

Reflective Practice Guide



Reflective Practice prompts you to examine any assumptions, biases and perspectives you may hold that may unintentionally influence patient outcomes.

This guide can be used as a prompt to help you initiate a habit of reflective practice. More information can be found in the Reflect to Care Safety Fundamental for Person Centred Communication.

Reflect to Care Questions	Detail or prompting questions
The situation to reflect upon. What, where, and who?	After meeting with a patient, at the start or end of the day. It may also be a situation you have observed rather than been a part of.
What went well?	<i>What did I hear or do today that embodied respectful and compassionate care? Why?</i>
What could be improved?	<i>What did I hear or do today that I don't understand, believe or makes me uncomfortable? Why?</i>
What is your emotional state regarding this situation or time?	Use words to describe your emotions. This is a safe place to acknowledge how you are feeling. Be honest with yourself. <i>How do I feel?</i>
Why are you feeling this way?	Provide some data around your feelings. <i>What was running through my head at the time?</i> <i>What biases or assumptions might I be holding?</i>
How did the situation, yourself, and others interact at the time?	<i>Why did things happen as they did?</i> <i>How is their life or situation different to mine? How does that influence their outcomes? How can I understand it better? What else did I notice today that needs to be improved for my patients outside the clinical situation? How?</i>
How could the situation have been different?	Remember the things that went well, not just the areas you can improve. <i>How could I have managed the situation differently?</i> <i>Who can help me to make sense of this?</i>
What will you do differently next time in this situation/scenario?	<i>How can I improve my communication and relationships?</i> <i>What could an integrated approach look like for <patient>? Who else needs to be involved to shape holistic respectful and relevant care plans?</i> <i>What can we do, as a practice, and personally, to understand our patients lives better?</i>