**Reflective Practice**

**Name: Grade: Date:**

[**Guidance for completion and review of reflective practice**](https://www.rcog.org.uk/careers-and-training/starting-your-og-career/specialty-training/assessment-and-progression-through-training/recording-development-and-experiences-throughout-training/#reflection)

* Do you have ‘ownership’ of the event that was reflected?
* Have you provided a narrative and genuine reflection?
* How has the reflection contributed to your professional development?
* Have you identified a gap in your skills, knowledge, or attitude?
* Can you show evidence of change?
* Is the reflection linked to another educational event?

[**Guidance for completion and review of reflective practice**](https://www.rcog.org.uk/careers-and-training/starting-your-og-career/specialty-training/assessment-and-progression-through-training/recording-development-and-experiences-throughout-training/#reflection)

* Does the trainee have ‘ownership’ of the event that was reflected?
* Is there evidence of a narrative and genuine reflection?
* Has the reflection contributed to professional development?
* Has a gap been identified in skills, knowledge, attitude?
* Is there evidence of change?
* Is the reflection linked to another educational event?

**In which area did the event occur that lead to reflection (please circle):**

* Clinical (interesting case, something that went well, serious incident, near miss)
* Human factors (communication, teamwork)
* Training (personal development, skills, knowledge, educational event, teaching)
* Governance, managerial, administrative
* Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**The following boxes may be completed using free text or bullet points.**

**What happened?**

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**Outline important points from the event you wish to reflect upon, without using any judgement**

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**Reflection\***

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**\*Questions that may be helpful when reflecting on an event What went well?**

**What did I learn?**

**What did I feel and think?**

**What was good and bad about the experience?**

**What sense can I make of the situation?**

**What else could I have done?**

**How may others have experienced the situation?**

**Were my previous beliefs or attitudes challenged?**

**Record of discussion with trainer/action plan**

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**Trainee signature:**