

## Interprofessional peer reflection

Interprofessional peer reflection can significantly enhance the quality of internships for students by fostering a deeper understanding and appreciation of each profession's roles and responsibilities in patient care. This reflective practice encourages collaborative learning, improves communication skills, and promotes teamwork. Such reflections prepares students for the collaborative nature of modern healthcare environments, making their internship experience more enriching and professionally rewarding.



### How:

Objective; facilitate interprofessional peer reflection sessions among students.

1. Group formation; organize students into small interprofessional groups.
2. Set reflection topics; provide specific topics for reflection related to recent clinical experiences, focusing on interprofessional collaboration, communication and patient care challenges.
3. Guidance on reflective practice; offer guidance on how to engage in reflective practice, including how to express thoughts and feelings constructively, listen actively, and provide supportive feedback.
4. Structured reflection sessions; facilitate structured sessions where students take turns sharing their experiences, focusing on what happened, their role, the interprofessional interaction, and what they learned.
5. Promote active listening and empathy; encourage participants to actively listen and respond with empathy, fostering an environment of mutual respect and understanding.
6. Guide deeper analysis; challenge students to analyze the implications of their reflections.
7. Action planning; support groups in developing action plans for improving interprofessional collaboration based on insights gained from the reflection.

### Special requirements:

Ideally, facilitators should have experience in interprofessional education and be able to guide reflections to enhance learning across disciplines.

Students may need preparation or training in reflective practice, active listening, and providing constructive feedback.

Encourage sensitivity to cultural and professional differences, emphasizing the value of diverse perspectives in healthcare.

### Time required:

The time commitment for interprofessional peer reflection sessions can vary based on the depth of the topics and number of participants.

Allocate 15-30 minutes prior to the session for organizing groups and setting reflection topics.

Sessions typically last between 60 to 90 minutes, allowing sufficient time for each participant to share and discuss their reflections.