**Reflection Report BBS3003**

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At the beginning of the course, there was a lot of uncertainty about what needed to be done and what everyone’s role in the project would be. However, at a certain point, I began to understand the requirements and took on a role where I could be of assistance. Since I was unsure of what to do in the beginning, I followed the advice of my fellow students, with whom I collaborated on this project. This provided me with structure, which I really need, especially for a project of this magnitude and within such a limited timeframe. Despite the time constraints, I managed to get started and contribute to the writing process.

Initially, I found it difficult to begin, as setting up the search terms was a complex process, and the instructions on how to proceed felt vague. This was partly due to conflicting information and partly because the tutor also seemed unsure about which project belonged to whom, making it difficult for her to provide constructive feedback. As a result, my partner and I had to figure out what was expected of us on our own, which became frustrating at times. Next time, I hope to have more time to fully understand the task before diving in.

I know that writing is not my strongest skill, which can make projects like these challenging. However, with the support of my fellow students, things went well. One of the key lessons I learned during this course is the importance of systematic reviews. Since so many papers are published daily, it is crucial to condense all this information into a structured and clear format. This makes it much easier to access relevant information in one place rather than having to sift through numerous papers individually.  
Also, I’ve learned how PubMed can be used to find papers in a highly selective manner which I am sure of will help me in future projects.

I believe my participation in this project was adequate. I wouldn’t say I was one of the leading figures, but I completed my tasks on time and was able to assist others when needed, which felt rewarding.

Appendixes

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| **Date** | **Task** | **Duration (hours)** |
| 08-01 | Meeting with group/orientation on researchquestion | 1,5 hours |
| 09-01 | Meeting with group+supervisor/finding subcategories for our systematic review | 1 hour |
| 10-01 | Deadline coming up with some examples for alternative nutrition/medication | 2 hours |
| 13-01 | Q/A at the university/check-up with supervisor | 2 hours |
| 15-01 | Refining our search-terms on pubmed/meeting with group | 3 hours |
| 16-01 | Making the final selection of papers used for systematic review / read abstracts for first rough selection | 5 hours |
| 20-01 | Informing myself on EEN diet / Writing an introductory part for said diet | 4 hours |
| 21-01 | Q/A at university / meeting with supervisor | 2 hours |
| 22-01 | Start of data extraction / thoroughly reading relevant papers | 4 hours |
| 23-01 | Filling in quality assessment forms | 3,5 hours |
| 24-01 | Writing result section / Filling in data table | 6 hours |
| 27-01 | Finishing results section | 3,5 hours |
| 28-01 | Start with writing discussion: describing results | 5 hours |
| 29-01 | Continue discussion, finishing describing results / making a start with limitations of this systematic review | 4 hours |
| 30-01 | Finishing discussion/ write the reflection report | 5 hours |
| 31-01 | Finish formatting reflection report | 1 hour |

Afbeelding met tekst, schermopname, Lettertype, document

Automatisch gegenereerde beschrijving