

**Personal reflection form: Your Care Needs You! Ward Facilitator role**

Please return a completed version of this personal reflection form to [PACT@bthft.nhs.uk](mailto:PACT@bthft.nhs.uk) to receive your certificate of achievement. This will contribute to your continuing professional development (CPD) portfolio which is useful for re-validation, appraisal and demonstrating leadership potential on your CV.   
In response to the four questions below, please provide a short summary. You can type within this document or write your response to the questions in a way that best suits you. It is important to reflect on the challenges and how you might do things differently in hindsight, but also, to celebrate your achievements in your role as a Ward Facilitator.

Prompts: What were the similarities? What were the differences? How can you use this experience in your future practice?

1. How did the Ward Facilitator role compare to your everyday practice?

Prompts: How did it work well on your ward? Did others share your enthusiasm? What were the difficulties? How did you manage them?

**2. What was your experience of working with colleagues to deliver Your Care Needs You!?**

Prompts: What did you already know? What did you learn? What was valuable about that learning? What were the challenges? How did you overcome them?

**3. Has working on this project changed your understanding of preparing patients for discharge?**

Prompts: What is the key learning point you’ve taken from being involved? Do you think your practice has improved in any way? If so, how?

4. Have you changed in any way as a result of being involved in Your Care Needs You!?