

Reflective Account

This Proforma can be used to guide your reflection on an experience and to record this reflection. Use it in a way which suits you. You may choose to complete a section at a time to help you work through the experience or you may reflect and record at the end of the process. It is up to you. What is most important is that you are reflecting on and learning from experience, and that this process leads to improvements in your professional practice.

The prompt questions are there to help guide your reflection, use them if they are useful. They are based on a model suggested by Rolfe, Freshwater and Jasper, 2001, after Borton and further refined by the BDA Professional Development Award assessors.

Reference

Rolfe, Freshwater & Jasper, Critical reflection for nursing and the helping professions; Palgrave, Basingstoke, UK, 2001. ISBN 0-333-77795

Name	
Date	
Event	

1. WHAT - Describe the experience

What happened

How did you identify this was of particular importance

What was your role? What was the response of others

How did this make you feel and how did this impact on you and your service users?

- 2. SO WHAT - Describe how and why you need to consider the situation**
What does this mean for me/my service users/the care I provide
What was the impact on my service users
What other knowledge or skill could I bring to the situation
What broader issues arise from the situation

- 3. NOW WHAT - Describe what you did or plan to do next**
What do I do to make it better
How can I apply this more widely
What do I need to consider (barriers, constraints)
What other consequences may arise

4. WHAT NEXT - Describe how you changed your practice

What happened

What was the result

How have my service users benefited

What evidence do I have

How did I feel

5. WHAT NOW - Describe how you feel about the process you have gone through

What has been the outcome

Am I a better dietitian

What other developments has this led to

