



Reflective Thinking

Study Development Worksheet

The table below mirrors **Driscoll's reflective cycle** (2007).

Use the question prompts to guide your reflective note-taking.

<p>What?</p> <p>A significant point of discussion/or learning (using only the necessary detail)</p>	<p>A patient in my placement area had an intravenous fluid infusion running; the entry site in his hand had become very sore and inflamed. The cannula was removed and, to my surprise, it was decided that the infusion did not need to be replaced. This made me question whether the intravenous infusion could have been stopped sooner, in order to reduce the risks resulting from having a cannula in place.</p>
<p>So what?</p> <p>Link your experience/practice to your reading about the issue upon which you are reflecting. Critically evaluate what you have learnt about:</p> <ul style="list-style-type: none"> • Your practice/ relationships • others' attitudes • theory and practice – etc. <p>... and show why this is important</p>	<p>The use of intravenous fluids and of intravenous cannulae should be avoided unless absolutely necessary (Workman 1999; Clayton et al. 1999). Nurses and doctors should therefore constantly assess whether clients need to have intravenous fluids, and they should remove cannulae immediately if they are not required for any other purpose.</p>
<p>Now what?</p> <p>Short – an action plan. Next steps. What impact do these ideas have on your practice or thinking? What will you change to improve? What further reading will you do next?</p>	<p>In future I will monitor carefully whether patients need to have intravenous fluids, and I will ensure that I discuss this with my colleagues. I will also make sure that intravenous cannulae are removed immediately if they are no longer required, to prevent secondary complications.</p>



Now you try it!

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<p>So what?</p> <p>Link your experience/practice to your reading about the issue upon which you are reflecting. Critically evaluate what you have learnt about:</p> <ul style="list-style-type: none"> • Your practice/ relationships • others' attitudes • theory and practice – etc. <p>... and show why this is important</p>	
<p>Now what?</p> <p>Short – an action plan. Next steps. What impact do these ideas have on your practice or thinking? What will you change to improve? What further reading will you do next?</p>	

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