

## **The use of reflection in medical education: AMEE Guide no 44**

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### **Appendix 2**

#### **Example of instruction for the use of digital storytelling: an example of a first patient visit**

##### *What You Have to Do*

Instead of presenting a text-based presentation of your patient visit you will create a digital story using no more than 10 pictures you have taken yourself to describe your emotions before, during and after the visit.

You can either present this story by using PowerPoint (<http://office.microsoft.com/en-us/powerpoint/>) or by recording voice and/or music using a free piece of software called Photostory3 (<http://www.microsoft.com/windowsxp/using/digitalphotography/PhotoStory/>).

##### *How do I prepare the story?*

Think about the following before putting your story together:

- Before your visit think about any preconceptions you might have-what are you expecting to find? What do you think the person will be like? What kind of lifestyle do you think they lead? How did you feel going to the patient's house?
- During your visit what was going through your mind? Was the patient the type of person you expected them to be? How did they treat you? How did you communicate with them? Why did you communicate with them that way? How did

you react to their story and how they coped with their illness? Did you feel sad, angry or annoyed?

- After your visit what were your feelings about the whole experience? Was it what you expected? Did you come away feeling something you didn't expect to feel?
- What were your thoughts about the patient? How do you feel you handled the situation? If you had to do it all again would you do anything differently?
- It might be helpful to record these feelings and events as they occur, or at least when they are fresh in your mind. To do this you could use your mobile phone to take pictures and record any thoughts using the voice recorder (most phones have this function). You could then use these in your story or use them as notes to jog your memory about events etc and build your story around them.

### *Telling Your Story*

Allow for plenty of time to put your story together.

How you choose to tell your story is up to you but you must not use any pictures of the patient or their property and you should use no more than 10 pictures to describe your emotions about your patient