Reflective grid

Before

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| **What are you planning to do?** |
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| **How does this meet your learning outcomes?** |
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| **What are you hoping to learn?** |
|  |

During

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| **Describe what actually happened?** |
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| **How did you feel about this?** |
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| **What do you think others felt? e.g. a patient or colleague** |
|  |

After

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| **Reflect on whether the event went as planned including both negative and positive comments** |
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| **What feedback did your Training Officer or Assessor give you?** |
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| **What did you learn from this experience?** |
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Next time

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| **What will you do differently next time?** |
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| **What changes will you need to make?** |
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| **What are the implications for others you may work with?** |
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Literature, standards, frameworks of good practice

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| **What do the frameworks and guidance say? How did the reality compare with them?** |
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| **What can you do to improve the process or procedure?** |
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| **What changes if any could you recommend?** |
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