



Eviscore Foundation Course

Module 5 – ASSESS

Worksheet 5B: Reflecting on My Clinical Decision

Estimated Time: 15–20 minutes

Difficulty: ★★ ★ Foundation

Name: _____

Date: _____

Patient ID/Case: _____

Learning Objectives

After completing this worksheet, you should be able to:

- Reflect on your evidence-based decision-making process.
 - Identify strengths in your clinical reasoning.
 - Recognize opportunities for improvement.
 - Develop habits of lifelong learning.
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Before You Begin

Think about the patient you managed in Modules 1–5. Remember that reflection is not about blame; it helps clinicians improve future patient care.

PART 1 – Looking Back

Briefly describe your patient.

What clinical decision did you make?

Why did you choose this approach?

PART 2 – Reflect on the 5A Process

Complete the table below:

Step	Reflection
ASK	Did I ask the right clinical question?
ACQUIRE	Did I find the best available evidence?
APPRAISE	Did I judge the evidence appropriately?
APPLY	Did I consider my patient's values and preferences?
ASSESS	Did I evaluate the outcome effectively?

PART 3 – What Went Well?

List three things you did well.

PART 4 – What Could Be Improved?

Identify three areas you would improve next time.

PART 5 – Learning From This Case

What was the most important lesson you learned?

What would you do differently if you managed a similar patient tomorrow?

PART 6 – Confidence Reflection

How confident do you now feel about using Evidence-Based Practice?

Skill	Low	Moderate	High
Asking clinical questions	☐	☐	☐
Searching for evidence	☐	☐	☐
Critical appraisal	☐	☐	☐
Applying evidence	☐	☐	☐
Reflecting on outcomes	☐	☐	☐

Reflection Summary

Complete the sentence.

After completing this case, I now understand that Evidence-Based Practice is...

Self-Assessment

- ☐ I reflected honestly on my decision.
- ☐ I recognized both strengths and weaknesses.
- ☐ I identified areas for improvement.
- ☐ I understand that reflection improves future patient care.

Evidence Pearl

Reflection transforms clinical experience into professional growth. Every patient encounter is an opportunity to improve your future practice.

Faculty Notes

Suggested Discussion Points

Encourage learners to discuss:

What went well?

- Which decisions were supported by good evidence?
- What strengths did you demonstrate?

What could be improved?

- Was there a better search strategy?
- Could the evidence have been interpreted differently?
- Were patient values explored adequately?

What have you learned?

- What new knowledge or skill did you gain?
- How will this influence future patients?

Common Beginner Mistakes

- ☐ Focusing only on mistakes and overlooking strengths.
- ☐ Blaming themselves for outcomes beyond their control.
- ☐ Writing vague reflections without identifying specific improvements.
- ☐ Viewing reflection as a one-time exercise rather than an ongoing habit.

The “STOP–START–CONTINUE” Reflection

Reflection Prompt	My Response
STOP – What should I stop doing?	_____
START – What should I start doing?	_____
CONTINUE – What should I continue doing?	_____

Carry Forward to Worksheet 5C

Use your reflections to create a Personal Improvement Plan in the next worksheet. Select one or two realistic learning goals that you can achieve before managing a similar patient in the future. This reinforces that the purpose of reflection is not simply to think about practice, but to improve it.