

Reflection doesn't grow on its own: Scaffolding activities to foster clinical wisdom and well-being

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None

Objectives

After this talk, participants will

- ... Describe learning theory behind reflective practice
- ... Identify various purposes of reflection to guide activities and prompts
- ... Identify their own preferences, and common preferences for learners
- ... Design and incorporate their own ideas into an activity they can use in their teaching

Why reflect?

What does reflection do for us?

- Reflection for learning
- Reflection to develop a therapeutic relationship
- Reflection to develop professional practice
- Reflection for personal growth



Reflection –

“a metacognitive process that occurs before, during and after situations with the purpose of developing greater understanding of both the self and the situation so that future encounters with the situation are informed from previous encounters.”

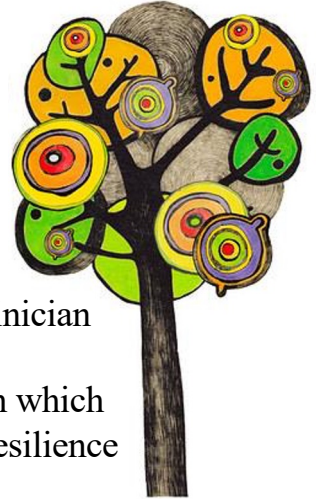
Sanders, 2009

Why reflection in medicine?

It seems sensible that quality of care, quality of caring, and clinician resilience [is synergistic and dependent upon settings and opportunities where] health professionals tending to the soil in which their focused attention, curiosity, creativity, compassion and resilience can grow.

I saw how awareness, flexibility, and attention are crucial for all clinicians, regardless of specialty or profession.

-Ronald Epstein



Reflection in practice.....

- It is a metacognitive process in which thoughts are “turned back” so that they can be interpreted and analyzed.
- The outcome is increased understanding and awareness which can be used in the future
- Reflection is a **metacognitive** process that occurs **before, during and after** situations with the purpose of developing **greater understanding** of both the self and the situation so that **future encounters** with the situation are informed from previous encounters (Sanders, 2017)

SELF REFLECTION

Recipe for informal reflection for learning

Start with intentions

Check in with yourself. What do you want to get out of this?

Make it Meta

Reflection requires awareness of your intentions and behavior as you move through an experience.

Pick a mode of reflection that works for you

Different modes of reflection (e.g. writing, discussing, drawing, blogging) may work best depending on the situation and your own strengths. Don't be afraid to engage new approaches when you can.

Ask Questions!

Driscoll's model could be the simplest...

What? Describe what happened
 So What? Analyze the experience
 Now What? Distill the implications

Make it about you

What can **you** get out of this situation? What are **your** strengths? How can you respond effectively?

Make it a habit

Create enough space in your life so that reflection fits in with other forms of self-care.

Infographic created by chris.haymaker@med.wmich.edu

Grounding and Values in Medicine

Objectives:

Connect with what's important to you.

Learn directly from experience.

(Physicians who are connected to what's important are less vulnerable to burnout)

CULTURE

'Where I'm From': A Crowdsourced Poem That Collects Your Memories Of Home

August 28, 2019 · 5:02 AM ET

Heard on *Morning Edition*

CASEY NOENICKX



7-Minute Listen

+ PLAYLIST



TonBoon/Getty Images

Writing a crowd sourced poem (where I'm from)

Credit to George Ella Lyon & Kwame Alexander

I'm from early morning water skis, sizzling eggs and bacon in awe of cherry blossoms and redbuds deep summer

....

I am from family hug and stone sculpture dust
Mud pie with blue violets

....

I am from cul-de-sac Pogo sticks and ice cream truck jingles. I am from lifeguard whistles and swimming 'til dark.

....

Where I'm from we like soul in our music and our food, rhythm and Blues. Going to Payless and Value City for our school shoes.

....

And from jostling humid, chaotic crowds and languages so recognizably alien.

....

I'm from drives over the bridge smelling the fresh Euphrates air, overlooking a sea of palm trees

....

And from a garden where children play under a Persimmon tree.

....

I am from detours.

Crowd Sourced Poem - Instructions

- Pick an image that makes you feel at home.
- Write a few words that capture the image for you, maybe less than a sentence, maybe a couple phrases.
- Be sure to pick something that you don't mind sharing with the group.

The Poetry Slam...

To make it sound like more like a poem...

First person and then every *fourthish* person begins, “I’m from...”

Everyone else begins, “From...”

What was that like?

Adventure Wave

EXPERIENCE

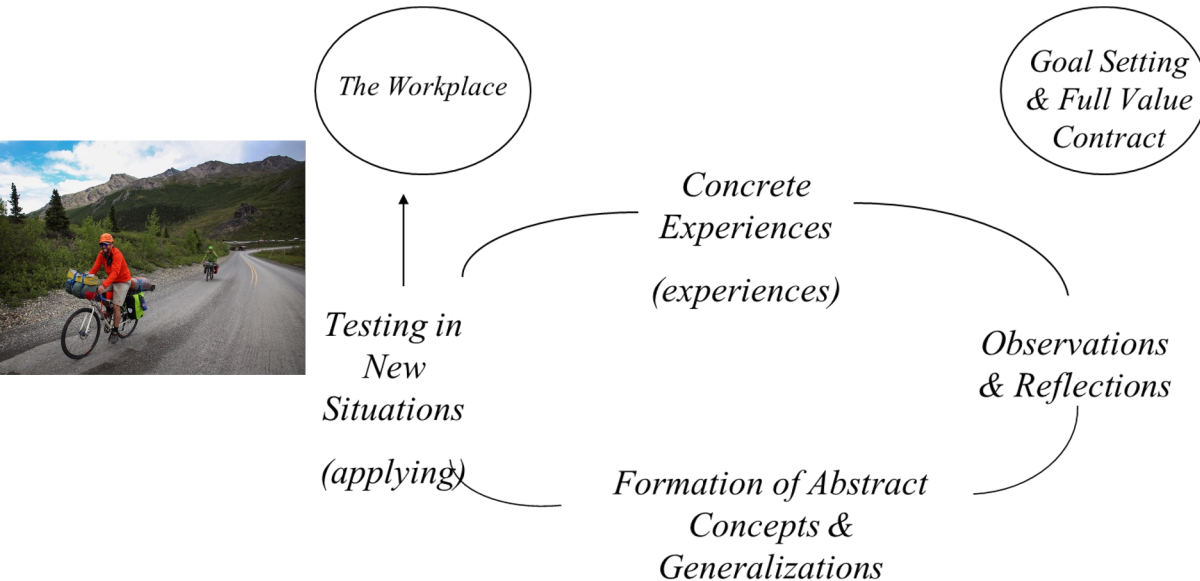
BRIEF



DEBRIEF

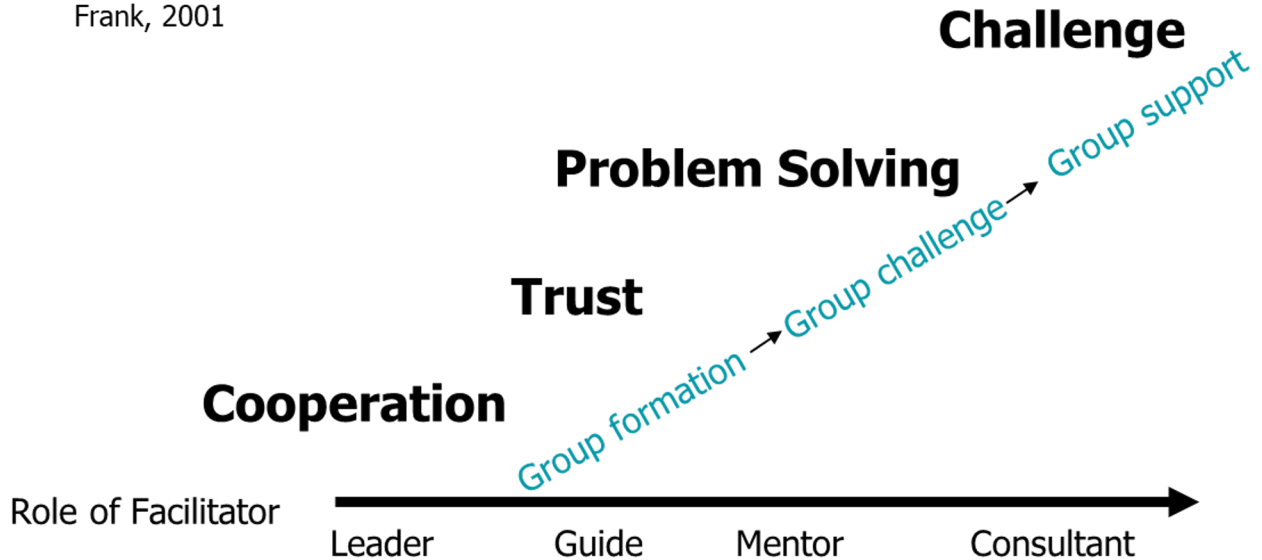
What? Describe what happened
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Experiential Learning Cycle



A Community Building Model

Frank, 2001



The purposes of reflection

Why do you want residents in your program to reflect?

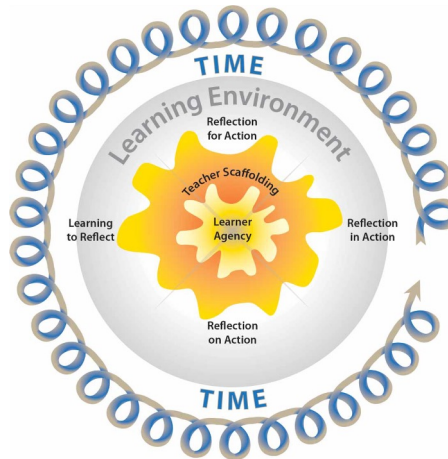


Reflection and experiential learning

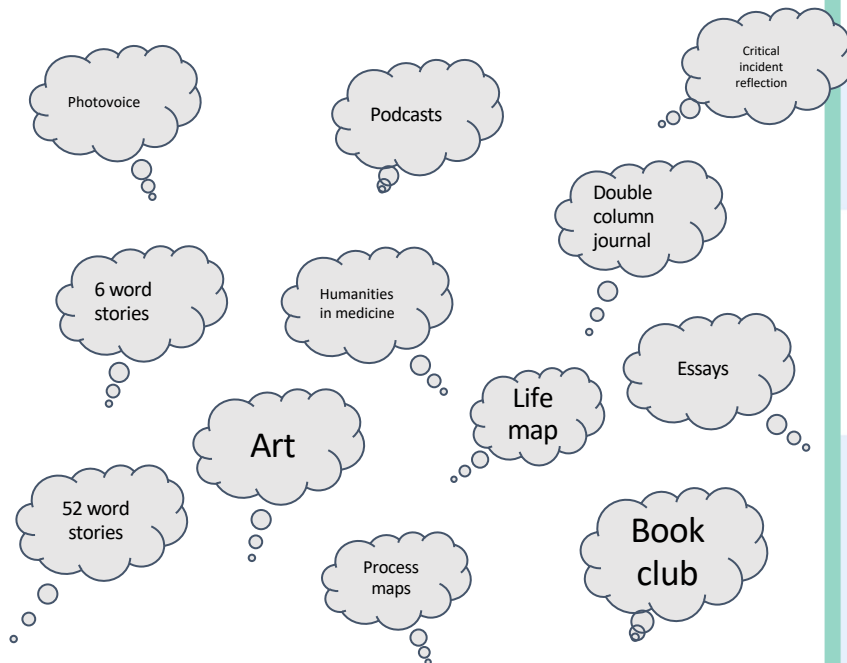
DURING WHICH ACTIVITIES DO YOU WANT YOUR RESIDENTS TO REFLECT?



Scaffolding reflective practice on the fly



Tools of the trade: What's in the reflection toolkit?



Recipe for informal reflection for learning

Start with intentions

Check in with yourself. What do you want to get out of this?



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Ask Questions!

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What? Describe what happened
So What? Analyze the experience
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Tools of the trade continued

Google doc / QR code





HANDLING RELUCTANCE

RECOGNIZING OPPORTUNITIES TO GROW REFLECTIVE PRACTICE

QUICK THINK

(WHERE AND HOW WILL YOU TEACH REFLECTION IN YOUR PROGRAM?)



RECOGNIZING OPPORTUNITIES TO GROW REFLECTIVE PRACTICE

PAIR AND SHARE
(DESCRIBE WHAT YOU
WANT TO DO



Evaluation

Please evaluate this presentation
in the conference mobile app.



Thank you.

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