

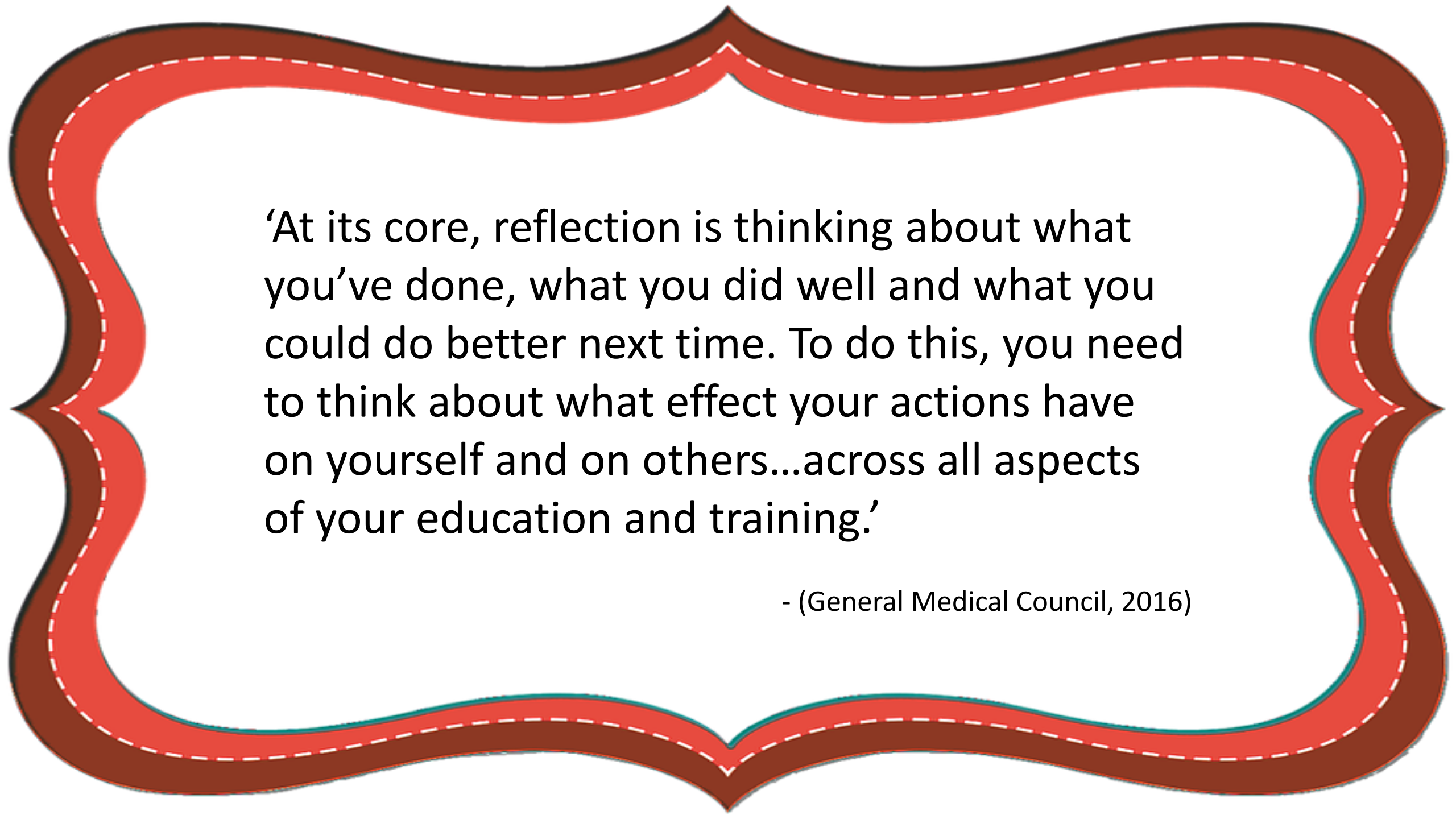


# LIFE IS A CIRCUS

LET REFLECTION GUIDE YOU THROUGH THE MADNESS

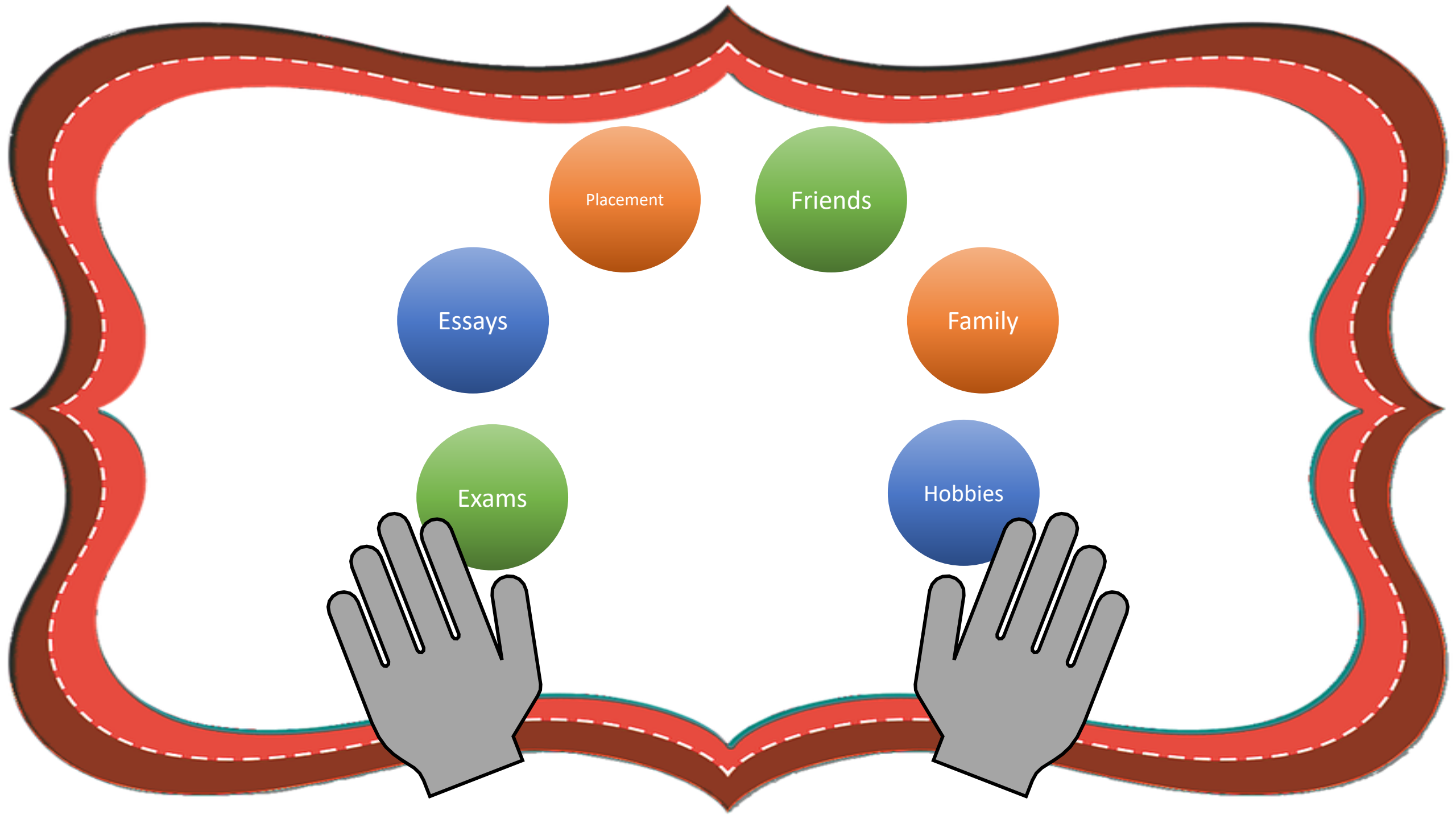
# LEARNING OBJECTIVES

- 1) What is reflection?
- 2) How can reflection help you to maintain a healthy life?
- 3) Apply models to aid reflection
- 4) Appreciate that valuable reflection can take different forms



‘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...across all aspects of your education and training.’

- (General Medical Council, 2016)



Placement

Friends

Essays

Family

Exams

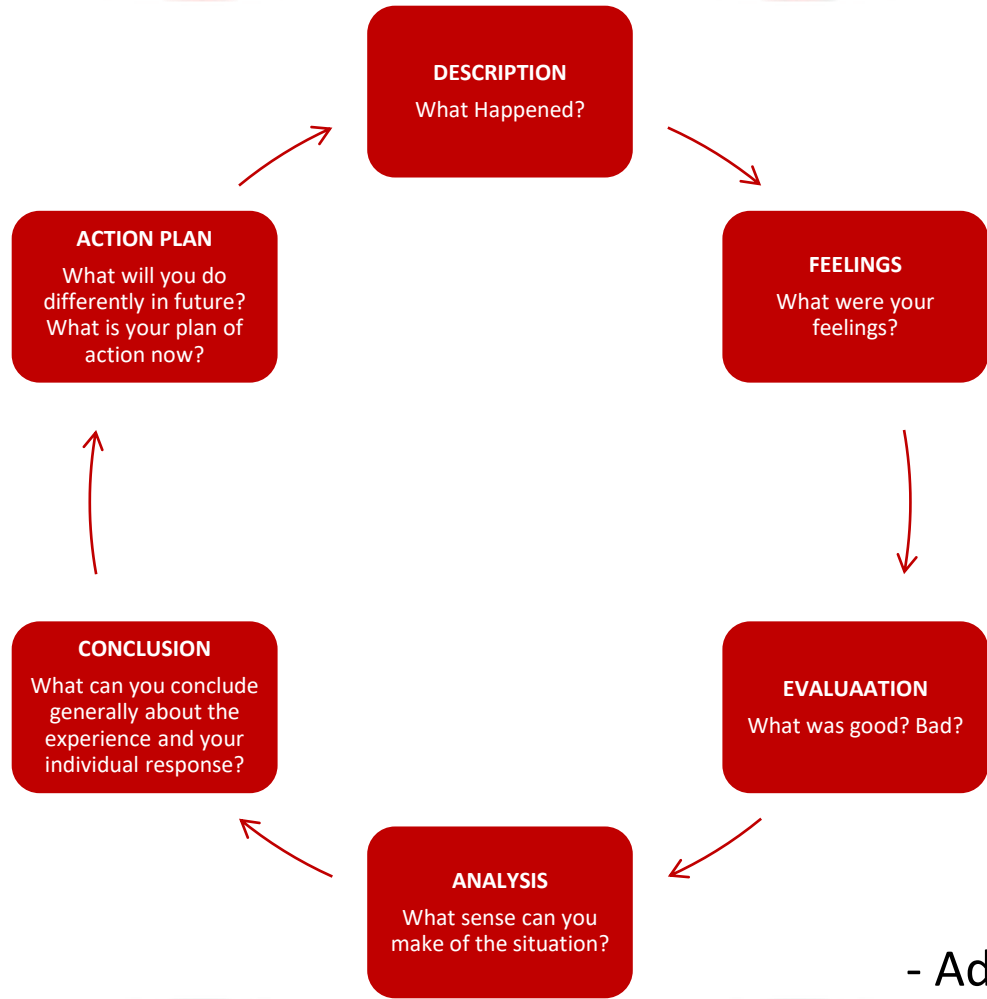
Hobbies

# MODELS OF REFLECTION

There are many different reflective models which can help you structure your thoughts. Here is an article detailing some of them:

<https://libguides.scu.edu.au/reflectivepractice/models>

A commonly used model is Gibbs Reflective Cycle...



- Adapted from (Gibbs, 1988)

# DESCRIPTION

It is 4pm, you have an essay due at 9am tomorrow morning which you have not yet finished. You have to reference and write the conclusion before submitting.

Your sports practice is supposed to start at 5pm and you will have to leave soon to make it. Its an important game at the weekend and you are keen to make the team, not going could easily have to lose your place.

Your flatmate is also having birthday trip to the circus later in the evening which you fear you cannot miss without offending her.

It comes to the next morning and you still have not finished, you apply for an extension which you are given however you are told that your mark will be capped at 60%.



**FEELINGS**





**EVALUATION**



**ANALYSIS**



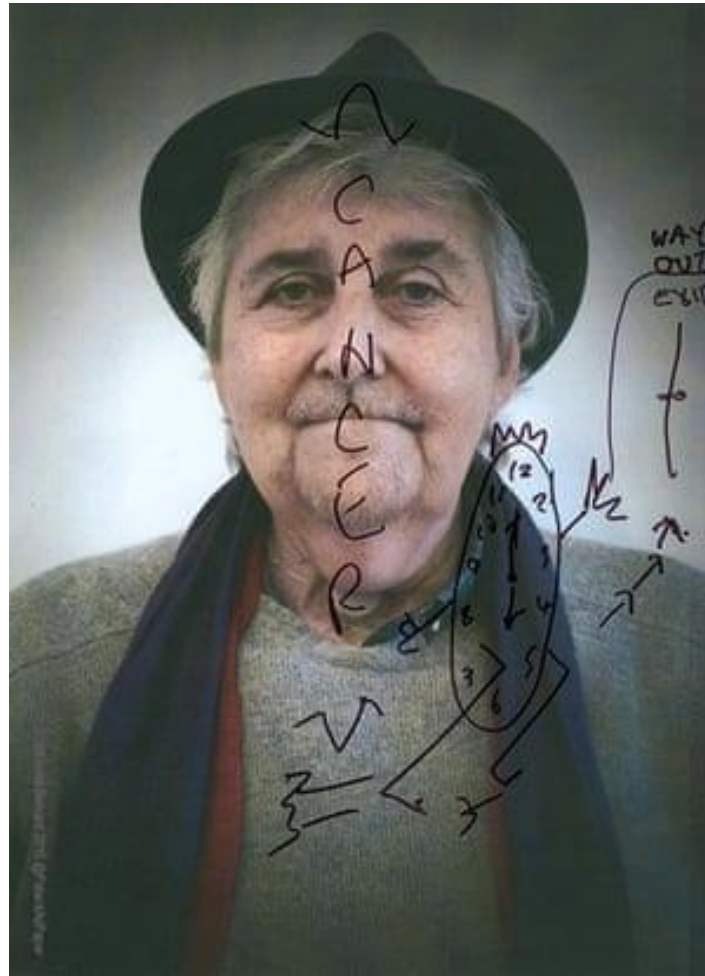
**CONCLUSION**



**ACTION PLAN**



**FORMS OF  
REFLECTION**



(Barnard, 2015)

## Pear shaped: responding to adversity

Andrea Clay

I went home from my study group and I thought I'd write  
a song  
A light hearted little anecdote to carry us along  
A humorous look at training and the eportfolio  
Just how do we get our trainees to learn all the things we  
know?  
But events that followed after came and stopped me in  
my tracks  
And our talks of authenticity had me thinking back  
Life isn't always funny when we're in the here and now  
And when it all goes pear shaped just what is the way to  
go?

The morning calm was broken by some news I had to share  
I knew it should be spoken but I felt it so unfair  
As I walked down the long corridor which wasn't far  
enough  
I rather felt like running than perform a task so tough  
I reached my trainee's room and I pushed the door ajar  
She looked up with a cheerful smile, completely unaware  
The calm before the storm, the news that only could upset  
I sat down in the patient chair and took a big deep breath

*Is it ok if we chat about a patient you saw on Monday?  
I'm really sorry to have to tell you that he committed suicide  
on Tuesday*

(Clay, 2016)

# REFLECTION IN PRACTICE

**Which sections of GMC guidance can be enhanced by reflection?**

- Knowledge, skills and performance
- Safety and quality
- Communication, partnership and teamwork
- Maintaining trust

The Academy of Medical Royal Colleges and Conference of Postgraduate Medical Deans provides a Reflective Practice toolkit:

[http://www.aomrc.org.uk/wp-content/uploads/2018/08/Reflective Practice Toolkit AoMRC CoPMED 0818.pdf](http://www.aomrc.org.uk/wp-content/uploads/2018/08/Reflective_Practice_Toolkit_AoMRC_CoPMED_0818.pdf)



# REFLECTION IN PRACTICE

**Not just relevant in the future, but now as well!**

- Stress and burnout is experienced by a larger proportion of students in their first year compared to other years (Boni et al, 2018).

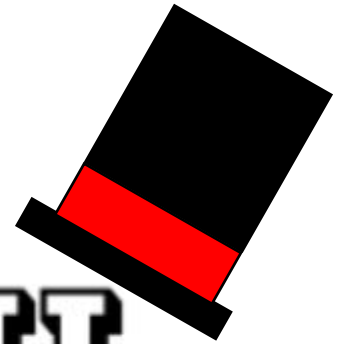
An interesting paper about how relevant stress and burnout is to medical students, especially the pre-clinical years:

Boni, R., Paiva, C., de Oliveira, M., Lucchetti, G., Fregnani, J. and Paiva, B. (2018). Burnout among medical students during the first years of undergraduate school: Prevalence and associated factors. *PLOS ONE*, 13(3), p.e0191746.

# TAKE HOME MESSAGES

- 1) Make reflection your own – its not just written
- 2) Find a way that works for you; it **WILL** be useful for your future career
- 3) Life is a circus; reflection is the safety net. It helps you get back up and a plan to make sure you don't fall the same way twice

**THANK YOU**



# REFERENCES

Academy of Medical Royal Colleges & Conference of Postgraduate Medical Deans, 2018. *Academy and COPMeD Reflective Practice Toolkit*. [Online] Available at: [http://www.aomrc.org.uk/wp-content/uploads/2018/08/Reflective\\_Practice\\_Toolkit\\_AoMRC\\_CoPMED\\_0818.pdf](http://www.aomrc.org.uk/wp-content/uploads/2018/08/Reflective_Practice_Toolkit_AoMRC_CoPMED_0818.pdf)

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