



## TOOL FOR PROFESSIONAL PRACTICE REFLECTION

Reflection is an important component of learning in practice and helps practitioners critically think about their practice, examine impact of decision-making and identify ways of improving their practice.

Examples of reflective questions:

Select as many as apply	Yes	No
This activity confirmed my current approach		
This activity prepared me to make a change in practice		
I need to learn more skills. Please describe		

OR

Do you intend to make changes or apply learning to your practice as a result of this program?

- Yes, I plan to make changes
- I am not sure, but I am considering changes
- No, I already practice these recommendations
- No, I don't think this applies to my practice

**Questions? Comments? Suggestions?** Contact one of our Educational Consultants at [quicktips@utoronto.ca](mailto:quicktips@utoronto.ca)

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If 'YES', please describe two things you intend to try or do differently as a result of this program:

### Commitment to Change

#### 3 Stages:

1. Participants are asked to write 1-3 changes they plan to make as a result of the activity
2. Participants are asked to indicate level of commitment utilizing a Likert scale ranging from 1-5.
3. 30-60 days following the activity, participants are sent list of these changes and asked to indicate if a change occurred, partially occurred or did not occur and why

### Examples of reflective questions you might consider 30-60 days following activity:

Please describe your reflections on the impact of these changes on your practice and/or work.

Consider questions such as:

- What impact has this process had on your practice generally?
- How do you feel now about the decision(s) you made?
- How successful have you been in incorporating these changes into your practice? What kinds of barriers have you confronted?
- What are you doing now that you didn't do before? What has happened to your confidence in this area?
- What kind of feedback have you received from your patients, staff or colleagues?
- What new information have you seen? How has this further modified your approach? What further changes do you intend to make?
- What further areas of practice change, reassessment an/or intervention have you identified? What plans do you have to address these?

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