

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
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Title

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Syllabus domain:

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

Description - Return to the experience:
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Tooltip: - What happened
- Avoid waffle, be concise

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Feelings - An awareness of thoughts & feelings:
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Tooltip: - How did you feel?
- Why did you feel this way?
- What were you thinking?
- How did the patient feel?

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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?

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