



UNIT II - SECTION 2

REFLECTIVE PRACTICE
INSTRUCTOR'S GUIDE

1. Goals

- Goal 1: To explore the importance of reflective practice to audiology
- Goal 2: To introduce the requirements for reflective practice
- Goal 3: To discuss the benefits of reflective practice
- Goal 4: To introduce the Reflective Journal Tool as a method to assist an audiologist in gaining insight into his/her own practice
- Goal 5: To observe examples of audiologists reflecting after a clinical encounter

2. Concepts to Master

- a. Reflective practice describes activities used by individuals to explore their experiences in order to lead to a new understanding.
- b. Reflection can take place before, during, and after an action.
- c. Reflective practice requires time, space, structure, and an open attitude.
- d. Reflective practice leads to improved outcomes.

3. Reading

- a. Ng, Stella (2009). An introduction to reflective practice in audiology. www.audiologyonline.com/articles/article_detail.asp?article_id=2248
- b. De Placido, C. (2010). Reflective Practice in Audiology, Hearing Review, 17(2):20-25. This is accessible at www.hearingreview.com.

4. Lecture

- PowerPoint: "Reflective Practice in Audiology"

5. Class Activity

The videos for these activities can be found in the section of the course website called "videos and handouts". For this lecture use the following link and go to the section called "Reflective Practice": http://idainstitute.com/toolbox/university_course/videos_and_handouts/unit_ii/

- Class Activity 1: Reflection in action: "This shouldn't be happening till I'm like 57" Ethnography
- Class Activity 2: Reflective Journal on "Practice and Patience"

6. Reflection Moment

- a. Make a plan. What steps can you take to implement the different types of reflection before you see your next patient?

7. Assignment: Reflective Journal

- a. Use the Reflective Journal twice this week after real clinical encounters and turn in your journal next week.
- b. Ng, Stella (2009). An introduction to reflective practice in audiology. www.audiologyonline.com/articles/article_detail.asp?article_id=2248
- c. Read the following article: De Placido, C. (2010). Reflective Practice in Audiology, Hearing Review, 17(2):20-25. This is accessible at www.hearingreview.com.

CLASS OUTLINE**LESSON OVERVIEW: WHAT ARE WE DOING TODAY?**

1. Establish learning mind-set.
2. Discuss reflective practice in audiology and how we can use it as a tool for monitoring our behavior as we practice. We also will discuss how reflective practice can improve the quality of our interactions with our clients.
3. Begin by going over the goals, and introduce the topic of reflective practice – PowerPoint slides.
4. **Class Activity 1: Reflection in Action**
Reflect on the ethnography “This shouldn’t be happening till I’m like 57” (see associated student handout).
5. **PowerPoint**
Introduce the Reflective Journal and watch Ida Instittue Audiologist introduce the tool. Use the following link, go to the section “Reflective Practice” and play the video “How to use the tool: Reflective Journal”. http://idainstitute.com/toolbox/university_course/videos_and_handouts/unit_ii/
6. **Class Activity 2**
Mirror Exercise/Reflective Journal and “Practice and Patience”
7. **Reflective Moment**
 - a. What steps can you take to implement the different types of reflection before you see your next patient?
8. **Closing**
 - a. Announcements
 - b. See Assignments associated with the next lecture.

CLASS ACTIVITY 1
(INSTRUCTOR COPY)

The following class activity is designed to introduce students to the benefits of reflective practice by having them watch a video ethnography of an audiologist reflecting on an appointment with his patient. The ethnography provides a unique insight into audiological practice and a unique insight into one audiologist's reflections

Please remind students that as they watch this ethnography, to adopt a non-judgmental, and open mind. Remember that the purpose of the reflection is to determine whether we recognize any aspect of our own practice in the ethnography, and if so, to think about ways we could change our own practice, given this opportunity to watch a reflection.

Please play the ethnography and then allow the students some time to discuss or answer the questions below in their handout.

CLASS ACTIVITY 1
(STUDENT COPY)

The following class activity is designed to introduce you to the benefits of reflective practice by having you watch a video ethnography of an actual audiologist reflecting on an appointment with his patient. The ethnography provides a unique insight into audiological practice and a unique insight into one audiologist's reflections.

Please remember as you watch this ethnography, to adopt a non-judgmental, and open mind. The purpose of the reflection is to determine whether we recognize any aspect of our own practice in the ethnography, and if so, to think about ways we could change our own practice, given this opportunity to watch a reflection.

After watching the ethnography answer the following questions.

1. What type of reflection is Jonathan engaging in?
2. What did Jonathan reflect on, primarily?
3. Earlier in the lecture we mentioned that "reflection has the power to expose our assumptions, and lead us to question and re-think our values." Do you feel that Jonathan's reflection exposed his assumptions about counseling? And did the reflection lead him to question and re-think his counseling values?
4. Look back at the slide on Benefits of Reflection. What benefits do you feel Jonathan experienced from this opportunity to reflect?
5. Is the counseling technique of explaining the details of the audiogram drastically different than what you have observed in routine clinical appointments, or how you have learned to counsel patients?
6. Does Ross approach the appointment from the illness or disease perspective? What evidence do you have to back this up?
7. What emerged as being important for Ross? What were his main concerns?
8. What does Jonathan realize when he sees himself on the screen regarding how he counsels Ross? What did he learn? Or what do you think he will do differently next time?

CLASS ACTIVITY 2
(INSTRUCTOR COPY)

The following class activity is designed to introduce students to structured practice in self-reflection. The students will watch the video re-enactment called “Practice and Patience” and will use the Reflective Journal as if they were the audiologist in the video.

The activity requires that copies of the Reflective Journal be available for students to use in class. Additionally this activity requires that you access the video “Practice and Patience”. Both the Reflective Journal and the video can be found in the section of the course website called “videos and handouts”. For this lecture use the following link and go to the section called “Reflective Practice”: http://idainstitute.com/toolbox/university_course/videos_and_handouts/unit_ii/

The activity has multiple purposes:

1. It allows students to practice how to use the Reflective Journal Tool.
2. It allows students to practice non-judgmental reflection, by having them pretend they are the audiologist in the video.
3. It highlights the benefits of self-reflection by allowing them to make a plan of action for the next visit.

CLASS ACTIVITY 2
(STUDENT COPY)

Pretend you are the audiologist in the “Practice and Patience” mirror exercise and you were able to watch yourself in the video immediately after the patient left your office.

Use the Reflective Journal to reflect on what happened in this particular clinical encounter.

Remember that you don’t have to be negative and judgmental to be self-reflective. You can practice self-reflection without beating yourself up! The goal is to arrive at a positive change in behavior that stems from an awareness of your own patterns.

1. Fill out the reflective journal.
2. What did you find challenging about practicing reflection?
3. What aspects/patterns of your own practice did you recognize in the audiologist on the re-enactment?
4. What 5 things could you do differently next time you see a hearing aid fitting patient?

HOME ASSIGNMENT**READINGS**

1. Read the following articles:
 - a. Ng, Stella (2009). An introduction to reflective practice in audiology. www.audiologyonline.com/articles/article_detail.asp?article_id=2248
 - b. Read the following article: De Placido, C. (2010). Reflective Practice in Audiology, *Hearing Review*, 17(2):20-25. This is accessible at www.hearingreview.com.
2. Use the Reflective Journal Tool after two real clinical encounters; reflect on what happened in each particular clinical encounter.

Remember that you don't have to be negative and judgmental to be self-reflective. You can practice self-reflection without beating yourself up! The goal is to arrive at a positive change in behavior that stems from awareness of your own patterns.

Please download the Reflective Journal Tool from the Ida Institute website's Tool Room.