



Let's talk about...

Reflecting on and documenting your process

As the role of the Hospital Play Specialist becomes more defined and the responsibility of the practitioner more challenging it is increasingly important that you attain a competent level of knowledge and skills within your clinical practice. As you gain confidence it is increasingly important that you can verbally articulate your work to colleagues and wider multi-disciplinary team alongside writing clearly formatted notes.

Documenting your assessment, planning and evaluating process is a competence that takes time and practice to develop. Initially, developing practitioners may find this difficult and feel it is an unfamiliar way of working. Different people need different experiences to become competent and some learn faster than others. Experience and coaching can assist this competency be achieved. Experienced practitioners may find that they have become unconsciously competent – engaging children, young people, and families/whanau and staff instinctively. When it comes to explaining why they did what they did, how they knew what to offer, it can be difficult to put into words. It's as if they have been hands on in an automatic intuitive process and cannot verbally articulate their practice which had been achieved from considerable experience.

Your mentor and colleagues can act as a sounding board and/or adviser that you can practice articulating your practice and thoughts to. This can lead to a stronger sense of self efficacy and build your confidence.

The Hospital Play Specialist Registration Council (HPSRC) assessment process looks for evidence in your case studies, observations and procedural supports that supports your critical thinking, clinical reasoning and reflection on your work. Building a picture of your practice is not a simple task and it takes some practice, some professional honesty and willingness to learn; but it can be a practical way to reflect on your skills and growth as a professional. Reflecting on practice helps people move from simply thinking back on their practice to really challenging their practice. You may find the [HPSRC Assessment sheets](#) and the [Guidance sheet - A framework for your case study](#) are useful tools.

There are many models of Reflection (which one does your service use), and often include a framework asking the questions:

Now:

I am proud of this because
I am doing better at
Something that I learned and now understand

Not Yet:

What I now need to work on
My biggest challenge was or is
I still need to work out

Next Steps:

What I would have done differently next time
I will continue to improve this by
What I will do next and why

Competency is developed from lots of experience, and from diverse experiences. Good coaching can increase what is learned from those experiences.