

Reflective template

Reflection is important for continuous learning and development, and a critical part of the revalidation process for healthcare professionals. The template below is designed to help you reflect on your learning after reading a *Guidelines in Practice* article.

Print or download blank copies of this template from: www.ginp.co.uk/reflective-template

Date: _____

Which article is this reflective record about?

Which aspects of this article gave you cause for reflection?

What ideas arose from your reading that challenged your current practice?

How have you changed your practice, or what will you do differently in the future?

Have you identified any gaps in your knowledge? If so, how will you address this?

When do you plan to review your progress?

Reflective template worked example

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Date: *Wednesday 18 April 2018*

Which article is this reflective record about?

Practical implementation tips: Parkinson's disease (September 2017)

Which aspects of this article gave you cause for reflection?

I had not realised the length of time before the onset of motor symptoms that patients had non-motor symptoms like excessive daytime sleepiness, hyposmia, and depression, and the persistence/worsening of these non-motor symptoms.

What ideas arose from your reading that challenged your current practice?

I wondered if I had not paid attention to these non-motor symptoms and, in prescribing for the motor symptoms, I had ignored these other problems, which have a large impact on the patient's day-to-day functioning.

How have you changed your practice, or what will you do differently in the future?

I do not know what measures are most helpful for patients with non-motor symptoms and I am concerned about the impact of further prescribing and whether this may affect the anti-Parkinsonian drugs. The article did not offer me enough information here but did signpost me to the nurse specialists and the mental health team.

Have you identified any gaps in your knowledge? If so, how will you address this?

I need to know how to access these sources of help for my patients in my locality. Some of these will be social sources of help and others medical. Perhaps this could be a practice project. It will overlap with the work we are offering to our patients with dementia.

When do you plan to review your progress?

I will revisit at 3 and 6 months from now