

## **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

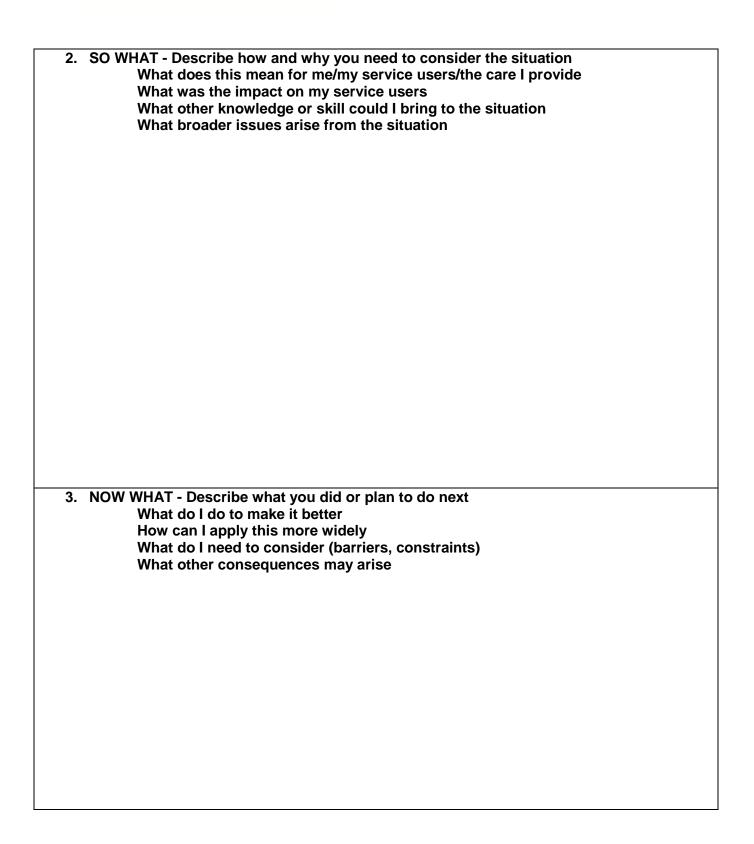
Name	
Date	
Event	

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?







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

