

Reflection

Foundation doctor

Name of foundation doctor	
GMC Number	
Date created	
Date last updated	

Title

Higher Level Outcome (HLO)

- HLO 1: An accountable, capable and compassionate doctor
- HLO 2: A valuable member of healthcare workforce
- HLO 3: A professional, responsible for their own practice and portfolio development

Tooltip: - Which of the three higher level outcomes (HLO) does this reflection / experience most relate to?
- At least one selection is required.
- You can select more than one HLO if applicable, but try not to select all.
- Making a selection will not automatically map this reflection to your curriculum.

Type of reflection:

- Self
- Group
- With supervisor
- Other If Other (please specify)*:

For examples of best practice please review the UKFPO reflective guidance (<https://foundationprogramme.nhs.uk/resources/reflection/>)

Reasons for writing the reflection *

Tooltip: Do not include any details that might make a specific event recognisable.

What were the most important things that happened/did not happen?
Did anything go differently than expected?
What have you learnt about yourself, knowledge or skills?

Next steps: *

How has this changed your perspective?
How will you apply what you have learnt?
What learning could you share with colleagues?

Start date of placement against which you want this form to count:

Tooltip: Reflections are recorded against a whole rotation. To give an easy overview, on your Portfolio Overview page we split them into placements using this date.

Note: Horus-specific field. Not required for Turas

In order for a supervisor to see this entry, it must be shared.

NOTE: Shared reflections cannot be made private again. However, reflections can always be edited.

Private or Shared?

Private	<input type="radio"/>
Shared	<input type="radio"/>

Tooltip: Once shared, a reflection cannot be unshared, but you will be able to continue to make changes.

If you feel you would like to discuss this event further, you are encouraged to contact your ES, CS, postgraduate team or access support mechanisms that are available in your workplace.