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# Weekly Reflection on Emotional Responses in Care Simulations

Experiment 10 - Practical Notes

Name: \_\_\_\_\_ Roll no.: \_\_\_\_\_ Date: \_\_\_\_\_

## Aim

To record emotional responses to simulated care encounters and choose a practical improvement for the next session.

## Principle

Reflection links an event, personal response, interpretation and planned action. It describes behaviour rather than judging the person. A log can record learning without disclosing private patient information or requiring classmates to share sensitive personal experiences.

## Requirements

- Notebook or weekly log template.
- Simulation feedback and a quiet period for reflection.

## Procedure

### 1. Describe

Write the fictional setting and one observable event, excluding real identifiers.

### 2. Name the response

Describe the emotion you noticed and its effect on your words, tone or listening.

### 3. Examine

Identify what helped, what hindered and how the other person may have experienced the interaction.

### 4. Choose an action

Write one specific, achievable behaviour for the next simulation, such as allowing a pause before responding.

### 5. Review next week

Compare the next attempt with the action plan and record evidence of progress. Discuss difficult issues with the designated educator when needed.

**Healthcare Psychology and Communication Skills**

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**Weekly Prompts**

- What happened? What did I feel and do?
- What did the observer notice? What else could explain the interaction?
- What will I try next time, and how will I know whether it helped?

**Observations and Record**

| Week | Event / emotional response | Planned action / follow-up |
|------|----------------------------|----------------------------|
| 1    | _____                      | _____                      |
| 2    | _____                      | _____                      |
| 3    | _____                      | _____                      |
| 4    | _____                      | _____                      |
| 5    | _____                      | _____                      |
| 6    | _____                      | _____                      |
| 7    | _____                      | _____                      |
| 8    | _____                      | _____                      |
| 9    | _____                      | _____                      |
| 10   | _____                      | _____                      |
| 11   | _____                      | _____                      |
| 12   | _____                      | _____                      |
| 13   | _____                      | _____                      |
| 14   | _____                      | _____                      |
| 15   | _____                      | _____                      |

## Healthcare Psychology and Communication Skills

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### Worked Example

The numbers below are illustrative; enter your own observations in the record.

- Illustrative entry: "I felt hurried when the partner paused. I interrupted twice. Next time I will wait for them to finish and then paraphrase the main concern."
- Follow-up entry: "In the next attempt, the observer noted no interruption during the opening account. I still need a clearer closing summary."

### Result

A weekly log has been completed for the assigned teaching weeks. One repeated communication pattern and one demonstrated improvement are identified.

### Precautions

- Keep the log free of identifiable patient information.
- Do not use reflection scores to diagnose yourself or a partner.
- Share only material you are comfortable discussing; seek educator support if an exercise is distressing.

### Viva Questions and Answers

#### 1. What makes a reflection useful?

It connects a specific event to a specific next action.

#### 2. Why record behaviour as well as emotion?

Behaviour gives observable evidence that can be reviewed in the next attempt.

#### 3. How is reflection different from self-blame?

It explores learning and changes in practice rather than assigning personal fault.

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