

A day in the life of a medical student.



Why reflection and your wellbeing are so closely linked

Alan Penney, Leicester Medical School

What is reflection?

“At its core, reflection is thinking about what you’ve done, what you did well and what you could do better next time.

To do this, you need to think about what effect your actions have on yourself and on others, including patients and colleagues, across all aspects of your education and training”

GMC: Achieving Good Medical Practice pg 10



What is well being?

“Wellbeing describes your mental state -
how you are feeling and how well you can
cope with day-to-day life.”

www.mind.org.uk



How do they link?

To help you answer this question, you're going to play a board game!

You should have:

1 board

1 set of reflective response cards

1 set of non-reflective response cards

2 character sheets

2 counters

1 coin

2 players



The game

You will travel around a board.

By doing so you will be travelling through an unusually unfortunate day of a medical student.

One player does so as a reflective student.

The other as a non-reflective student.

Who will fare better?



Rules

- 1) In your pairs decide who will play the reflective and non-reflective student
- 2) Give each player 3 of their corresponding cards and put the remainder of the deck on the spaces marked on the board
- 3) Use a coin as a dice. E.g. heads = +1 space, tails = +2 spaces
- 4) As you work your way around the board, starting from the beginning of the day, you will land on different scenarios.
- 5) For each scenario you land on, choose a response from your card selection. Tell the other player how you would think and feel in such a response and write it around your character sheet.
- 6) Discard the card to the bottom of your deck (placed on the board) and replace with the top card.



What did you find out?

How did the reflective medical students feel throughout the day?

Did the non-reflective medical students react differently?

What are the long-term implications on health from this?



Let's have a chat

Is there a relationship between reflecting and your wellbeing?

Why is it important for a medical student to be reflective?

Should the way you are taught reflection change as you progress into clinical practice?



Conclusion

Reflection is about watching yourself, your feelings and others.

Doing it throughout the day gives you a real opportunity to improve your wellbeing.

You will ultimately become a better clinician as a result of it.

