

TEAM: CHILDREN and YOUTH WITH SPECIAL HEALTH CARE NEEDS ROTATION

Children's Hospital of Wisconsin, Medical College of Wisconsin & Special Needs Family Center

Reflections

We have provided you with paper, on which you should record your thoughts and reflections each day. Please take the time to think and write after each Special Needs experience. You do not need to do reflective writing for the Child Development component of this rotation unless you so desire.

Why is reflective writing a part of this rotation?

1. Self Awareness: Reflection is "a process of internally examining and exploring an issue of concern, triggered by an experience, which creates and clarifies meaning in terms of self, and which results in a changed conceptual perspective." (Atkins and Murphy).
2. Quality Improvement: Reflective writers can study their own decision making processes, relationships with colleagues, and responses to patients; analyze their hesitations and gaps in skill and knowledge and face difficult and painful episodes. (Bolton)
3. Improves Empathetic Understanding: Numerous studies show that participants in training programs that include a narrative component grow in their ability to recognize the perspectives of others, which leads to better relationships with patients and colleagues. Reflective writing involves eliciting, interpreting and translating the patient's illness story. It helps the writer to put himself in the place of the patient and more fully understand their perspective – to take the focus off of themselves and put it on to another which leads to a greater awareness of what actions are needed to make a positive difference to the patient.

You may write about anything as long as it is reflective writing. Some ideas that may help to get you started:

1. What were your thoughts and ideas going into the experience? Were these changed by the experience?
2. What is the most important thing you learned from this experience?
3. Do you think the experience might change your practice and perceptions as a pediatric provider?
4. Reflect on the sense of the family's resources, priorities and concerns that you gained?
5. Write your narrative from the point of view of the ill person or the family.
6. Try writing about the familial, cultural or ethnic context of your narrative's ill body.
7. Try writing your narrative in a different form – prose or poetry.
8. Write about how the ill person's body is perceived or represented by others – consider writing from the physician's point of view.
9. Write in whatever way you choose, from whatever perspective you choose.

These "journals" will be collected at the end of the rotation. If you would prefer you can journal electronically and hand in a floppy disk or CD at the end of the rotation. If you would like your paper or electronic journal returned to you please indicate that upon submission.

Journals may be given directly to Anne or alternatively, submitted via interoffice mail, (Anne Juhlmann, Family Resource Center, MS 939.) Please submit by the last day of the rotation.