

The reflective cycle (Gibbs, 1988)

START HERE

Description
What happened?

- You are a qualified Health Visitor. You have knowledge, skills and a lot of experience under your belt
- You're going to visit a family with a child who is obese. On past experience you plan to propose a diet, a food diary and a schedule of visits
- You visit, talk to mum and agree your plan
- One week later ... Second visit. Nothing's happened. No change.
- You look back at what you did and wonder what you could have done differently and why the mother didn't take your advice

Feelings
What were you thinking and feeling?

What went well?
Mum seemed keen to work with you (even though..). You didn't show your disappointment, and stayed positive

What didn't go so well?
... see above

Evaluation
What was good and bad about the experience?

Reflection

You go and read some more recent literature and look at some family therapy theory a colleague suggested. You want more than just her word for it

Analysis
What sense can you make of the situation?

You set up a family meeting with all members. Sister confesses she regularly sneaks obese brother crunchies and chips.

Humbly, on reflection you realise your earlier intervention had limited value

You go back to studies that used systems theory and decide on a case conference with social services

Action plan
If it arose again, what would you do?

You still need to help the family to make changes but have different strategies try... and the cycle starts again...

Conclusion
What else could you have done?