**Component III. Overall Critical Reflection on your Career to Date**

This reflection is a statement of personal and professional learning and development across your career thus far, and the personal and/or professional changes that have occurred that you believe have you practicing at Milestone 3, along with gaps and future needs identified. This statement should synthesis and encapsulate the career attributes of a physiotherapist.

**Writing the critical reflection – with reference to the Physiotherapy Career Attributes**

The reflection should be addressed in up to **2000 words.** (A tolerance of +/-10% is acceptable) **or** approximately 5 minutes of an audio-video content.

**How to write a Reflection:**

First and foremost, the biggest mistake you can make when reflecting is to treat it as a tick box exercise and a waste of time. By writing your overall critical reflection of your clinical practice against a specific *Career Attributes*, you will not only demonstrate your skills in self-directed learning, improve motivation, and improve the quality of practice that you are able to provide, but it can be a valuable exercise for self-assessment and professional growth.

**Steps to help you write a critical reflection:**

1. **Understand the Attributes:** Start by clearly understanding the attributes against which you need to reflect. These attributes are a mix of specific skills, competencies, or qualities that are important in your clinical practice. For example, it could be communication skills, empathy, critical thinking, professionalism, or any other relevant attribute.
2. **Recall Your Clinical Practice:** Reflect on a specific experience or a series of experiences from your clinical practice that you want to analyse. This could be an interaction with a patient, a challenging case, a team collaboration, or any other relevant aspect of your work.
3. **Describe the Experience:** Provide a brief overview of the experience, including the context, setting, and individuals involved. Describe the specific situation, challenge, or event that you want to reflect upon. This can be the whole case or a specific component / section of the case.
4. **Identify the Attributes:** Identify the specific attributes that are relevant to the experience you described. For each attribute, consider how it was demonstrated or could have been demonstrated in the situation you experienced.
5. **Analyse Your Performance:** Analyse your performance in relation to each attribute. Consider your strengths and areas for improvement. Be honest with yourself and identify specific examples or behaviours that illustrate your performance.
6. **Reflect on the Impact:** Reflect on the impact of your performance on the situation and the individuals involved. Consider the consequences, both positive and negative, of your actions or decisions. Reflect on how your performance aligned with the desired outcomes and the potential areas where improvement is needed.
7. **Evaluate Your Learning:** Evaluate what you have learned from the experience. Reflect on how your understanding of the attributes has evolved or deepened because of this experience. Consider the insights, lessons, or perspectives gained and how they can be applied to future situations.
8. **Set Goals for Improvement:** Based on your analysis and reflection, set specific goals for improvement. Identify the actions or strategies you can implement to enhance your performance in the identified attributes. These goals should be realistic, measurable, and time-bound and demonstrate your career-long learning strategy
9. **Formulate a Conclusion:** Summarise your critical reflection by emphasizing the key insights gained, lessons learned, and goals set for improvement. Offer a concise and thoughtful conclusion that ties together the main points of your reflection.
10. **Consider Professional Resources:** If applicable, consider referring to relevant professional literature, guidelines, or best practices to support your reflection and provide evidence-based recommendations for improvement.

Remember, critical reflection is a personal and subjective process. It's an opportunity to assess your strengths, acknowledge areas for growth, and develop strategies to enhance your clinical practice. Make sure to approach the reflection with an open mind, be constructive in your analysis, and use it as a tool for professional development.

**Suggested Format/Template**

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| **Attributes** |
| *Leader in Health*  |
| **Description**  |
| *A physiotherapist that advocates for high-quality patient and client-centred outcomes for all members of their communities, and that reflects the evidence and current best practice.* |
| **Your interpretation and understanding of attribute**  |
| *A physiotherapist who advocates for high-quality client-centred outcomes is someone who prioritizes the well-being and satisfaction of their patients while ensuring that their treatments are based on the best available evidence and current best practice. This type of physiotherapist strives to deliver care that is effective, safe, and tailored to the individual needs of each patient.* |
| **Reflection in practice**  |
| *How has your clinical practice reflected this above interpretation? Give evidence that demonstrates this (avoid just saying you do it)*  |
| **Conclusion**  |
|  |
| **Supporting evidence** |
| *Case study one* |

*Word count:* Click or tap here to enter text.