



Council of
Deans of Health

Twenty years of
leadership in education
and research

Reflective Practice with Peter Rolland

Summary by Jenny Bramley

The online discussion with Peter Rolland about reflective practice, touched on how different professions approach it and on many of the students' own personal experiences of it.

Reflective practice was unanimously seen as a tool to process events, support ongoing professional growth and to build personal resilience.

Most students have seen reflective practice integrated into their university courses on study and placement, setting them up to take it into their future professions. In the clinical setting, some have found that individual teams prioritise and encourage this well whilst others are hoping to see change in this area. As students we are in a unique position to be able to request debriefs or help with reflections, and to challenge the norms to make it standard practice.

The beauty of 150 Leaders is that so many health professions are represented, we are all able to learn from and support one another within this community.

Understanding the opportunity that we have to shape healthcare might seem intimidating now but reading responses to the questions posed gave me such hope for the future of what will undoubtedly be a compassionate and resilient healthcare system.