

# Reflection

## Foundation doctor

Forename of foundation doctor:	Auto-fill
Last name of foundation doctor:	Auto-fill
GMC Number:	Auto-fill

Date of experience	Date widget
--------------------	-------------

Title
-------

--

<b>Syllabus domain:</b>
-------------------------

Tooltip: - Which of the four syllabus domains does this reflection / experience most relate to?  
- At least one selection is required.  
- You can select more than one domain if applicable, but try not to select all.

<input type="checkbox"/>	SECTION 1: Professional behaviour and trust
<input type="checkbox"/>	SECTION 2: Communication, team-working and leadership
<input type="checkbox"/>	SECTION 3: Clinical care
<input type="checkbox"/>	SECTION 4: Safety & quality

<b>Description - Return to the experience:</b>
--

Tooltip: - What happened  
- Avoid waffle, be concise

--

<b>Feelings - An awareness of thoughts &amp; feelings:</b>
--

Tooltip: - How did you feel?  
- Why did you feel this way?  
- What were you thinking?  
- How did the patient feel?

--

**Evaluation - Making sense of the situation:**

- Tooltip:
- What influenced your actions?
  - What were you trying to achieve?
  - What was good about the experience and why?
  - What was bad about the experience and why?
  - What were the consequences for the patient, their family, yourself and colleagues?

**Analysis - Examining the components of the situation in detail coupled with critically analysing the evidence is an essential stage in learning:**

- Tooltip:
- What sense can be made of the situation?
  - Assess your knowledge
  - Evidence = provide relevant up-to-date information (literature/research)
  - Synthesis = integrate new knowledge with existing knowledge
  - Identify and challenge assumptions and beliefs
  - Explore alternatives – how would you do things differently in this situation? Or upon reflection would you do the same again?
  - If you were to do things differently, what might the consequences have been?

**Conclusion - May result in new perspectives and/or knowledge:**

- Tooltip:
- What else could you have done? And what would be the consequences of the options?
  - What have you learned from reflecting on the experience which will change future practice if a similar situation arose?

**Action Plan - May result in a change of behaviour:**

- Tooltip:
- Are there any preventative strategies which could be implemented (if appropriate)?
  - What do you need to learn?
  - How will you go about gaining this new knowledge and/or skills?

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

**Private or Shared?**

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