

3.1 Reflective practice

You can use this template to record a variety of situations, including for example educational, clinical, ethical, legal, or personal experiences. Try to put time aside each day to reflect on the day's learning opportunities and identify any further learning needs.

1. Describe interesting, difficult or uncomfortable experiences. Try to record both positive and not so positive elements. What made the experience memorable?
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2. How did it affect you?
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3. How did it affect the patient?
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4. How did it affect the team?
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5. What did you learn from the experience, and what (if anything) would you do differently next time?
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