

# Case Reflection Tool

Please use this tool to support your personal case reflection and discussions with peers. You may wish to use this in conjunction with the CET peer review dispensing template. This tool integrates recognised models for reflection used in healthcare.

Case title \_\_\_\_\_

Date \_\_\_\_\_

**Description of the case - what happened?**

**What were you thinking/feeling at the time?**

**Why did things go the way they did?**

**On reflection, could you have done anything differently?**

**Being reflexive, what will you do differently in the future. What actions do you need to take?**

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## Case Reflection - guidance notes

### Description of the case - what happened?

- If you have written your case up for reflection or discussion, you can refer to that here to summarise
- Think about what happened in what order, who else was involved and what was the final result

### What were you thinking/feeling at the time?

- Thinking about and reflecting on your frame of mind at the time of the patient encounter can help you towards understanding why things happened
- Were you angry, tired, scared, frustrated, confused? Be honest with yourself.

### Why did things go the way they did?

- Having written up your case and/or discussed it with your peers, now you can analyse what happened.
- Were there things that you didn't notice or consider at the time? Have your colleagues offered any thoughts or insights that may help you in your considerations?

### Could you have done anything differently?

- With hindsight would you manage the situation differently?
- What were the critical factors in the case?
- What did you influence or could have influenced differently?

### What will you do differently in the future. What actions do you need to take?

- Now that you have analysed and potentially discussed your case, what have you learnt for your future practice?
- How can you put into practice what you have learnt from this case, to be reflexive and better prepared for similar situations in the future?
- Are there any steps you need to put in place now to help improve your clinical practice? E.g. discussion with colleagues, training or professional development?
- Can you transfer your learning to other areas?