Examples of Reflection / Learning Outcomes

Examples of 'Clinician Reflection'
(role and scope of practice mostly clinical)

Reflection on Learning Goals relating to – Clinical Practice / Diabetes Education / Counselling		
Example Goal: To increase my knowledge and competence regarding new diabetes medicines and improving my person-centred care techniques regarding use of different diabetes medicines.		
1.	Improved your knowledge and competence.	*Delivering high quality care to patients on Byetta by becoming more knowledgeable about treatment protocols and side effect management.*
2.	Was applied to or changed your practice	*Now responding to patient's blood glucose record more respectfully and asking patient for permission before giving advice. Helping client to brainstorm their own solutions rather than trying to impose my ideas. Allowing clients to set the agenda at appointments and prioritising the issues that are important to them.*

Reflection on Learning Goals relating to – Management / Administration / Leadership		
Example Goal: To further develop skills in reviewing workplace policies and protocols and ensuring current practice is up to date for patients with diabetes and dysphagia.		
1.	Improved your knowledge and competence.	*Now more knowledgeable about hypo treatment for people with both diabetes and dysphagia, and giving these patients and their carers more appropriate advice.*
2.	Was applied to or changed your practice	*Applied current evidence to best practice guidelines for hypos, and changed the way I treated hypoglycaemia in people with dysphagia. Current policy being updated by the diabetes team.*

Reflection on Learning Goals relating to – Research		
Example Goal: Increase knowledge of quality improvement processes within my workplace to be able to update our GI patient information leaflets		
1.	Improved your knowledge and competence.	*More familiar with process to enter project data into statistical software. Producing good quality evidence through ongoing involvement in QI projects.*
2.	Was applied to or changed your practice	*Now utilising patient information leaflets with the most current information on GI.*

Examples of 'Management Reflection'
(role and scope of practice mostly management)

Reflection on Learning Goals relating to – Clinical Practice / Diabetes Education / Counselling	
Example Goal: To investigate others' policies and improve my knowledge regarding DKA management to hopefully prevent frequency of admissions for those that regularly present.	
1. Improved your knowledge and competence.	*I'm now more knowledgeable about DKA prevention practices, and feel more competent when discussing this with people with diabetes.*
2. Was applied to or changed your practice	*I have been using new strategies to manage 'frequent flyers' presenting with DKA based on information presented at the National Conference and discussions with interstate colleagues that attended the conference.*

Reflection on Learning Goals relating to – Management / Administration / Leadership		
Example Goal: As a new manager for our diabetes team, I would like to improve my knowledge and competence in workplace risk assessment and reporting.		
1.	Improved your knowledge and competence.	*I have become more knowledgeable and familiar with the current practice for risk assessment and reporting since attending the Riskman training for managers.*
2.	Was applied to or changed your practice	*I have started applying these guidelines to my department's existing policies and practices. I've started reporting critical incidents more promptly.*

Reflection on Learning Goals relating to – Research		
Example Goal: Improve my skills in conducting a literature review and critical appraisal of literature to provide best practice advice to my team.		
1.	Improved your knowledge and competence.	*I now have a better understanding of insulin pump commencement best practice recommendations, as well as processes used in tertiary diabetes centres around Australia.*
2.	Was applied to or changed your practice	*Since the literature review and evidence gathering, I have updated our workplace procedure and have gained contacts at other centres that we can tap into when needed.*

Examples of 'Researcher Reflection'
(role and scope of practice mostly research)

Reflection on Learning Goals relating to – Clinical Practice / Diabetes Education / Counselling	
Example Goal: To utilise my skills in research and critical appraisal to increase my competence in putting research into practice.	
1. Improved your knowledge and competence.	*Attending a workshop on translational research has improved my knowledge for putting research into practical terms and provided new strategies for me to work on.*
2. Was applied to or changed your practice	*I've adopted the term 'knowledge translation' to describe the interaction between my research activities and the end users of this evidence and I consider this at each stage of my research plan.*

Reflection on Learning Goals relating to – Management / Administration / Leadership	
Example Goal: To improve my knowledge of areas and health services that may be able to utilise the research I am doing and understand how best to communicate with them.	
1. Improved your knowledge and competence.	*I now have a better understanding of how research findings are adopted by primary healthcare professionals. I'm getting better at helping clinicians adapt research findings to their policies and professional practice.*
2. Was applied to or changed your practice	*I've formed partnerships with several rural diabetes services to enhance their research capacity.*

Reflection on Learning Goals relating to – Research	
Example Goal: Increase my knowledge in qualitative research methods and analysis of results.	
1. Improved your knowledge and competence.	*Since completing two units of qualitative research, I've developed a better understanding and improved my competence in qualitative research methods, theories for analysis of data and interpretation of results.*
2. Was applied to or changed your practice	*I'm using new methods to analyse and interpret focus group recordings and am better able to justify conclusions.*