# Reflective Review for Rehabilitation Workers

Peer Discussion and Reflective Thinking

Why might reflection be particularly important for Rehabilitation Workers?

Which one might be the most important for you?

A. Professional standards/Quality of care

B. CPD – and informal professional development

C. Mentoring and supervision

D. Allows discussion of difficult situations in working with clients

0%   0%   0%   0%

Professional standards/Quality ..

CPD – and informal professiona...

Mentoring and supervision

Allows discussion of difficult sit...
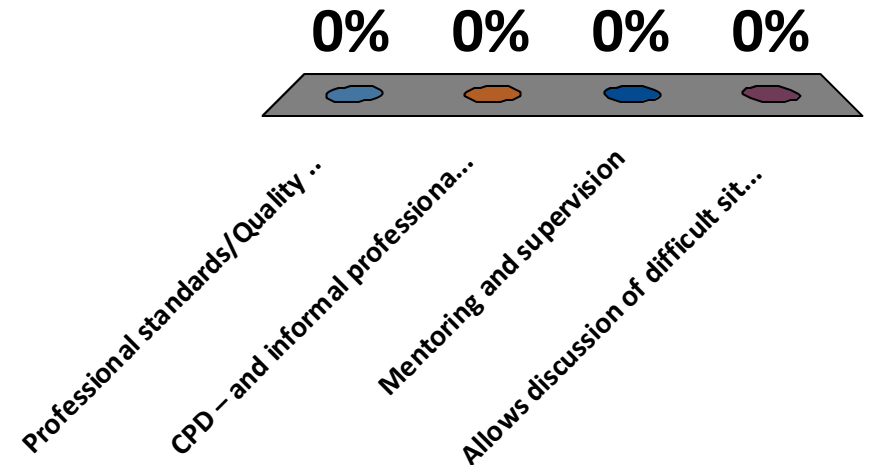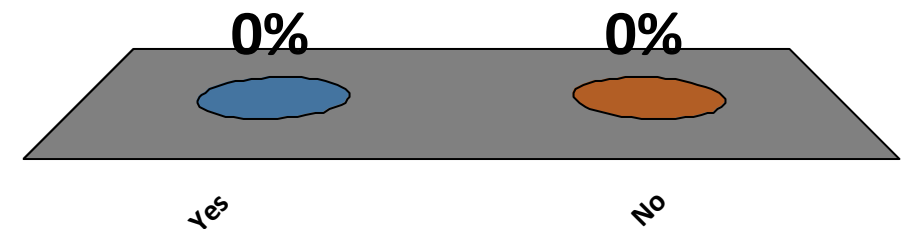
Reflective Review

A reflective review - specific feedback to assist you in the delivery of your practice. It could include

- live or recorded observation of practice by a supervisor or peer.

- a formal review of your case notes and lesson plans with a supervisor or peer

- presenting a case at a structured peer review session either at a regional group meeting or in your own team.

- the formal process of being mentored through RWPN's 1-to-1 mentoring scheme

- live vision rehabilitation tasks under simulation conditions with a supervisor or peer (using simulation spectacles)

Who has participated in one of these forms of reflective review over the last 12 months?
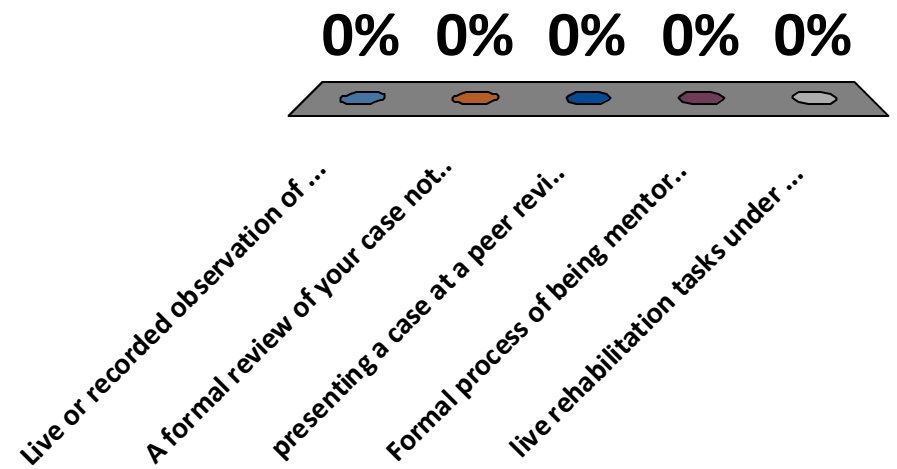
A. Yes

B. No

0%   0%

Yes   No

Which form of reflective review did you use?

A. Live or recorded observation of practice by a supervisor or peer.

B. A formal review of your case notes with a supervisor or peer

C. presenting a case at a peer review session (regional group meeting or with team)

D. Formal process of being mentored through RWPN's 1-to-1 mentoring scheme

E. live rehabilitation tasks under simulation conditions with a supervisor or peer (using simulation spectacles)

0% 0% 0% 0% 0%

Live or recorded observation of ...

A formal review of your case not..

presenting a case at a peer revi..

Formal process of being mentor..

live rehabilitation tasks under ...

Did you use a reflective tool or cycle?
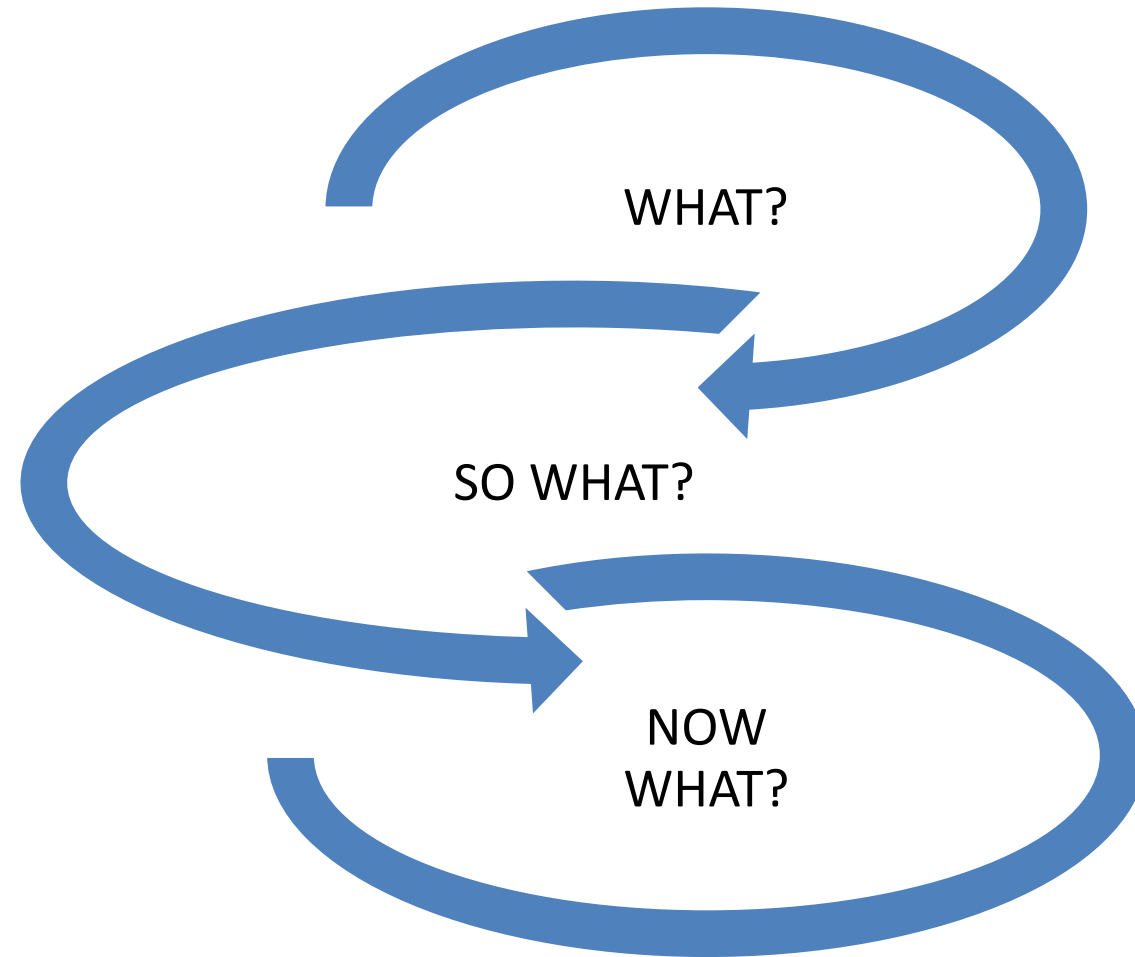
A. Yes

B. No

0%   0%

Yes   No

Models of Reflection

The Reflective Cycle – Gibbs (1988)

Bortons' (1971) Framework for Reflection

Are there particular situations in which reflection is especially useful?

Take an example from your own practice and use one of the two reflective cycles to think it through.

With the person you are sitting next to take a few minutes to discuss the issues you have chosen.

What sources of support would you be most likely to use to help you reflect upon your practice?

A. Line management

B. Professional body support

C. Peers in the workplace

D. On line support

E. Networking events

0%   0%   0%   0%   0%

Line management

Professional body support

Peers in the workplace

On line support

Networking events