

APPENDIX 1 Reflective journal guidelines

Reflective Journal Guidelines

1. Day 1, Prior to commencement of Clinical Unit, describe:
 - a. How you feel as you are starting your first clinical unit
 - b. What you see as being the role of a physiotherapist in this residential home setting
 - c. How you see the role of the physiotherapist in association with other health care professionals in this setting
2. Daily entry
 - (a) Select a specific event OR
 - (b) Select a resident you came in contact with and describe (Please select a different event OR resident each day):
 - a. (a) Details of the event OR (b) The medical condition of the resident (very brief mention)Please state "On reflection..." or something similar prior to your reflective comments
 - b. How you felt (a) during the event OR (b) when you were in contact with the resident
 - c. What you did well (a) during the event OR (b) for the resident
 - d. What you could have done better and how would you do this better next time
3. Add another daily/2nd daily short component that refers to:
 - a.
 - i. Any strategies you indicated you would employ in the previous days' entries
 - ii. How the strategies were implemented by you
 - iii. The effectiveness of the strategiesOR
 - b. the progress/resolution of the previous days' issues
4. Day 10 of Clinical Unit (last day), describe:
 - a. How you felt at the end of your first clinical unit
 - b. What you see as being the role of a physiotherapist in this residential home setting now
 - c. How you see the role of the physiotherapist in association with other health care professionals in this setting now
 - d. Have you identified any differences from your entry on Day 1 and your entry on Day 10?
5. Write a small paragraph in your own words about your experience in the clinical unit.
6. Relate areas, conditions, and situations you have experienced in your clinical unit with the content of your lectures, practicals and site visits of your Physiotherapy course. Relate areas of the course content that have assisted in enhancing your experience in Clinical Unit 1. Give specific examples.

The students may choose to include additional information into their reflective assignment entries that will assist them to better reflect on their actions, but are not required to submit this additional information as part of the assignment. They are welcome to discuss any components they want to understand better with the Course Convenor or the Clinical Manager.

Appendix 2 The Questionnaire used to evaluate students' perception of the usefulness of reflective journals

Reflective Journal Questionnaire

1. What Clinical Unit did you undertake and what grade did you receive? (Please circle the unit and colour or highlight the appropriate circle)

Clinical Unit	Unit	HD	D	C	P	F
Aged Care	1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Orthopaedics	2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Musculoskeletal	3-4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Acute	5 or 6	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Neurological Rehabilitation	5 or 6	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Community	7 or 8	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Complex Conditions	7 or 8	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. Did you keep a reflective journal in each unit?

	YES		NO	
	YES	NO	YES	NO
Clinical Unit 1	<input type="radio"/>	<input type="radio"/>	Clinical Unit 2	<input type="radio"/>
Clinical Unit 3-4	<input type="radio"/>	<input type="radio"/>	Clinical Unit 5	<input type="radio"/>
Clinical Unit 6	<input type="radio"/>	<input type="radio"/>	Clinical Unit 7	<input type="radio"/>
Clinical Unit 8	<input type="radio"/>	<input type="radio"/>		

If you have answered **NO** in **ALL** the clinical units, please give your reasons for not using the reflective journal?

- Too time consuming to use
- Forgot to use
- Decided not to use
- Other

If other, please comment: _____

If you have answered **YES** in **ANY** of the clinical units, please continue.

3. How closely did you follow the guidelines you were given on the use of the reflective journal? (Please colour or highlight the circle)

Not Closely	A little Closely	Closely	Quite Closely	Very Closely
1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4. Do you find the instructions on the use of reflective journal writing helpful?

YES	NO
<input type="radio"/>	<input type="radio"/>

Please Explain: _____

5. How useful did you find the use of the reflective journal for items (i)-(x) below, using the scale 1-5 provided? (Please colour or highlight the appropriate circle)

	Not Useful	A little Useful	Useful	Quite Useful	Very Useful
	1	2	3	4	5
(i) Recording your experiences	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(ii) Learning from your experiences	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(iii) Enhancing your clinical reasoning process	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(iv) Enhancing creativity (prioritisation and skills) in assessment of patients	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(v) Enhancing creativity in treatment planning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(vi) Developing ability in reflective thinking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(vii) Developing reflective practice*(See footnote)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(viii) Enhancing personal development and growth?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(ix) Enhancing professional development as a physiotherapist?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(x) Improving overall clinical performance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

*Footnote: Reflective Practice incorporates reflection-in-action, which involves thinking and acting upon the outcomes of the treatment during the treatment session, and reflection-on-action, which involves thinking about the outcomes of a treatment after the event and acting upon them in future.

6. Would you continue using a reflective journal as a professional? **YES** **NO**
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Why/why not? _____

7. Please nominate 3 things that you liked about the reflective journal:

7.1. _____

7.2. _____

7.3. _____

8. Please nominate 3 things about the reflective journal that could be improved:

8.1. _____

8.2. _____

8.3. _____

9. What comments or suggestions do you have in relation to the use of a reflective journal in physiotherapy clinical education?
- _____

THANK YOU