

Values-Based Reflective Practice Frameworks for VBRP



Recording Learning and Development Reflective Account Model (VBRP)

This framework may help you to work through the reflective process using a values based process

Title

Date From

Date To

What?

① Further Information *Briefly describe the event you have chosen to return to. What happened?
What did I see /do? What did others do? What was my reaction?*

So, what?

① Further Information *Explore your feelings and observations about the event, So, what did I feel before / during / after the event?
So, what were the effects of what I did/did not do? What have I noticed about my behaviour in practice?*

NAVY (Needs, Abilities, Values, Voices, You)

① Further Information

*Whose **NEED** was met? How?*

*What does this event tell me about my/our **ABILITIES** and capabilities?*

*What was **VALUED**/undervalued/overvalued in this event?*

*Whose **VOICES** were heard/ignored in decisions/actions?*

*What does this event say about **YOU**(me)/us?*

What is the learning for me, the team and/or organisation?

Now what?

① Further Information

What do you realise? Outline the learning from the event, and your proposed actions, changes to your practice.

Now what could I do to modify my practice? Now what support do I need to help me "action" the results of my reflections? Now what are the implications for me and where can I get more information?

How is this relevant to the Code (NMC 2015) or HCPC CPD Standards