**2.2** **Proforma for Reflective Practice: Practice-Based**

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| **Title** |  |
| **Date** |  |
| **Venue** |  |
| **Client/Group** |  |
| **Type of Session/Work** |  |

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| **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 clients?*
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| **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?*
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| **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?*
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| **WHAT NEXT - Describe how you changed your practice*** *What happened?*
* *What was the result?*
* *How have my clients benefited?*
* *What evidence do I have?*
* *How did I feel?*
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| ***WHAT NOW - Describe how you feel about the process you have gone through.**** *What has been the outcome?*
* *Am I a better professional?*
* *What other developments has this led to?*
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**Acknowledgement**

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