Reflection

Foundation doctor

Name of foundation doctor
GMC Number
Date created
Date last updated

Title

Syllabus domain:

- SECTION 1: Professional behaviour and trust
- SECTION 2: Communication, team-working and leadership
- SECTION 3: Clinical care
- SECTION 4: Safety & quality

Type of reflection:

- Self
- Group
- With supervisor
- Other

If Other (please specify)*:

For examples of best practice please review the UKFPO reflective guidance (https://www.foundationprogramme.nhs.uk/content/reflection)
**Reasons for writing the reflection** *
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:**

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?**

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