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**Stages of reflection on a situation**

Reflective framework based on Koshy K, Limb C et al. Reflective practice in health care and how to reflect effectively. International Journal of Surgical Oncology. 2017 2:e20

**What, where, and who? - of the situation you are reflecting upon**

**How did it make you feel? – your emotional state**

**Why did it happen? – making sense of the situation**

**Could you have done anything differently? – critical review and development of insight**

**What will you do differently in the future? – how will this change your practice?**

**Re-enforcement – What happens when you put this into practice, and how do you refine your practice?**