Action Plan for Reflective Practice - A Tool

Overview

The following is an example action plan, which could be used by individuals or teams to help monitor progress in those areas allocated as points of required change and/or attention, e.g., to gain more information regarding depression and/or bi-polar illness by accessing one of the mental health organizations such as the Mood Disorders Society of Canada (MDSC) or the Canadian Mental Health Association (CMHA) and/or to engage with a de-stigmatizing activity such as requesting an educational event in the workplace related to mental health. Think about the use of objectives when working with this tool. Objectives are measurable, i.e., you should be able to demonstrate that you have achieved the objective in some way.

Action Point (Objectives)	What I will do to action this?	Possible Challenges	How I know I've achieved the objectives	Target / review date

	Personal Objectives re: Practice	Personal Challenges	Strategies to Overcoming Challenges
1.			
2.			
3.			

	Personal Changes	Personal Commitments
1.		
2.		
3.		

	Personal Changes related to the Organization	Personal Commitments to the Organization
1.		
2.		
3.		

References:

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- 3. Rolfe G, Freshwater D, Jasper M. Critical Self- Reflection for Nursing: a user's guide and the helping professions. UK: Palgrave MacMillan; 2001.
- 4. Schön DA. Teaching artistry through reflection-in-action. In Educating the Reflective Practitioner (pp. 22-40). San Francisco, CA: Jossey-Bass Publishers; 1987.