

Journal Club Presentation Reflection

Using the Gibbs model of reflection (Oxford Brookes University 2016), I am reflecting on my journal club presentation which was completed and delivered with other students.

We were asked to present a critical analysis of a chosen journal. We picked ‘Modifying the Surface of Horseshoes: Effects of Eggbar, Heartbar, Open Toe, and Wide Toe Shoes on the Phalangeal Alignment, Pressure Distribution, and the Footing Pattern’ (Hüppler et al., 2016). This was chosen as it is relevant to the course. Our grade was 2:2, because our presentation was an overview rather than a critique of the paper. We also sounded like we were reading from the paper instead of our own words during the presentation. We also had some nervous laughing, as laughing reduces anxiety and stress (Ferner and Aronson, 2013). I felt disappointed because we had originally based our presentation on the example given, which was an overview and we had completed the presentation well in advance of the deadline, however this didn’t work to our advantage. This gave me a negative experience because a week or so before the presentation, we were given guidelines of what we needed to do and it involved a lot of critical analysis. We then didn’t have time to alter the presentation as we had other commitments and priorities. We had also thoroughly gone through the paper to write the script in our own words, however it wasn’t portrayed this way.

In future, I would have not tried to finish the presentation so early in case the criteria was to change again. I will also try and write the script better to make it sound more like my own words. Although, I did learn that I worked well within the group I chose.

Ferner, R.E. and Aronson, J.K. (2013) ‘Laughter and MIRTH (methodical investigation of Risibility, therapeutic and harmful): Narrative synthesis’, *Research*, 347, p. 7274. doi: 10.1136/bmj.f7274.

Hüppler, M., Häfner, F., Geiger, S., Mäder, D. and Hagen, J. (2016) ‘Modifying the surface of Horseshoes: Effects of Eggbar, Heartbar, open toe, and wide toe shoes on the Phalangeal alignment, pressure distribution, and the footing pattern’, *Journal of Equine Veterinary Science*, 37, pp. 86–97. doi: 10.1016/j.jevs.2015.12.009.

Oxford Brookes University (2016) Reflective writing: About Gibbs reflective cycle [online] Available at: <https://www.brookes.ac.uk/students/upgrade/study-skills/reflective-writing-gibbs/> [Accessed on: 18th January 2017]

