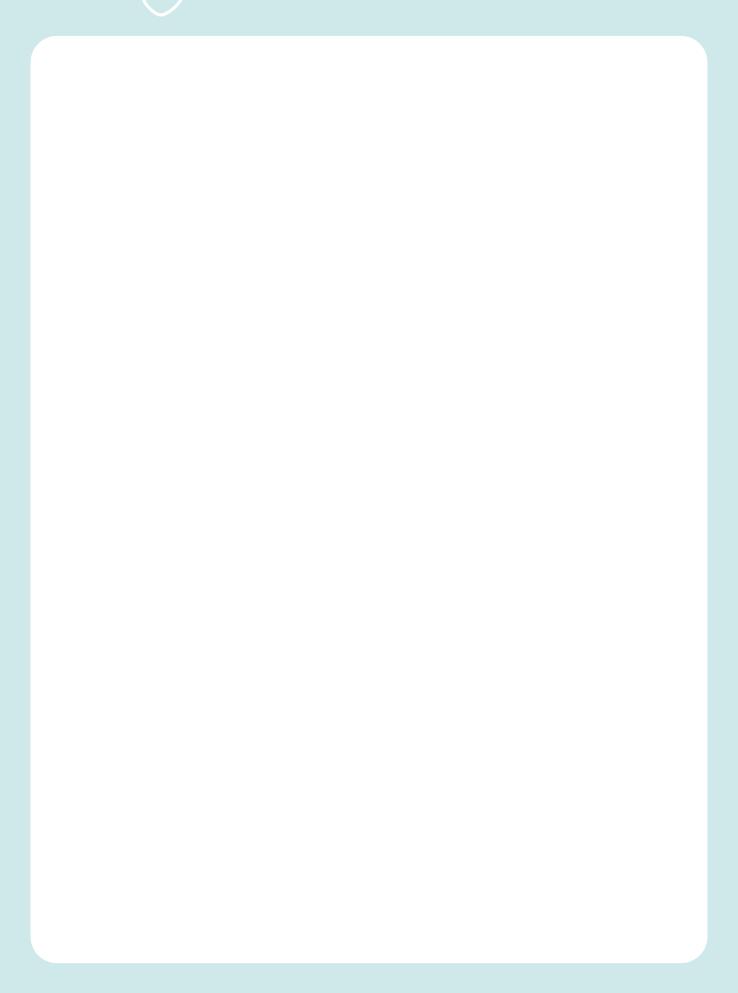


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Contact



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