



What Makes a Good Reflective Paper?

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BACKGROUND AND OBJECTIVES: Reflective papers are increasingly recognized as potentially important contributors to clinical education and practice; however, few quality guidelines are available for potential authors or reviewers. We sought to identify key characteristics of effective reflective papers and to clarify factors that increased or reduced the probability of acceptance for publication.

METHODS: A 10-item survey addressing the definition, purpose, and quality characteristics of reflective papers was developed based on a literature review and analysis of the author instructions of 14 journals that regularly publish reflective papers and are likely to be read by primary care physicians. The survey was sent electronically to the editor or associate editor responsible for reflective papers at each journal.

RESULTS: Seven completed surveys were returned. The essential element defining a reflective paper was identified as narration of a specific professional experience that resonated with readers and conveyed deeper meaning. All respondents rated emotional engagement as very important, followed by stimulating reflection in the reader, providing a lesson applicable to patient care, and stimulating discussion with colleagues and/or learners. Reasons for acceptance or rejection of reflective submissions to journals were identified in issues related to writing style, topic selection, and reader reaction.

CONCLUSIONS: Writing and reviewing reflective papers is strongly dependent on context, personal values, experience, and emotional reaction; nevertheless, core quality features can be identified to guide both writers and editors/reviewers without destroying the unique nature of these papers.

(*Fam Med* 2013;45(1):7-12.)

Several leading medical journals publish reflective papers, and interest is growing in this form of professional writing.¹ These papers are increasingly recognized as adding value to clinical and professional experiences, mainly by addressing their emotional content

and enhancing "reflective capacity" in both authors and readers.^{2,3} Defined as the ability to critically analyze knowledge and experience to achieve deeper meaning and understanding,⁴ reflective capacity has been identified as a core clinical competency that allows physicians

to be attentive, curious, self-aware, and willing to recognize and correct errors.⁵

Reflective writing uses a personal experience to enhance self-awareness and professional growth.⁶ More than simple storytelling, reflective writing enables both the reader and writer to examine complex, ethically ambiguous, troubling, or inspiring situations to augment critical thinking skills and emotional awareness. Beyond developing an abstract reflective capacity, these papers may actively enhance prognosis, the practical wisdom necessary to guide clinical practice.⁷

Although reflective writing has many potential benefits in patient care and clinical education, it has inherent challenges. Writing about a patient without obtaining the appropriate consent may raise significant ethical questions such as violation of patient confidentiality and exploitation of the unequal power dynamic between physician and patient.⁸⁻¹¹ Technical concerns in reflective papers include the tendency to use tidy, simplistic, or triumphalist story lines and physician-centered writing that can result in arrogance or author self-aggrandizement.⁸ An insufficiently examined narrative may offer a simplistically happy

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What Is A Reflective Paper

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What Is A Reflective Paper Book Review: Unveiling the Magic of Language

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