

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The central area is white, providing a clean space for the text.

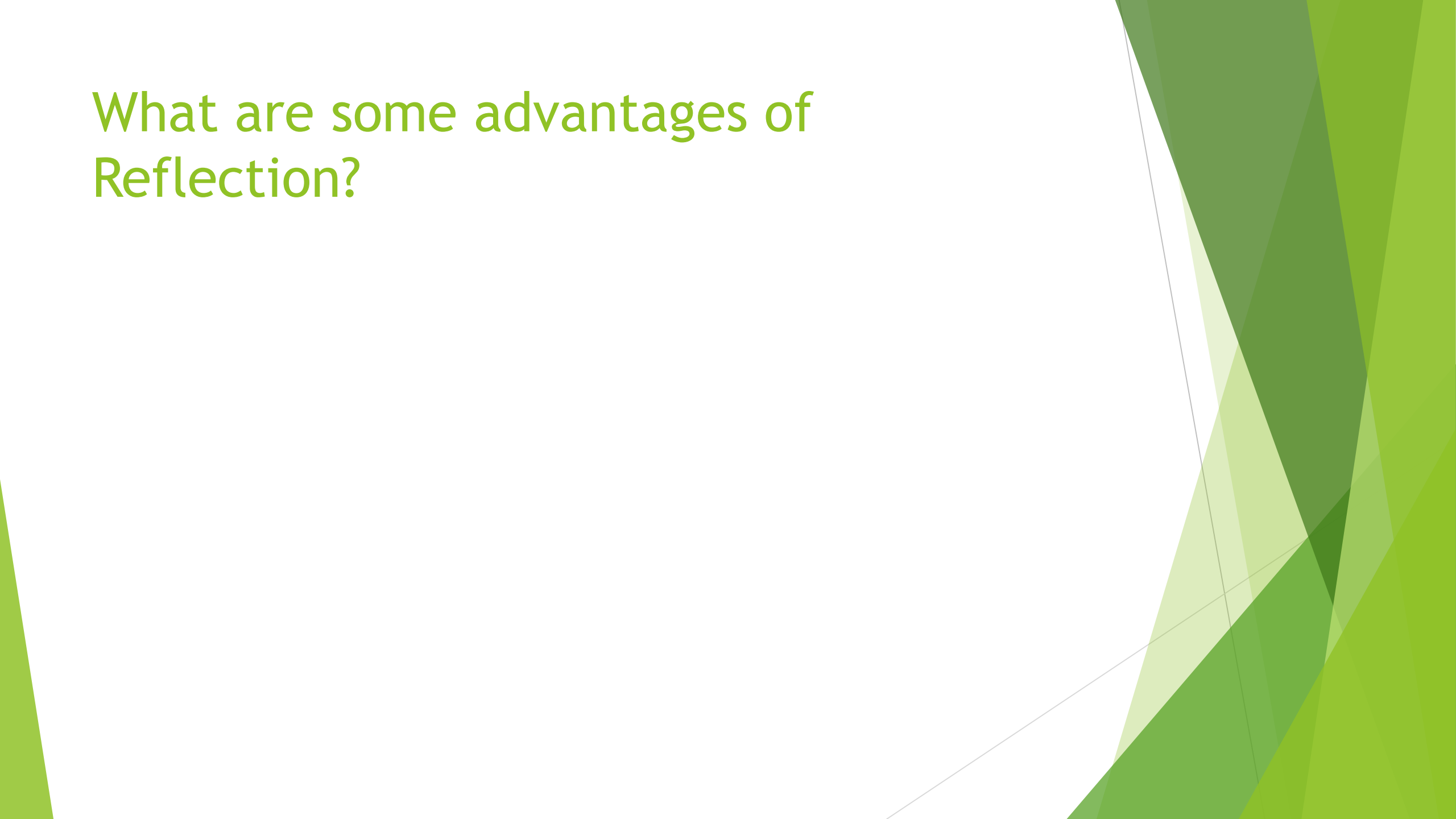
Reflection in relation to Health and Wellbeing

Introduction

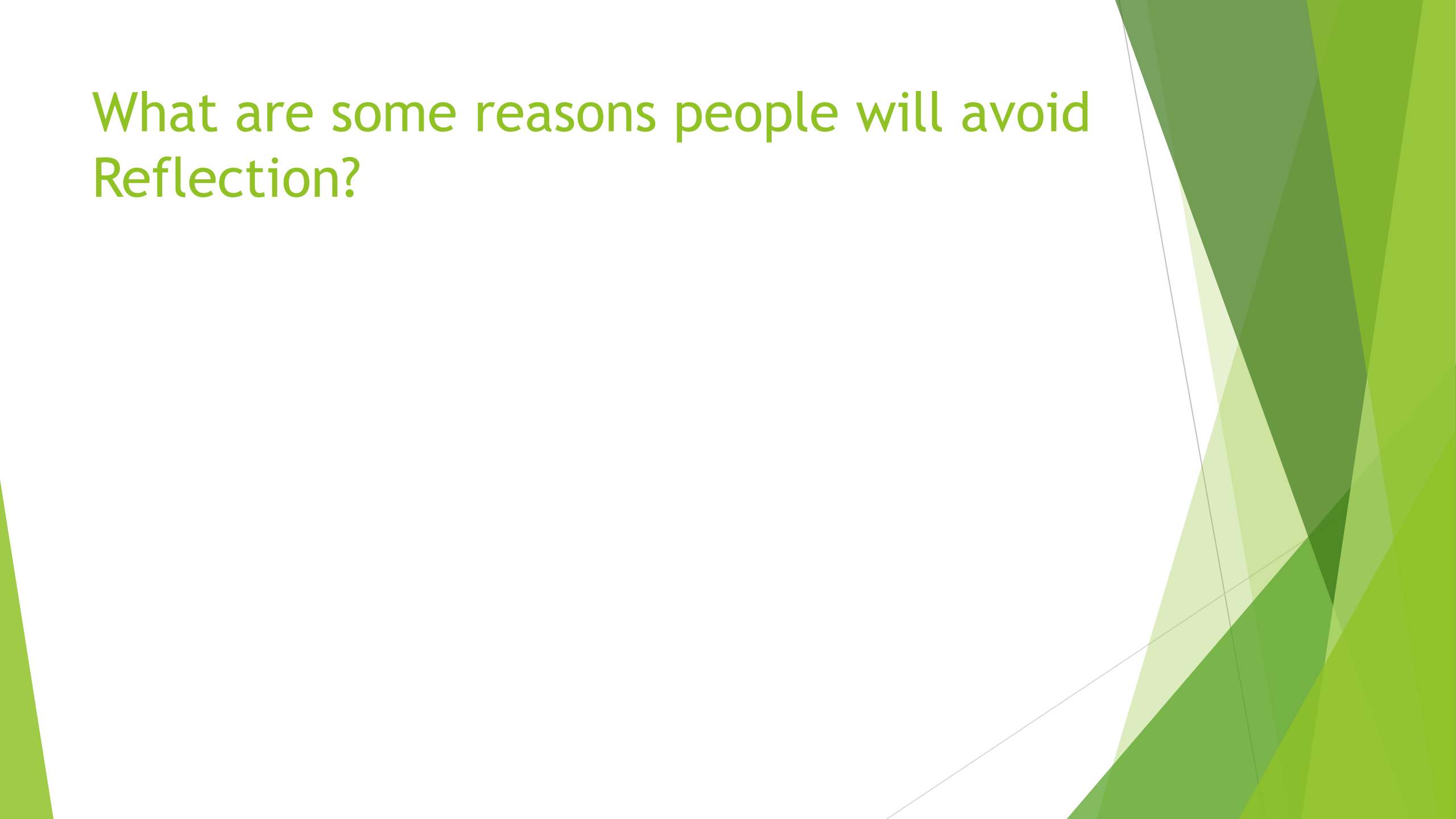
Reflection This is the process whereby an individual (a trainee or a trainer in this context) thinks analytically about a clinical situation or activity, monitoring its progress and evaluating its outcome. As this implies, it can (and should) take place **before, during and after** the situation. It results in a better understanding of the situation and enables the individual concerned to recognise the impact of their actions.

Academy of Royal Colleges

What are some advantages of Reflection?

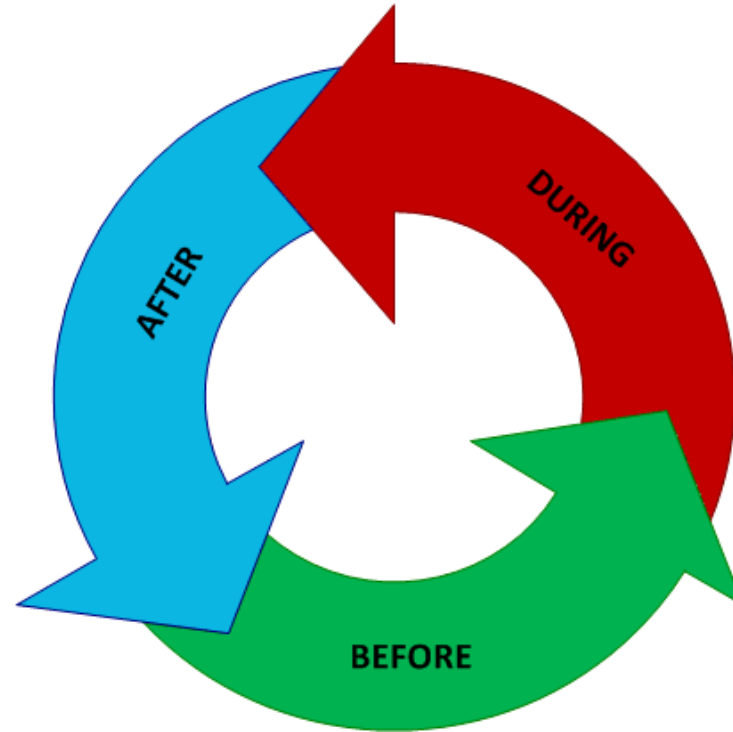


What are some reasons people will avoid Reflection?



Group work

Put yourself in the characters shoes and try to reflect as you work through the exercise



Each group will be required to provide a short summary of what the scenario has taught them

Helga is Homesick

Helga is a international student in her first year of medical school.

She becomes homesick and stops attending lectures.



Steven's Sharps Injury

Steven is eager to impress the doctors on the ward. Things do not go to plan when he stabs himself with a needle



Patrick has the Pox

Patrick does not realise he has chickenpox. The consequences when it spreads to a patient are devastating.



Darcy's Diabetes

Darcy's diabetes is out of control.

How bad is the problem?



Take home message 1

- ▶ Most of us will encounter health and wellbeing challenges at some point.
- ▶ Showing insight into a condition involves reflection in to the effect of the condition and your management of it will have on yourself and others across all aspects of your education and training

Take home message 2

- ▶ Doctors should, wherever possible, avoid treating themselves or providing medical care to anyone with whom they have a close personal relationship. They must seek independent medical advice on issues relating to their own health.

Take home message 3

- ▶ Registered doctors must protect patients from any risk posed by their health. You'll have significant contact with patients while on clinical placements. Any health issues you have may affect them, as well as, your fellow students and teachers.