

REFLECTION

Tedious

I don't see the purpose of this

I don't like them

Time consuming

Its never helped me

REFLECTION

It's just something we have to do

Done 12hrs before/ day of deadline

Waffle, waffle, waffle

Why so many

I think is something we have to do to tick boxes

Any thoughts seem familiar...

WHAT IS REFLECTION?

REFLECTION

thinking about what you've done, what you did well and what you could do better next time [1]

thinking about feedback that you have been given and using it in a constructive way [1]

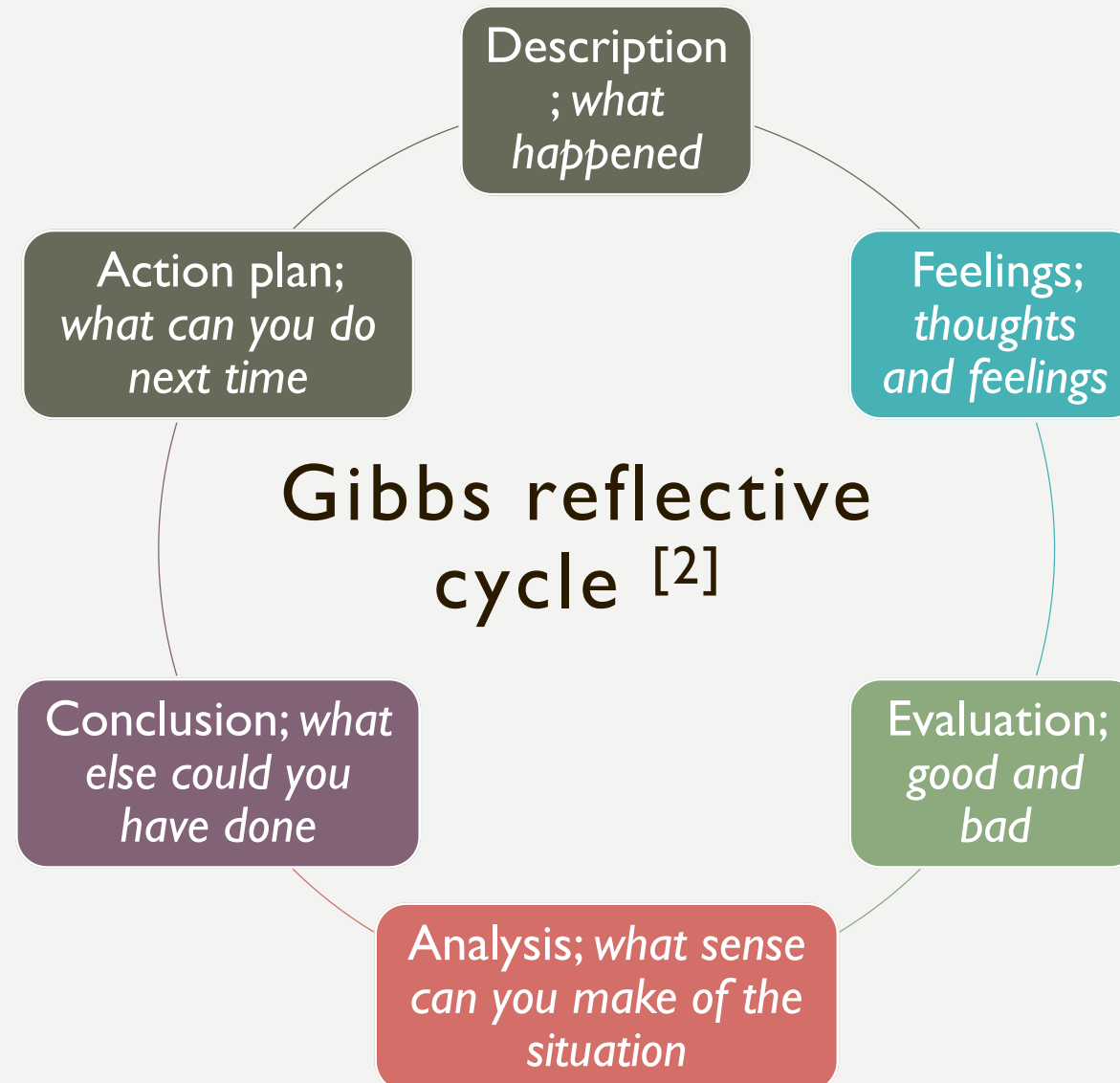
Learning from experiences and improving practice for next time. [1]

It can be frustrating, but it is an **essential** component of professional development, and can help **you** improve as a medical student and a doctor

[1] General Medical Council/ Medical Schools Council. (2016). Achieving Good Medical Practice. London.

HOW WE REFLECT

HOW WE REFLECT



[2] Gibbs, Graham. Learning by Doing A Guide to Teaching and Learning Methods. Oxford : Oxford Brookes University, 2013, 4, pp. 44-51.

HOW WE REFLECT

Description;
what happened



Feelings;
thoughts and feelings



Evaluation; *good and bad*

HOW WE REFLECT

Description;
what happened



Feelings;
thoughts and feelings



Evaluation; *good and bad*

- Summary of events running up to and during
- Why, what, where, why, who, how
- Pure description, no analysis yet

- Body language of you and others involved
- Anything prior happened to effect you emotions positively or negatively

- What was good
- What was bad

HOW WE REFLECT

Analysis; what sense can you make of the situation



Conclusion; what else could you have done



Action plan; what can you do next time

HOW WE REFLECT

Analysis; *what sense can you make of the situation*



Conclusion; *what else could you have done*



Action plan; *what can you do next time*

- Is there anything that happened which affected how you responded
- If someone else was involved, what sense can you make of their actions
- Has there a situation alike that you've been in

- What has been learnt by yourself
- What could others involved take away
- Alternative action by yourself to avoid/ improve outcomes
- Alternative action by other involved to avoid/improve outcomes

- Ways for yourself to improve practice
- Ways for others in the situation to improve themselves
- Are there any technique/ guidelines/ recommendations you should read up on to improve for next time



SCENARIO 1

You are a student on the vascular ward and waiting around for jobs to do. A specialist trainee approaches after finishing a ward round

OTHER CONSIDERATIONS TO FOR REFLECTION

Description

Action plan;

- *How could the questions be changed*
- *What questions be included*

Feelings

- *how the patient was feeling that day beforehand?*
- *Did the pt feel listened to?*
- *How do you think you made the patient feel by the end*
- *Did the doctor think twice about send you to speak to her?*

Conclusion;

- *Maybe listen more to the patient rather than be forward with the history*

Analysis

- *Did the pt really want to be spoken to*
- *Could this be a general reflection of the relationship between patients and students*

Evaluation; good and bad

- *Explanation of purpose & role?*
- *Rapport?*
- *Inference of pt mood?*



SCENARIO 2

You are a 3rd year student and it is your first week on placements after the Christmas holiday.

You are on your phone on the busy ward, as you feel there is nothing for you to do.

The FY2, who you don't get on with approaches you

OTHER CONSIDERATIONS TO FOR REFLECTION

Description

Action plan;

- *What can be changed in terms of your behaviour on placement*
- *What can the doctor do to improve their practice*

Feelings

- *How would you have felt in this situation*
- *How did you think the doctor felt through this*
- *How about the pt, how would they have felt?*

Conclusion;

Analysis

- *Why do you think the doctor acted this way*
- *Was it fair/ justified*

Evaluation; good and bad

- *Try and justify self?*
- *Did you actually do what you were comfortable with?*



SCENARIO 3

You are the team leader, working in a group of 4 to make of project and prepare a presentation.

You have been working together for the past 2 hours.

It 6pm and everyone's tired, and you want to be home by 6:30pm to prepare for your housemate's birthday surprise

OTHER CONSIDERATIONS TO FOR REFLECTION

Description

Action plan;

- *Could the colleagues have done more*
- *What should your struggling colleague do? Could you help?*
- *What could have been done before to avert situation*

Feelings

- *how would the feeling and thoughts of the struggling student, colleagues and yourself changed throughout*

Evaluation; good and bad

- *Was enough done in the leadership role*
- *Could you have intervened more before the*

Analysis

- *Did the pt really want to be spoken to*
- *Could this be a general reflection of the relationship between patients and students*

Conclusion



SCENARIO 4

You are about to observe some urethroscopy, with a colleague. You are waiting in the corner of the room while the doctors and nurse set everything up

OTHER CONSIDERATIONS TO FOR REFLECTION

Description

Action plan;

- *How could you be more organised in future*
- *Is there anything the doctor could learn here?*

Feelings

- *How did the nurse feel; belittled, anger*
- *Where were the concerns of the nurse & why?*
- *How did the doctor make the nurse feel (if relevant)*

Evaluation; good and bad

- *How was your response to the situation*

Analysis

- *Does this scenario say anything about the relationship between doctors and nurses?*
- *What about the relationship between nurses and medical students?*

Conclusion