

“Get the Full Picture”: The Utilization of the “Gibbs Reflective Cycle” in the Radiology Workplace

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BACKGROUND

Gibbs Reflective Cycle is a framework that gives structure to learning one’s experience. There are a total of six stages to this cycle.

In healthcare, reflection is a strategy linking previous experiences with the current situations. Personal experiences are important in developing and strengthening clinical skills.

The model was initially developed in 1988 for improving nursing outcomes, but like many models, it has become popular across many disciplines and is now widely adopted as a competent model of reflective practice.

PURPOSE

We aim to apply the Gibbs Reflective Cycle to the radiology workplace to improve future performance and professional development.

METHODS

The Gibbs Reflective Cycle consists of six stages. These include description, feelings, evaluation, analysis, conclusion, and action plan. Utilizing the model can help identify strengths, areas of development and actions to enhance professional skills. Radiology staff can utilize these concepts as reflection as remains important in personal and professional development. It allows staff to constantly improve skills.

RESULTS



Description

- Describe what happened.
- The situation you want to improve

Feelings

- Reflect on your feelings.
- How did you feel?

Evaluation

- Evaluate the experience
- What worked? What did not?

Analysis

- Analyze why something worked or it didn't.
- Consider underlying factors and considerations

Conclusion

- Explain what you have learned
- What could you have done better?

Action Plan

- Make a plan to improve things
- Outline the steps to avoid repeating mistakes

RESULTS CONTINUED

The Gibbs Reflective Cycle allows recognition of strengths and weaknesses and remains a guide to continued learning. Motivation can be improved as well as the quality of care one can provide. It allows developing a plan to address weaknesses.

An example applied to radiology is when there is an error in communication regarding a critical finding to an ordering physician. Using the cycle, one can reflect on the situation by describing the situation, reflecting on the experience, and come to a conclusion as to what could have been done better, culminating in a plan to improve for future similar circumstances.

Another example consists of patient communication in the instance of a fluoroscopy procedure where the patient might be difficult to explain the different steps of the test. Carefully mapping out the situation to see where the mistakes occurred can put the radiologist in a better position to improve patient outcomes.

CONCLUSIONS

The Gibbs Reflective Cycle allows learning based on experience. It is important to discuss in radiology as it can allow learning from experiences. The first 3 steps of the model focus on experience being analyzed and the last 3 steps focus on improving experiences.

REFERENCES

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