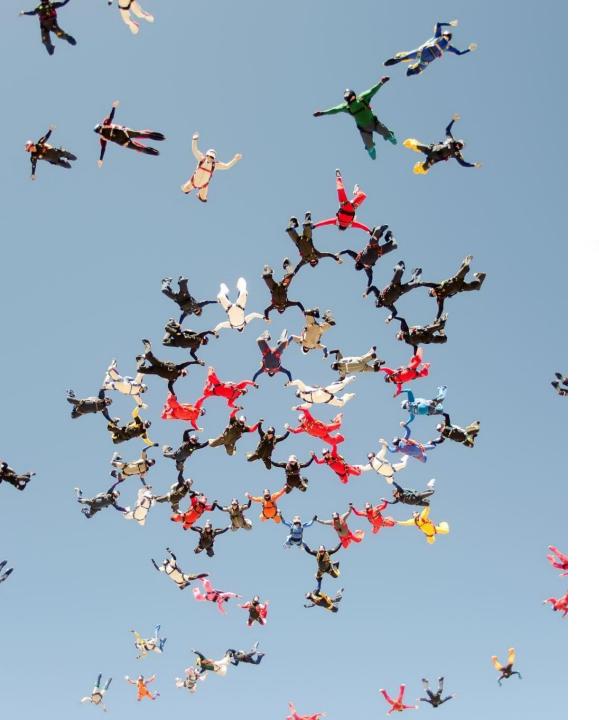# Developing self-aware practitioners to counterbalance uncertainty in healthcare

Tessa Hodges, Kirsty Melville, **Lauren Minto-Simpson**, Dervla Murphy, Melanie Packer and Gillian Rudd
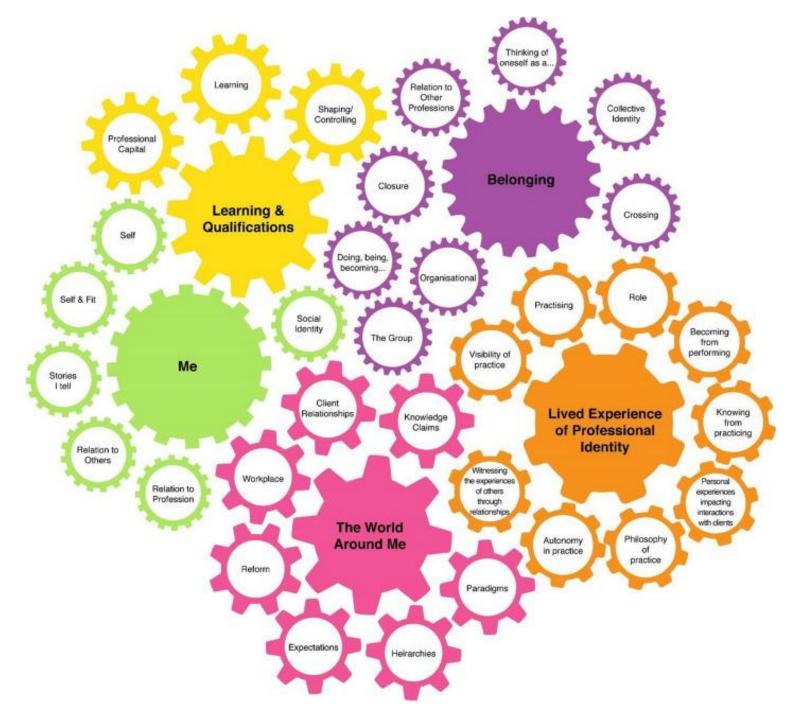
Contact: Gillian.Rudd@bcu.ac.uk

Uncertainty

"Career-long practice uncertainties" (Harding, 2019):

- Socio-professional expectations of self and others

- Platform for practice

- Practice demands (e.g. the changing work of SLTs

- Isolation and visibility

Cornett et al (2022)

Personal and professional growth

Reflection (Clarke, 2017) acts as a conduit for:

- self-awareness and self-reflexivity (Totsuka, 2014)

- cultural humility (Foronda et al, 2016)

- cultural competence (Campinha-Bacote, 2002; Purnell in Paulanka and Purnell (2003))

- vulnerability and courage (Brown, 2015; Brown, 2018)

- autonomy and accountability (RCSLT, 2021)

Developing safe, inclusive spaces for discussion and challenge.

Reflections

Student: "Recognising we are constantly in flux and learning, and we will continue to reflect and grow throughout our careers, not just as students."

Student: "I think it's about valuing the knowledge and skills people acquire from the full range of their experiences as important elements in clinical practice."

Staff: "We strive to create safe, inclusive spaces for discussion and challenge, seeing ourselves as facilitators rather than experts. We recognise the expertise already in the room and aim to demonstrate the same honesty and vulnerability that we hope to encourage in others."