



# The didactical development of teaching the working principles : the use of reflective practice as a catalyst for osteopathic clinical reasoning

7<sup>th</sup> “Open Forum for Osteopathic Education” Conference



24<sup>th</sup> & 25<sup>th</sup> September 2020

TEACHING THE  
**WORKING PRINCIPLES**  
OF OSTEOPATHY

Orella AYLIES & Erwann  
JACQUOT - CIDO



**Centre International D'Ostéopathie**

# Partnership

Orella Aylies



M.ost

Orella graduated as an osteopath in 2011 from the British School of Osteopathy in London (BSO, new UCO). In 2013, she achieved the Diploma in Pediatric Osteopathy (DPO) from the Osteopathic Center for Children (OCC) in London. She was involved tutoring in the undergrad clinic and pediatric post-grad clinic at the BSO and participated to the Postgraduate Certificate in Academic and Clinical Education (PgCert program in pedagogy). In 2017, she took a full time position in a French school as a teacher and educational coordinator. She is specifically interested in obstetrics and pediatrics osteopathy but also in the perinatal psychological field. She also loves the dynamic of student/tutor relationship in clinic and is always keen and enthusiastic about sharing new clinical experiences with her students.

Erwann Jacquot



MSc health pedagogy, DO

Erwann graduated as an osteopath from the CEESO in 2014-. In 2017, he achieved his MSc degree in pedagogy in health science – at the Medical University of Strasbourg. Erwann has been involved in osteopathic education since 2014 and he is working at CIDO osteopathic school in Saint Etienne at the moment.



# Workshop Program:

- 1h30
- Working in small Group
- How to use a REFLECT Grid (wald)

## **Fostering and Evaluating Reflective Capacity in Medical Education: Developing the REFLECT Rubric for Assessing Reflective Writing**

Hedy S. Wald, PhD, Jeffrey M. Borkan, MD, PhD, Julie Scott Taylor, MD, MSc,  
David Anthony, MD, MSc, and Shmuel P. Reis, MD, MHPE



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# REFLECT ?



Refection

Evaluation

For

Learners

Enhanced

Competencies

Tool



# Master in pedagogy

REFLECT Grid / Clinical reasoning

TEACHER TRAINING

## Supervision / School

Pedagogic alliance  
REFLECT grid

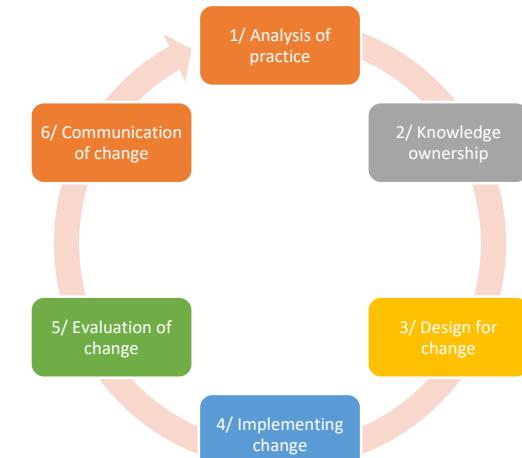
2017

2019

2020

Covid  
Body  
Positive ...

And now ? ?



# Teacher training



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2019

## Module B3 - Assessment Strategies

**WHEN**

to be announced

**LOCATION**

to be announced

**COST**

for OsEAN members: €290,00 / for non-members: € 390,00

**LANGUAGE**

English

**PREREQUISITES** None

A good osteopath is not necessary a good teacher - the reason OsEAN identified the need to train teachers.

A good teacher is not necessary a good examiner - this is why the module Assessment strategies in Osteopathic Education was created.

This two-day course aims at exploring the various models of assessment strategies that could be used in Osteopathic Education. Focus will be placed on level description and marking criteria and how these evolve throughout the various stages of Osteopathic Education. The course is aimed to be an interactive discussion and exploration of various models drawing on the participants' experience as well as on the models currently used. Day one will focus on clinical aspects of the course and practical assessments while day two will aim at exploring assessment strategies for the theoretical aspect of Osteopathic Education.

You can see the programm of the two days [here](#).



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FACULTE DE MEDECINE DE STRASBOURG  
Centre de formation et de recherche en  
pédagogie des sciences de la santé

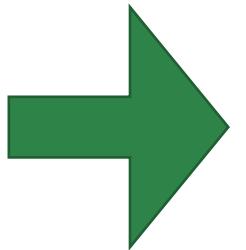
MASTER 2

## pédagogie en sciences de la santé

GUIDE DE L'ÉTUDIANT

2016 | 2017

**cfrps**  
centre de formation et de recherche en  
pédagogie des sciences de la santé



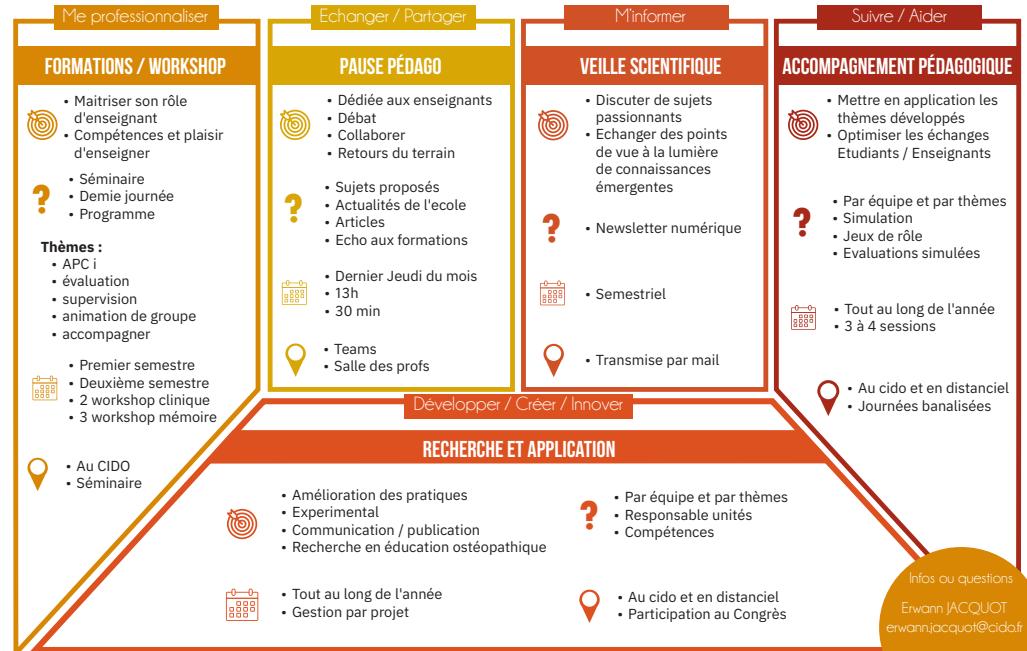
I3SP  
Institut des Sciences du Sport-Santé  
de Paris



Centre International D'Ostéopathie

2021

Développement professionnel : enseignant au CIDO, quelles sont mes ressources ?



24<sup>th</sup> & 25<sup>th</sup> September 2020

TEACHING THE  
WORKING PRINCIPLES  
OF OSTEOPATHY

# ... From the field to the classroom

Unité d'enseignement 7.1 : Evaluer une situation et élaborer un diagnostic ostéopathique		
Année 4	Compétence 1	
CM : 0	TD : 50	Total : 50
<b>Objectifs</b>		
<p>L'objectif des UE du domaine 7 est de permettre à l'étudiant de mobiliser les différents savoirs et savoir-faire acquis pour appréhender des situations professionnelles, analyser son action dans ces situations, évaluer le résultat de son action et transférer ces savoirs dans de nouvelles situations.</p> <p>Les objectifs spécifiques de cette UE portent sur la mobilisation en situation de la compétence 1 - Evaluer une situation et élaborer un diagnostic ostéopathique, et notamment des savoir-faire suivants :</p> <ul style="list-style-type: none"><li>- Analyser les demandes de la personne, les données du dossier, les antécédents et les caractéristiques des symptômes et prendre en compte les traitements en cours</li><li>- Evaluer la mobilité des différentes articulations et les caractères physiques des tissus</li><li>- Evaluer les troubles fonctionnels</li><li>- Evaluer la douleur et en rechercher les causes en prenant en compte l'ensemble de la personne et de son environnement</li><li>- Identifier les situations nécessitant l'intervention d'un médecin ou d'autres professionnels de santé</li><li>- Elaborer un diagnostic ostéopathique (diagnostic d'opportunité et diagnostic fonctionnel)</li></ul>		



# Aims

- Define the concept of reflexivity
- Identify the issues and challenges related to the evaluation of reflexivity
- Use the REFLECT grid with students or teachers



# Practical aspects : workshop

## Interests

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The use of reflective practice as a catalyst for osteopathic clinical reasoning.

*Erwann JACQUOT, MSc pedagogie médicale, D.O.*

*Orella AYLIES, M.ost*

*Research Department of Osteopathic Education at CIDO*

**Context:** in medical education, clinical reasoning is studied a lot and reflective practice is a way to develop this essential aspect for the elaboration of a therapeutic strategy. In osteopathy we lack a framework for teaching and evaluating reflective practice and clinical reasoning.

**Aims:** To explore and better understand the impact of using a grid to stimulate reflective practice and the repercussions on clinical reasoning in students when they start clinic.

**Method:** This research used a qualitative approach with a descriptive survey method. Fourth year students at CIDO were asked to complete several grids based on the REFLECT grid model to develop post consultation reflexivity. The data collected was analysed with a theme grid.

**Results:** Students perceived reflective practice as an important catalyst for their personal and professional development. The grid allowed them to make visible the invisible part of certain stages of their intuitive clinical reasoning. The exercise also allowed them to reconsider decisions in their reasoning process after identifying gaps in their knowledge and thus improve their clinical skills.

The data collected reveals that it is important to dedicate time to the writing of this grid for an on-the-spot analysis of the situation experienced. It is interesting to share this analysis with one's peers, especially for skills related to emotional intelligence.

**Conclusion:** This study highlights the importance of reflective practice in the clinical reasoning process and more generally in the professionalization of students. The mastery of clinical reasoning processes in osteopathy is essential for optimal care in order to limit potential errors linked to various affective and cognitive biases.

**Key words:** reflective practice, reflexivity, metacognition, clinical reasoning process, analytical, intuitive, hypothetico-deductive, education.



# Clinical reasoning

## UE 2 - Didactique de l'ostéopathie

- ▶ Construire et enseigner un cas clinique du briefing au débriefing
- ▶ Enseigner la démarche clinique et son raisonnement
- ▶ Enseigner le raisonnement holistique
- ▶ Enseigner et évaluer des techniques de soins manuelles



# French osteopathic decree

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## 7.1 assess a situation and develop an osteopathic diagnosis

## Unité d'enseignement 7.1 : Evaluer une situation et élaborer un diagnostic ostéopathique

## 7.2 Design and conduct an osteopathic intervention project

## Unité d'enseignement 7.2 : Concevoir et conduire un projet d'intervention ostéopathique

Année 4

Compétence 2

CM : 0	TD : 30	Total : 30
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### Objectifs

L'objectif des UE du domaine 7 est de permettre à l'étudiant de mobiliser les différents savoirs et savoir-faire acquis pour appréhender des situations professionnelles, analyser son action dans ces situations, évaluer le résultat de son action et transférer ces savoirs dans de nouvelles situations.

Les objectifs spécifiques de cette UE portent sur la mobilisation en situation de la compétence 2 - Concevoir et conduire un projet d'intervention ostéopathique, et notamment des savoir-faire suivants :

- Elaborer une stratégie d'intervention ostéopathique adaptée à la personne et à son contexte environnemental
- Choisir les techniques manuelles appropriées à la personne, à son modèle fonctionnel et à ses troubles en tenant compte de l'équilibre bénéfice / risque
- Déterminer le rythme et le nombre de consultations nécessaires en fonction de la personne, de sa demande, des effets attendus et des objectifs de la prise en charge
- Expliquer le projet d'intervention et recueillir le consentement de la personne
- Identifier les critères permettant d'apprécier l'efficacité du traitement ostéopathique
- Formaliser un suivi des interventions
- Évaluer l'efficacité du traitement ostéopathique en suivant l'évolution dans le temps des résultats obtenus
- Adapter la stratégie d'intervention en fonction de cette évaluation

### Eléments de contenu

Cette UE devra permettre d'aborder différentes situations professionnelles de conception et conduite d'un projet d'intervention ostéopathique. Ces situations permettent dans leur diversité de mettre en œuvre de manière intégrée les savoirs et savoir-faire acquis dans les différents domaines à une étape donnée du cursus, notamment les domaines 4 et 5.

Ainsi, les situations choisies devront permettre de mobiliser des savoirs acquis à une étape donnée du cursus :

- Sur le **raisonnement** et la démarche **clinique** ostéopathique appropriés à la personne
- Sur les fondements des traitements ostéopathiques et leurs modalités d'application
- Sur les traitements ostéopathiques et les techniques appropriées à la personne en lien avec différentes régions du corps
- Sur la relation et la communication dans un contexte d'intervention ostéopathique

## 7.4 Analyse and develop professional practice

## Unité d'enseignement 7.4 : Analyser et faire évoluer sa pratique professionnelle

Année 5	Compétence 5	
CM : 0	TD : 48	Total : 48
<b>Objectifs</b>		
L'objectif des UE du domaine 7 est de permettre à l'étudiant de mobiliser les différents savoirs et savoir-faire acquis pour appréhender des situations professionnelles, analyser son action dans ces situations, évaluer le résultat de son action et transférer ces savoirs dans de nouvelles situations.		
Les objectifs spécifiques de cette UE portent sur la mobilisation en situation de la compétence 5 - Analyser et faire évoluer sa pratique professionnelle, et notamment des savoir-faire suivants :		
<ul style="list-style-type: none"><li>- Observer, formaliser et expliciter les éléments de sa pratique professionnelle</li><li>- Analyser sa pratique professionnelle au regard des références professionnelles et des évolutions</li><li>- Evaluer la mise en œuvre de ses interventions au regard des principes de qualité, de sécurité, et de satisfaction de la personne</li><li>- Identifier les améliorations possibles et les mesures de réajustement de sa pratique.</li></ul>		
<b>Eléments de contenu</b>		
Cette UE devra permettre d'aborder différentes situations professionnelles d'évaluation de sa propre pratique d'intervention ostéopathique. Ces situations permettent dans leur diversité de mettre en œuvre de manière intégrée les savoirs et savoir-faire acquis dans les différents domaines à une étape donnée du cursus, notamment les domaines 4 et 6.		
Ainsi, les situations choisies devront permettre de mobiliser des savoirs acquis à une étape donnée du cursus :		
<ul style="list-style-type: none"><li>• Sur le raisonnement et la démarche clinique ostéopathique ..</li><li>• Sur les fondements des diagnostics et traitements os...<sup>7th “Open Forum for Osteopathic Education” Conference</sup></li><li>• Sur la méthodologie d'analyse de la pratique professi...</li></ul>		



# In reality a mixture, **intuitive AND analytical**

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Contents lists available at [ScienceDirect](#)

## International Journal of Osteopathic Medicine

journal homepage: [www.elsevier.com/locate/ijosm](http://www.elsevier.com/locate/ijosm)



Models and theoretical frameworks for osteopathic care – A critical view and call for updates and research



... and differents models for teaching or learning  
osteopathy



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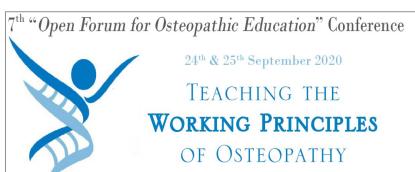


# Professional expertise

The highest level of professional competence

Requires a particular, conscious, explicit and deliberately learning-oriented practice

= Intentional practice





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Clinical reasoning is a  
bridge between practice  
and theory.

*Higgs*



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# The reflective practitioner (the trainer?)

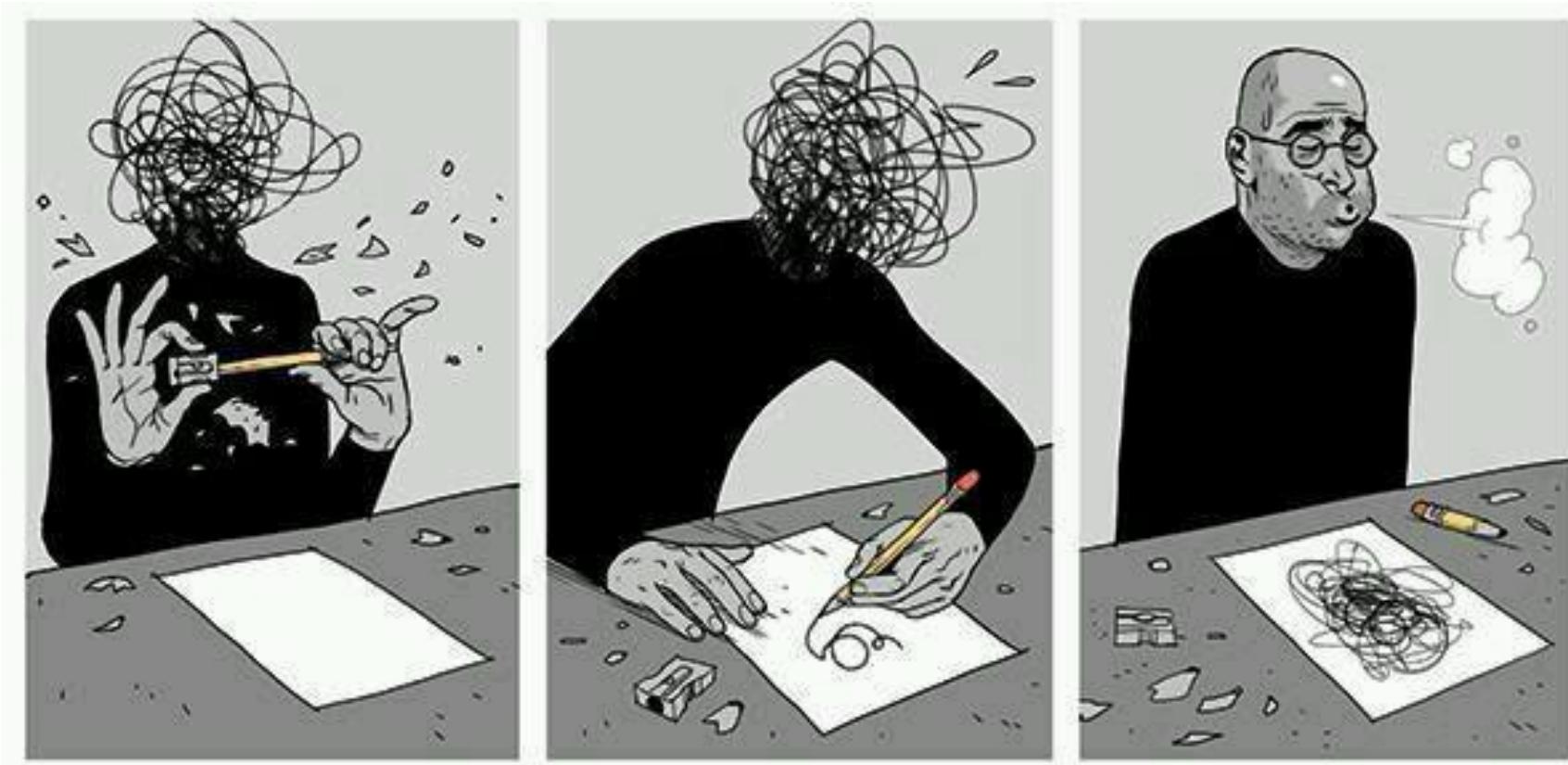


- The importance of this posture
- Reflection is nourished by an exchange and an iterative process between **THEORY AND PRACTICE.**
- Creation of NOVO knowledge
- No hierarchy or unidirectional meaning between **theory and practice**

Schön, 1993

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# Reflective practice



# Reflexivity: proposed definition

The process of engaging in careful, critical, exploratory and iterative interactions with one's thoughts and actions, and their underlying conceptual frameworks, aiming to change these different components and examining the change itself.



Attentive, critical, exploratory and iterative

2

Thoughts

1

Actions

5

Self

4

Aiming for  
change

Underlying conceptual frameworks

3

# Group Work :

- Step 1 : 5 min
  - Find an individual situation where you can use : TA + ACEI+UCF+AC+S
- Step 2 : 10 min
  - Bring your ideas together
  - Identify challenges / success



# Would you like to share your experience ?



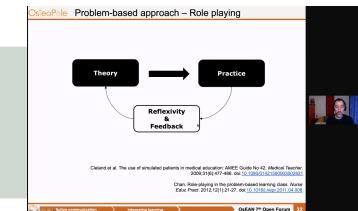
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# Interests of all this ?



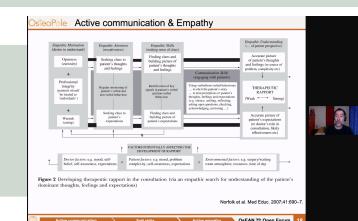
Improved reflexivity



Improving the quality of learning/supervision



Stress reduction



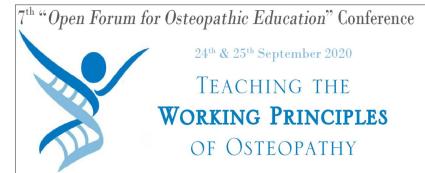
Better empathy



Educational alliance

# Quality of learning ...

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# For students

- More confident
  - Better grades
  - In-depth learning
  - Better clinical reasoning for unusual or complex cases
  - Better level of performance



# Benefits of reflexivity

## For student and supervisor

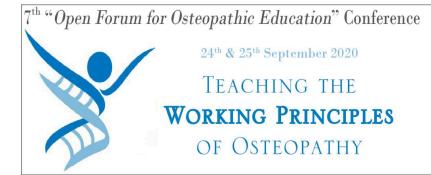
### Development of autonomy

- A key point of professional practice
- Personal content and personal analysis of this content
- Autonomy and reflexivity = reciprocity
- Increased understanding of one's own functioning

### Personal development

- Aims at change
- New perspectives
- Fields of possibilities

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# REFLECT GRID (Wald et al.,2012)



STEP 1 : identify the student's discomfort with a situation



STEP 2 : identify and name emotions felt



STEP 3 : describe a dilemma, a problem



STEP 4 : creating meaning in the face of the event



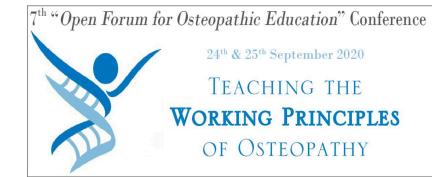
STEP 5 : looking to the future





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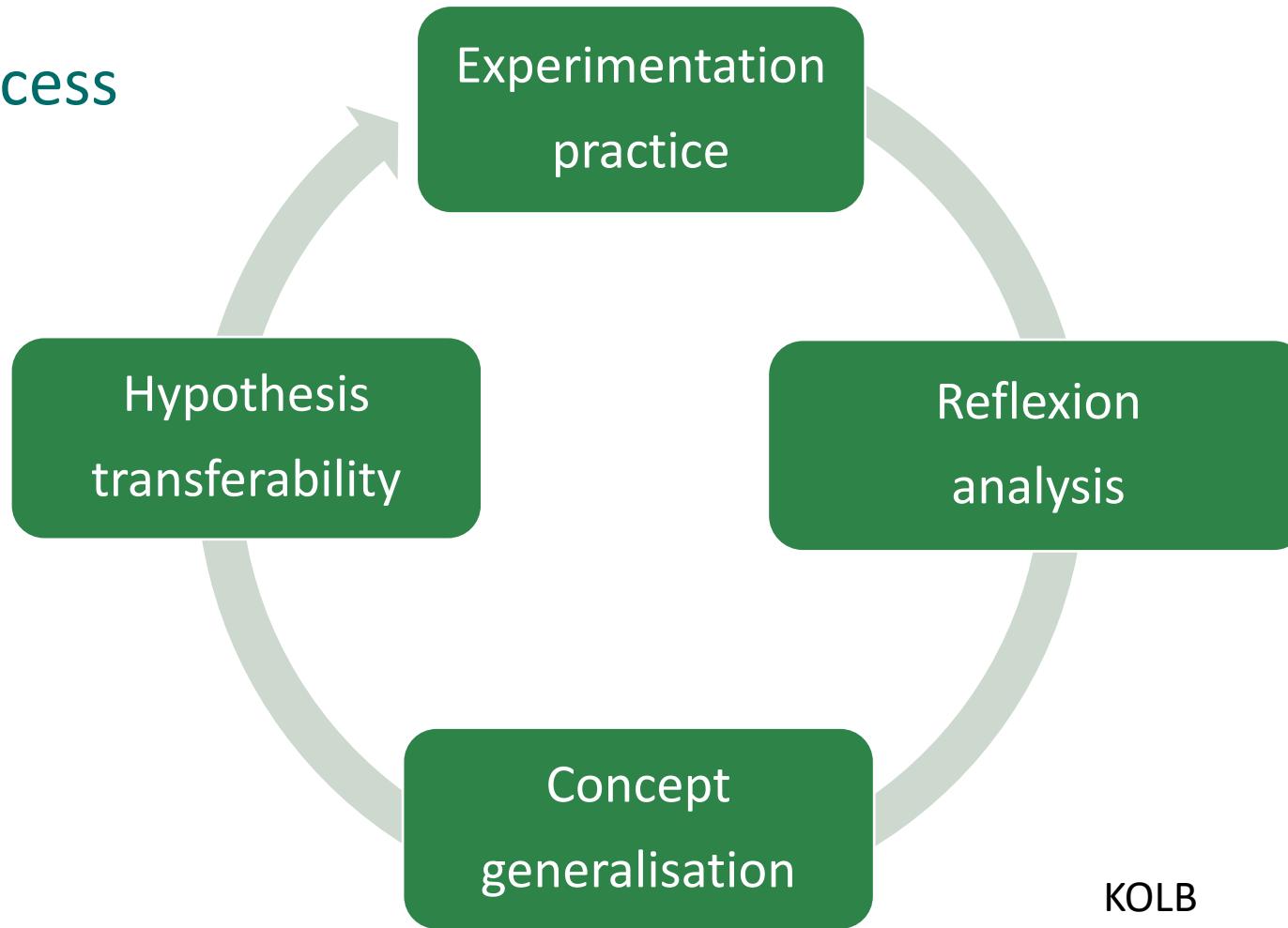
# When do we use reflective practice?



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# Particularly favorable contexts

Learning process



# 1/ Need to learn



- ... Or advanced training
- Following an assessment, Following a consultation share, Following an observation
- *At the end of this consultation, did I feel that I understood the patient well?*
- *What helped me to understand?*
- *What will I put in place to better understand?*

## 2/ Dilemma or conflict



- Reflect on your values, beliefs or affinities
- Obstacles or barriers to exchange with patients or colleagues (or tutors...)
- Interest in being able to formulate one's emotions in order to analyse them with colleagues or a tutor (psycho-affective competences approach).

### 3/ Analysis of the current system



- Nowadays mainly in clinics
- In hospital internships
- In sports grounds
- In a practice



Need to learn

## 3 situations :



Conflict or dilemma



Current system, environnement



# Group Work :

- Step 1 : 5 min
  - take the same situation as before and use the REFLEC grid
- Step 2 : 10 min
  - Bring your ideas together
  - Identify challenges / success

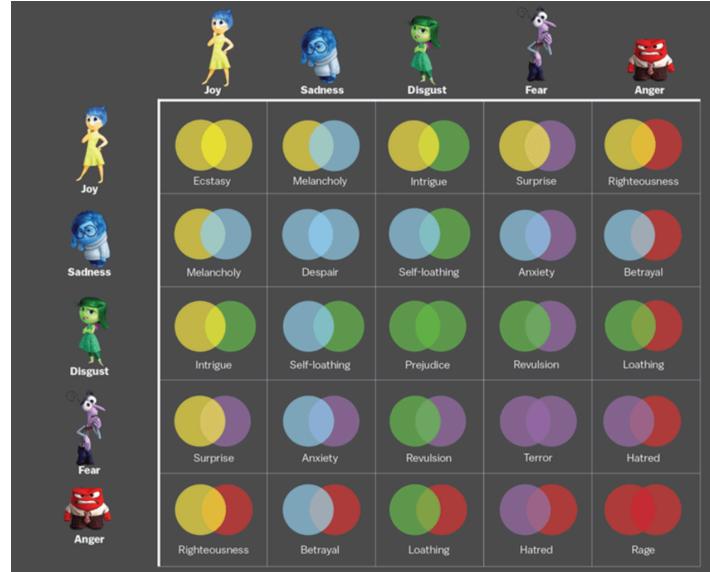


# Would you like to share your experience ?



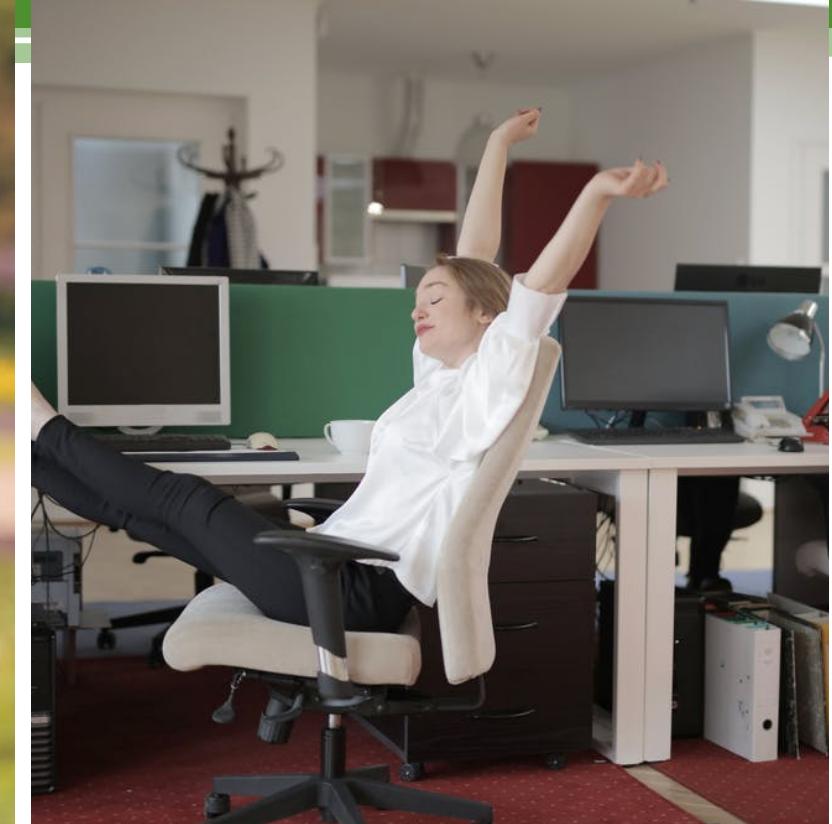
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BODY - MIND (spirit and environnement)





# Cognitive break, body awareness



# REFLECT GRID (Wald et al.,2012)



STEP 1 : identify the student's discomfort with a situation



STEP 2 : identify and name emotions felt



STEP 3 : describe a dilemma, a problem



STEP 4 : creating meaning in the face of the event



STEP 5 : looking to the future





## Improvements :

- Make more link between emotions felt in certain situations and how it reflects on their body.
- Encourage osteopaths to be more connected with their own body by regulars exercices break sessions in clinic

# Improvements :

- Reflect more regularly on positive situations:

**Why?**

To emphasize and highlight progresses,  
encourage students and value their work

- Regular evaluation of the student's grid

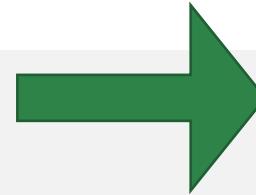


# REFLECT GRID (Wald et al.,2012)

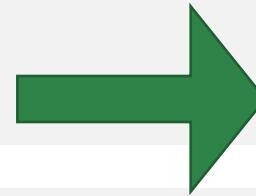
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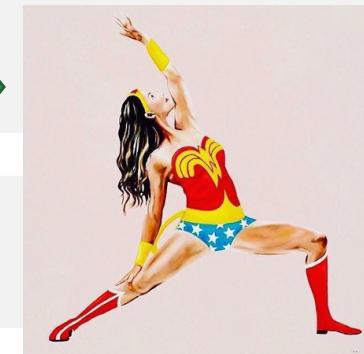
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STEP 2 : identify and name emotions felt



STEP 3 : describe a dilemma, a problem



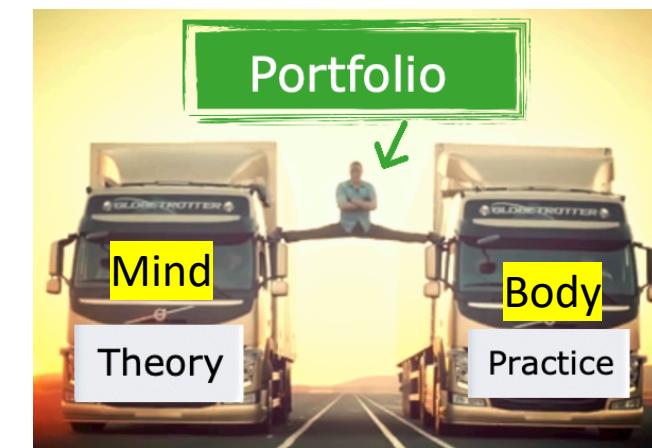
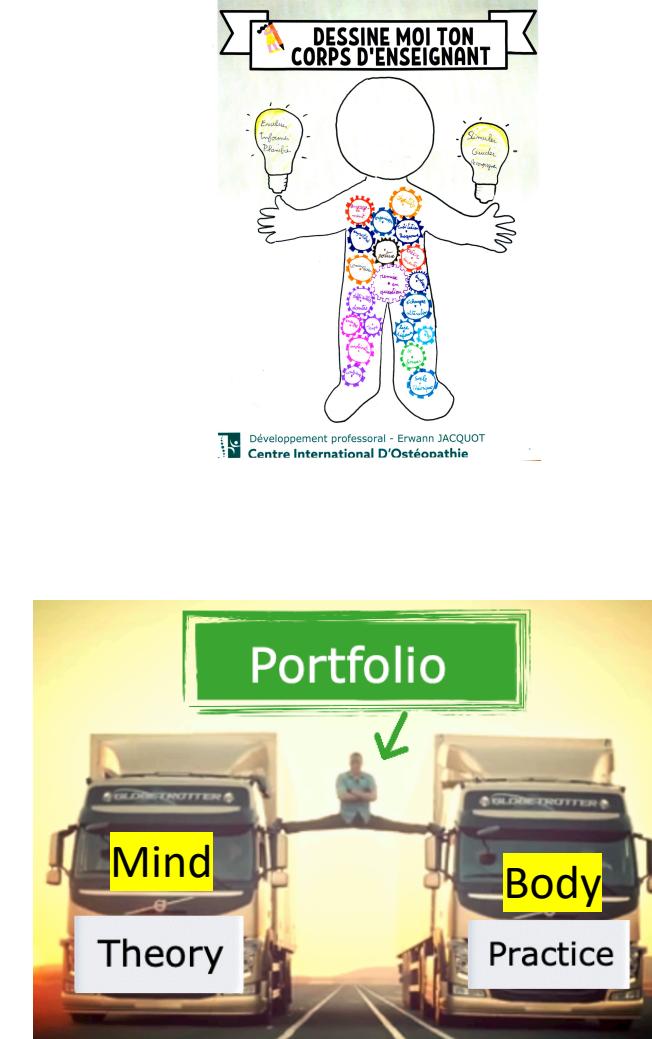
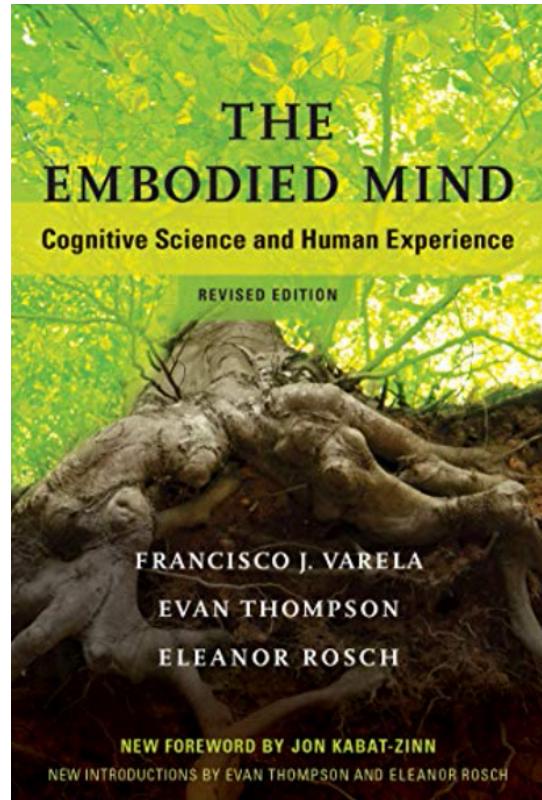
STEP 4 : creating meaning in the face of the event



STEP 5 : looking to the future

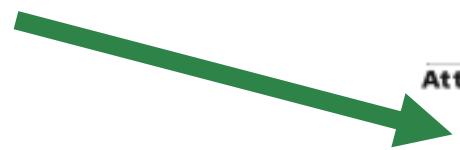


# Enactive model :



# Evaluation criteria :

And the change in your body ?



## Appendix 1

### The REFLECT (Reflection Evaluation For Learners' Enhanced Competencies Tool) Rubric



Criterion	Habitual action (Non-reflective)	Thoughtful action or introspection	Reflection	Critical reflection
<b>Writing spectrum</b>	Superficial descriptive writing approach (fact reporting, vague impressions) without reflection or introspection	Elaborated descriptive writing approach and impressions without reflection	Movement beyond reporting or descriptive writing to reflecting (i.e., attempting to understand, question, or analyze the event)	Exploration and critique of assumptions, values, beliefs, and/or biases, and the consequences of action (present and future)
<b>Presence</b>	Sense of writer being partially present	Sense of writer being partially present	Sense of writer being largely or fully present	Sense of writer being fully present
<b>Description of conflict or disorienting dilemma</b>	No description of the disorienting dilemma, conflict, challenge, or issue of concern	Absent or weak description of the disorienting dilemma, conflict, challenge, or issue of concern	Description of the disorienting dilemma, conflict, challenge, or issue of concern	Full description of the disorienting dilemma, conflict, challenge, or issue of concern that includes multiple perspectives, exploring alternative explanations, and challenging assumptions
<b>Attending to emotions</b>	Little or no recognition or attention to emotions	Recognition but no exploration or attention to emotions	Recognition, exploration, and attention to emotions	Recognition, exploration, attention to emotions, and gain of emotional insight
<b>Analysis and meaning making</b>	No analysis or meaning making	Little or unclear analysis or meaning making	Some analysis and meaning making	Comprehensive analysis and meaning making
<b>Optional minor criterion: Attention to assignment (when relevant)</b>	Poorly addresses the assignment question and does not provide a compelling rationale for choosing an alternative	Partial or unclear addressing of assignment question; does not provide a compelling rationale for choosing an alternative	Clearly answers the assignment question or, if relevant, provides a compelling rationale for choosing an alternative	Clearly answers the assignment question or, if relevant provides a compelling rationale for choosing an alternative

Fostering and Evaluating Reflective Capacity  
 in Medical Education: Developing the REFLECT  
 Rubric for Assessing Reflective Writing

Hedy S. Wald, PhD, Jeffrey M. Borkan, MD, PhD, Julie Scott Taylor, MD, MSc, David Anthony, MD, MSc, and Shmuel P. Reis, MD, MHPE



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**Any questions ?**

**What would be your questions ?**

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