

Professional Reflection Log



Reflection should show that you are able to self-evaluate and take responsibility rather than blame others if things haven't gone well. To be effective, reflection must be relevant, recorded and revisited. Reflections can be good, bad or ugly, the more it's done, the more effective the learning. The prompts in this log are based on Gibbs Reflective Cycle (1988), there's plenty of further reading to be done, much of which can be found via Google.

Areas to consider for reflection	
Clinical events	Professionalism
Patient experience	Leadership
Personal performance	Management
Communication	Teamwork
Relationships	Stress management



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Date:

Description
Feelings before during and after the event
Evaluation. What was good or bad?
Analysis. Why did this happen?
Conclusion. What did you learn?
Action plan

