

Useful Questions to Prompt Reflection

After an Activity

1. What were you aiming to achieve when you started out?
2. Did your aims change? Why?
3. What did the patient want to get out of the consultation? How do you know this?
4. Did you notice anything about the patient's body language? How did you tackle this?
5. What questions did the patient ask? When did they ask them? How did you tackle this?
6. Who did you liaise with before the consultation? Was this helpful? Why/why not?
7. Do you think that you managed to collect all the information you needed to help the patient? If yes, what strategies helped you in this case? (Was it that the case was straightforward? Did you use a particular type of questioning ie open, closed, probing, rhetorical, hypothetical? Did you prepare in a particular way? If you didn't get the information you needed, what got in your way?)
8. What if any were the patient's barriers to change? How do you know this? How did you tackle them? Was your strategy successful? How do you know this?
9. Did you give any advice? Do you think this helped the patient? How do you know this? Did you help the patient in other ways? How do you know this?
10. Do you think your knowledge was adequate in this case? Do you have evidence (this could be from books or journals or from your experience of practice) to back your advice up? What was your rationale for each action you took? Was there anything you were unsure about? If yes, what could you do about this?
11. Does your record of the consultation represent all the information someone would need to follow this patient up? How do you know this? Summarise the consultation out loud, verbally to yourself. Does the record fully reflect this summary? Why/why not?
12. Have you used abbreviations? Are all of these in line with department guidelines?
13. Have you seen a patient with similar problems before? How did this consultation differ? Were you prepared for this?
14. Did you liaise with anyone after the consultation? Do you feel this communication was helpful to: the other person, the patient, yourself and how do you know this?
15. How did your communication with the patient differ from that with the other professionals or students. Do you feel that you used an appropriate communication style? What sort of terminology did you use? How would you describe your manner ie formal, informal, chatty, or serious? Was this appropriate? How do you know?
16. Are you aware of any issues relating to? Anti-discriminatory practice. Professionalism. Team working. If yes think about how your practice demonstrates competence (or not) and make a record in your reflective diary.

17. What actions do you need to take after the consultation? Do you feel competent to tackle these?
18. Did you keep to time? If not what delayed you? How could you tackle this if it happened again?
19. What pleased you most about this consultation and why? What troubled you most about this consultation and why?

At the end of the week

1. Were the learning activities suitable for your learning style? If yes which learning activities helped you most? If no what activities might help you next week?
2. What experiences have you had this week that confirm that this is the right career for you?
3. Have you collected any evidence of competence this week? Were you clear about the standard that was expected? If you were what helped you understand what is required? If not how could we help clarify the ambiguity?
4. Are there any learning outcomes you are particularly concerned about? If yes why is this and what could we/you do to improve things?
5. Did you identify any gaps in your knowledge this week? How will you tackle these?
6. Did you identify any skills you found difficult to master this week? What could you do about this?
7. Have you been able to reflect in depth on your practice? If not what could you do to improve your skills?
8. Have you received any feedback this week, which contradicts what you have been told before? Can you think of any reason for this? How could we help you clarify any ambiguity?
9. Are you starting to develop your own style of practice? In what way? If not what is stopping you?
10. Did you identify any critical incidents this week? Have you recorded these in your reflective diary?