**PHP reflective practice:**

Reflection is an important part of commentary process.

It requires understanding of what reflection is (and isn’t). Making your reflections focused, succinct and specific is important, otherwise you are wasting words.

Let’s look at where ‘Reflection’ occurs in the portfolio:

**Commentaries**

18. Commentaries should contain information on:

• The context for the work

• A brief description of the work (including aims, objectives and outcomes)

• The standards you are claiming

• Your role in the work (specific to each standard if this differs across the standards)

• How you acquired the knowledge underpinning the standards

• How the work demonstrates the standards

• The date the work was undertaken

• A reflection on your learning from the work, what went well, what you would do differently

• List of evidence (numbered, dated and titles) at the end of commentary

19. In your reflection, you should focus on your involvement, rather than that of others. If there were challenges with individuals or organisations, which had an impact on the work, these can be explained, but be careful to describe these in a professional manner.

Reflection in the commentary does not require corroborative evidence, unlike reflective pieces used as evidence.

**Evidence of knowledge**

32. Reflective notes on the knowledge you have acquired are not necessary, unless an assessor needs further assurance that you have the appropriate underpinning knowledge. This should not be required if you have provided enough detail covering the questions above and your evidence of application demonstrates your understanding of the knowledge you have acquired.

37. Reflective notes as evidence should also be used sparingly and corroborated by objective evidence.

**Understanding**

39. Understanding is the bridge between knowledge and application. It is important because it relates directly to the purpose of registration: the recognition that practitioners are competent and safe to practise autonomously. In the practitioner registration process, it is demonstrated and assessed explicitly through:

• the choice of the standards for a particular piece of work (commentary)

• the explanation of this choice (commentary)

• the explanation of how the standard/ has been demonstrated in the work, which provides a coherent narrative to the assessor (commentary)

• reflection on the work (commentary)

• knowledge and application (evidence).

S**pecific mentions of reflection:**

*1.7 Continually develop your own practice by reflecting on your behaviour and role, identifying where you could make improvements*

*…*Your evidence should include a personal development plan and evidence of self-reflection….

*5.3 Critically reflect on and make suggestions for how public health policies or strategies could be improved*

Your reflection and subsequent suggestions should be informed by objective analysis. Your suggestions do not need to have been implemented, but they should have been shared with other professionals. You do not need to have contributed to the development of policy or strategy to demonstrate this standard, but you can use evidence of such a contribution if appropriate.

*6.3 Reflect on your personal impact on relationships with people from other teams or organisations when working collaboratively*

This standard focuses on your personal impact on individual relationships when working with others from different teams or organisations. The impact can be either positive or negative or both. If your personal impact was negative, you should include reflection on why this was the case and what you would do differently in future. Your impact should be linked to the outcome of the partnership work concerned. You should include corroborative evidence of your reflection.

Occasionally if a **further qualification** is required: eg under ‘Standards’ section:

52. Confidentiality applies throughout your portfolio and a breach in confidentiality will require a resubmission of standard 2.2, if it has already been accepted, with evidence of updated training in data confidentiality and disclosure, and reflective learning on the original confidentiality breach.

**Looking at the guidance for applicants, assessors and verifiers:**

Making decisions on evidence

Does the **commentary** make clear which standards are addressed in the evidence, what the applicant did, key results and outcomes, and reflection on their learning?