

Description

Positive Planning with The Happy Student Company – Reflective Practice

Sophie Lee – Designer & Director of The Happy Student Company

Instagram @thehappystudent_company

Published in The Student Midwife Volume 5 Issue 3 July 2022, Page 21

Practice makes perfect



How do we develop our clinical skills with resilience? I believe that reflective practice is the key. Have you ever started to learn a new clinical skill in the classroom, and felt a little overwhelmed at the thought of performing it on a real person? The important thing to remember is that you are not alone, and everybody was a beginner once.

Here are some top tips to approaching new clinical skills that might be making you feel a little overwhelmed:

1. Know your theory inside out. If you have any doubt in what you might be doing, ask. Then ask again if you need to. There's no shame in checking that you've understood correctly.
2. Have a buddy that you can teach this skill to. Relaying information in this way can help solidify it in your brain.
3. When on placement, ask to witness the new skill as much as you possibly can. If possible, watch how a range of other professionals perform this clinical skill. Ask questions (at the appropriate time) if it's different to how you have been taught.
4. Be brave and take every opportunity to practice this new skill. Shying away can only make you feel more nervous. If you know your theory, and you're being supervised, go for it!

5. 

Write a quick reflection once you've finished. Think about your strengths, what could have gone better, what you could do next time, and what else you might revise.
6. Ask for feedback. If appropriate, this could be from the person you are caring for or the person that is supervising you. Make notes on their observations.
7. Revisit your first reflection before practicing this skill again and apply what you've learned.
8. Remember that everyone starts somewhere, and it's ok to be new to this skill!

For a handy little notepad to help you reflect on the go, check out our A6 and A5 reflective notepads! The A6 pad can fit in your pocket, perfect for little scribbles as you reflect on practice. The A5 version gives you a little more space to write in and fits nicely next to your planner in your bag! **TSM**

thehappystudentcompany.com/shop/reflective-notepad

Category

1. The Student Midwife
2. TSM Articles

Tags

1. 2022
2. personal development
3. reflective practice
4. resilience

Date Created
15th July 2022