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One of the major models of reflection is Gibbs reflective cycle. It involves six stages headed as description, feelings, evaluation, analysis, conclusion and action plan. The process of reflection allows a sense of order to be brought to the descriptions of the experiences and for them to be brought into conscious awareness. Therefore, it should be embedded into professional behaviour for providing high quality care to patients. The workshop will involve exploring the model, understanding the stages involved and practicing reflection using scenarios and actual experiences.

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