



**Faculty of Health
& Life Sciences**

**West Midlands Cluster
Dietetic Placements**

**Professional Reflective Diary
Placement A**

Reference Only - Placement Connect

Week 1:

During this week you will be undertaking your induction to the Dietetic Department and the NHS. Your bedded unit experience will offer plenty of material for your reflective diary, particularly your time on the “ward” when you have the opportunity to talk to patients, staff and carers and work with them. You will probably find you have a lot to write about in your reflective diary!

The learning outcomes you might want to consider linking your reflective writing to this week are:

	Learning Outcome	Guidance
K3	An understanding of daily routine / procedures encountered in the bedded unit setting, which impact on nutritional intakes of service users.	
K4	An understanding of the major health and safety issues, including infection prevention, within the working environment.	The “ward” will present very different health and safety “concerns” from the Dietetic Department. What are they?
C5	An understanding of the range of methods used by dietitians when communicating with healthcare professionals, service users and the general public, including limitations of these methods and strategies to overcome any limitations.	During both weeks you will be developing your own communication skills and you should use your reflective diary to document when you have been particularly successful in communicating with others and occasions when communication has not gone according to plan / has been difficult. Try to document all the factors you think have played a role in the outcomes of these successful and unsuccessful communications.
C6	An ability to converse with service users and healthcare professionals	
P7	An understanding of how dietitians act in the best interests of service users	
P8	An understanding of the need to maintain service user confidentiality	Aim to write an account of how you have observed other healthcare staff maintain patient confidentiality. Write an account of how you yourself have maintained patient confidentiality if you have found yourself in a position where patient confidentiality could have been compromised.
P9	An understanding of the need to respect the point of view of the service user and why it is important to avoid discrimination	Again when you are on the “ward” particularly, write about any situations you experience where you feel patients’ points of view have or have not been respected and any examples of how NHS staff demonstrates anti-discriminatory practice within their work.
P10	Professional behaviour and appearance	

Aim to:

- **Spend 15 minutes at the end of each day** - writing a brief account of the main **learning event(s)** of the day – including any questions that have been raised in your mind about what you have experienced.
- You should aim to write about the “who’s, where’s and when’s this week – i.e. who was involved in the event, where it took place and when (time and sequence).

The thing you identify as your main learning event is often called “**a critical incident,**” this does not mean it takes place in the intensive care ward or is a matter of life and death – just that it is an event which has been particularly important for you – something that has made you stop and think!

The things you usually remember as critical incidents are where things have gone particularly well or particularly badly. (It is good to get a balance of good and bad to reflect on, as it is important to reinforce the good parts of practice as well as aiming to improve on the other areas).

There is no requirement for you to show these daily entries to anyone else, they are your own personal thoughts – you may want to seek answers to any questions raised however.

- **Complete the reflective overview of the week.**
Prior to your meeting with your clinical educator at the end of the week. You should aim to discuss this reflective overview with your clinical educator – even if you keep the rest of your diary to yourself.

Reference Only - Curriculum Content

**Placement A – Week 1
Reflection - who, when, where?**

Monday:

Reference Only - CU Placement Connect

Getting started prompts:

“I was amazed when”

“The most exciting experience of today was”

“Something that puzzled me today was”

“I was upset when”

“What I enjoyed most today was”

“The most important thing I learned today was”

Tuesday:

Reference Only - CU Placement Connect

Getting started prompts:

“I was amazed when”

“The most exciting experience of today was”

“Something that puzzled me today was”

“I was upset when”

“What I enjoyed most today was”

“The most important thing I learned today was”

Wednesday:

Reference Only - CU Placement Connect

Getting started prompts:

“I was amazed when”

“The most exciting experience of today was”

“Something that puzzled me today was”

“I was upset when”

“What I enjoyed most today was”

“The most important thing I learned today was”

Thursday:

Reference Only - CU Placement Connect

Getting started prompts:

“I was amazed when”

“The most exciting experience of today was”

“Something that puzzled me today was”

“I was upset when”

“What I enjoyed most today was”

“The most important thing I learned today was”

Friday:

Reference Only - CU Placement Connect

Getting started prompts:

“I was amazed when”

“The most exciting experience of today was”

“Something that puzzled me today was”

“I was upset when”

“What I enjoyed most today was”

“The most important thing I learned today was”

Reflective overview of the week:

Thinking about the week in general.....

1. What were the learning aims of this week?
2. What went well this week (what was good about the week)?
3. What felt less positive and why? (What didn't go so well – why do you think this is?)
4. What feedback did I get from other people at work about my performance this week?
(What did the dietitians /other staff /patients /carers say about my work)?

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5. What have I learnt as a result of this week's activities/studies?

6. How can I use what I have learned to develop my dietetic practice?

7. What do I need to do next week? (What learning aims do I need to meet)?

8. The questions I wanted to ask about things that have happened this week are.....

Reference Only - CU Placement Connect

Week 2

During this week you will have your catering experience. You will also be shadowing staff and playing a part in patient care – you may be meeting and greeting patients in clinics, weighing / heighting patients in clinics /on the wards, taking diet histories and meeting other healthcare professionals who work closely with dietitians.

The learning outcomes you might want to consider linking your reflective writing to this week are:

	Learning Outcome	Guidance
K1	Ability to record, estimate and interpret service users' energy, protein and fluid intake, using a ready reckoner approach.	Aim to write an account of your interaction with a patient. How did you feel? What went well? What could you improve on? What do you need to do in order to develop your skills? What feedback did you get from your supervisor?
K2	An understanding of the process of menu planning, meal selection, service and delivery within an institutional food provision unit, and the complementary roles of catering and dietetic services	Aim to write a reflective account of a meal's "journey". Describe it from when the patient orders a meal to when the patient actually eats the meal. What happens in between these two processes and how can these events affect the patient's nutritional status? What lessons have you learned from this? When on the "ward" consider writing a reflective account of one of the meal times and snack times you observe. For example, what is breakfast like on the "ward" – when does it happen? Who serves it? What is available? How much is eaten/drunk and by whom? Consider whether there are ways of improving the quality or quantity of breakfast eaten. How important is breakfast nutritionally to the patients? What does it contribute to their overall nutrition & hydration? Do meal times serve other functions in the institution than simply meeting nutritional needs? Aim to write an account of how you perceived the Catering staff and Dietetic staff interacting in order to provide for the nutritional needs of patients. What have you learned from this that you will want to use in your future working life?
P7	An understanding of how dietitians act in the best interests of service users	
P11	An ability to identify key sources of service user information with which to plan dietetic care, and also an awareness of IT applications that are used to support dietetic practice	
P12	An interest in and a commitment to the work of dietitians	Consider how you have demonstrated an interest in dietetics throughout the 2 week placement? Was this challenging? How can you build on this during your next placement?

Aim to:

- **Spend 15-20 minutes at the end of each day**, writing an account of the **main event(s)** of the day – including any questions that have been raised in your mind about what you have experienced.

By now your reflective accounts will be very detailed observations including details of what had happened before the event that could have had a bearing on its outcome. Also consider what was happening in the background at the time of the event that could have had an impact on its outcome. What verbal and non-verbal communication was happening between the people involved – how do you think this affected the outcome? What issues were being discussed openly and what issues were present if you were reading between the lines?

You may want to start to consider in your reflective accounts now how the individuals involved were feeling at the time, what beliefs / values they had which would influence the interaction, what new knowledge those involved have gained as a result of the interaction (including you)!

- **Complete the reflective overview of the week** – prior to your meeting with your clinical educator at the end of the week. You should again aim to discuss this reflective overview with your clinical educator.

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Reflective overview of the week:

Thinking about the week in general.....

1. What were the learning aims of this week?
2. What went well this week (what was good about the week)?
3. What felt less positive and why? (What didn't go so well – why do you think this is?)
4. What feedback did I get from other people at work about my performance this week?
(What did the dietitians /other staff /patients /carers say about my work)?

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5. What have I learnt as a result of this week's activities/studies?

6. How can I use what I have learned to develop my dietetic practice?

7. The questions I wanted to ask about things that have happened this week are.....

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