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| **Date of Reflection:**  **Client / Activity Name / Code:**  **Purpose of Reflection:** |
| **WHAT (returning to the situation)**   * is the purpose of returning to this situation? * exactly occurred in your words? * did you see? did you do? * was your reaction? * did other people do? eg. colleague, patient, visitor * do you see as key aspects of this situation? |
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| **SO WHAT (understanding the context)**   * were your feelings at the time? * are your feelings now? are there any differences? why? * were the effects of what you did (or did not do)? * “good” emerged from the situation, eg. for self/others? * troubles you, if anything? * were your experiences in comparison to your colleagues, etc? * are the main reasons for feeling differently from your colleagues etc? |
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| **NOW WHAT (modifying future outcomes)**   * are the implications for you, your colleagues, the patient etc.? * needs to happen to alter the situation? * are you going to do about the situation? * happens if you decide not to alter anything? * might you do differently if faced with a similar situation again? * information do you need to face a similar situation again? * are your best ways of getting further information about the situation should it arise again? |
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