



Johns' Model of Reflection

Johns' Model of Reflection can help students during internships by guiding them to analyze and learn from their clinical experiences. It enhances self-awareness, builds critical thinking, and supports emotional resilience, ultimately helping them grow as confident, reflective practitioners who provide better patient care. The model consists of five key phases to guide reflection, helping practitioners deepen their understanding of their actions, emotions, and outcomes in a clinical setting.



How:

Objective; support reflective learning by guiding students to analyze and learn from clinical experiences for improved patient care.

- 1. Description of experience; encourage students to document the details of their clinical experience, including context, actions, and emotions.
- 2. Identify goals; guide students to consider their objectives for each experience, such as skills they aimed to apply or develop.
- 3. Analyze influences; help students reflect on internal (e.g., beliefs) and external (e.g., patient needs, environment) factors that impacted their actions.
- 4. Evaluate outcomes; prompt students to assess whether the experience was positive or negative, and the impact on patients, themselves, and others.
- 5. Identify learning points; encourage students to pinpoint specific lessons learned and how these insights can improve future practice.
- 6. Plan future actions; guide students in setting concrete goals or strategies to apply in similar future scenarios.

Special requirements:

Ensure a quiet and uninterrupted environment for reflection.

If using this model with a team, establish a trusting environment for open sharing.

Time required:

Allocate at least 30-45 minutes for a thorough reflective session using Johns' Model, including time for note-taking and action planning.