

How Can I Reflect? (Handout)

Northern Ireland Practice & Education Council (2006)

The following model is a structured step-by-step process to help you think about day-to-day events and situations and what can be learned from them. These can then be written in your Reflective Diary.



1. Identify Event.

- ❖ Identify the event or experience (good or bad) which occurred. This sets the scene in context.

2. Describe Event.

- ❖ What happened?
- ❖ Who was involved?
- ❖ What did you do?
- ❖ Why did you do what you did?

3. Analyse Event.

- ❖ What were you thinking and feeling?
- ❖ What was good and bad about the experience?
- ❖ What skills were used or developed?
- ❖ What were the consequences of your actions for the patient/relatives/colleagues and yourself?

4. Learn from Event.

- ❖ What else could you have done?
- ❖ If it happened again what would you do differently?
- ❖ How can you improve your knowledge and skills?
- ❖ How can you use what you learned from the experience in your future practice?