**BN604 Mental Health - Reflection on Practice**

You are required to write (200 to 300 words) a reflection on your personal response and learning from **ONE** psychosocial or mental health issue, affecting an individual that you have cared for while on placement. Borton, (1970) & Driscoll (1994), reflective model is provided to guide your exploration around a specific interaction with a resident.

**Driscoll (1994) developed this model of reflection based on the three simple questions – What? So what? Now what? – originally asked by Terry Borton (1970). The model provides one of the simplest frameworks for reflection.**

'What?' helps you describe the situation you want to learn from. You should identify the facts and feelings of the situation.

'So What?' allows you to extract the meaning of 'What?'. Moreover, you should question what knowledge you and others had in the situation, and what knowledge or theories that could help you make sense of the situation.

'Now what?' allows you to create an action plan for the future based on the previous questions.

Please read and refer to link below on how to use this reflective model.

<https://reflection.ed.ac.uk/reflectors-toolkit/reflecting-on-experience/what-so-what-now-what>

References:

Borton T. Reach, touch and teach. Hutchinson. 1970.

Ingham-Broomfield B. (2021). A nurses’ guide to using models of reflection. *Australian Journal of Advanced Nursing. 38(4).* p. 62-67. doi:10.37464/2020.384.395

University of Edinburgh. (2024, October 15). Reflector's Toolkit: What? So what? Now what? Reflection Toolkit. Retrieved December 11, 2024, from <https://reflection.ed.ac.uk/reflectors-toolkit/reflecting-on-experience/what-so-what-now-what>