

Appendix E: **DIY Reflective Practice Tool**

Undertaking reflective practice increases your self awareness about how you work and supports you to develop professionally. This tool has been developed to guide your personal reflective practice and can also be used as a peer debrief tool.

What happened?

Describe in detail the event. Consider it from your perspective and from the perspective of others.

What were you thinking and feeling?

Consider how you felt before, during and after the event. Why does this event stick in your mind?

What was good and bad about the experience?

Evaluate the situation and consider what went well and what needs to change.

What else could you have done?

What could you have done differently? What can you do now to be able to do things differently in the future?

If it happened again what would you do?

Imagine you are in the same situation again, would you act differently or would you act the same?

Adapted from: Jasper, M. 2003. Beginning Reflective Practice – Foundations in Nursing and Health Care Nelson Thornes. Cheltenham