

### Mock OSPE Reflection

Using the Gibbs model of reflection (Oxford Brookes University 2016), I am reflecting on my mock OSPE practical exam. This resulted in a borderline pass for the canine section and a fail in the equine section.

The assessment for the equine section consisted of securing a horse, putting on a bridle, walking it up, standing for examination and picking a foot out. However, I was stopped before I could do the walk up as I had forgotten to untie the reins and therefore it was unsafe to carry on. During the canine section I had to choose a lead and collar, stand the dog for examination, walk and trot up and get him to sit. I completed all of this well. I was very nervous going into the assessment, and due to my equine section being first all my nerves came out in this. I felt unprepared for the assessment, even though I had performed the tasks many times before. Nerves, or psychological stress, affects a horse's behaviour, which generally means it carries its head lower and moves slower (Merkies et al., 2014) and therefore this may have influenced my difficulty to get the bridle on the horse as well as my whole body shaking with nerves. Although I failed the equine section, I felt confident about the canine part and therefore this was reflected in my performance which enabled me to pass. However, I could have practiced the equine part in my own time more in order to reduce my nerves for the mock exam. The whole experience was a positive one, as I can reflect upon it to improve my results the next time I carry out the exam for real, as receiving feedback which differs from my own perception of my abilities, stimulates the reflective processes (Sargeant et al., 2008).

To improve my results for the real OSPE exam, I will practice my handling skills, and in particular, the specific parts which are needed for the exam. I will also make sure to calm my nerves before entering the stable so that this doesn't affect the horse's behaviour.

## References:

- Merkies, K., Sievers, A., Zakrajsek, E., MacGregor, H., Bergeron, R. and von Borstel, U.K. (2014) 'Preliminary results suggest an influence of psychological and physiological stress in humans on horse heart rate and behavior', *Journal of Veterinary Behavior: Clinical Applications and Research*, 9(5), pp. 242–247. doi: 10.1016/j.jveb.2014.06.003.
- Sargeant, J.M., Mann, K.V., van der Vleuten, C.P. and Metsemakers, J.F. (2008) 'Reflection: A link between receiving and using assessment feedback', *Advances in Health Sciences Education*, 14(3), pp. 399–410. doi: 10.1007/s10459-008-9124-4.