

Reflections record

Promoting professionalism: Assessing mental capacity

Introduction

Reflection is a key part of learning. In order to demonstrate your knowledge, understanding and application you should:

- Reflect on the area/s of practice you are keen to develop or improve
- Reflect on what you've read or learned
- Record areas of your practice you will change

The reflections record aims to help you with critical reflection and analysis, using evidence and personal examples.

Using this reflections record

When thinking about the boxes below, consider your personal and professional objectives and what you do in your day to day practice. Fill in these boxes as a personal record of reflection and development, with a particular focus on how you may change your practice to improve aspects of your decision making when patients lack capacity.

Appraisal and revalidation

Although reflection is an ongoing process, you may also be able to use your reflections record as supporting evidence for your appraisal and revalidation. See supporting information for appraisal and revalidation from the GMC at www.gmc-uk.org/revalidation.

Also see your college or faculty website for specific advice relating to your specialty.

1. **State which aspect of the decision making tool you have chosen to look at, and explain why you want to learn about this.**

(Sample answer: I have chosen to look at the aspect of the tool and case study around whether someone holds legal authority to make the decision about the patient's treatment and care. This is because I deal with a lot of patients with large families who often wish to be included in the decision making process.)

-
2. Reflect on areas of practice relating to this theme that you'll aim to develop in future. Note the actions you will take towards achieving these – be sure to make these realistic. The focus should be on changes to your practice that will improve patient care.

3. Next steps

Record your next steps. For example you may wish to discuss this with your clinical supervisor or other appropriate person.

4. Progress update: 3 months later

Looking back at your reflections and planned actions, what have you done to change your thinking or practice? Were there any obstacles? Any new reflections and actions to add?

5. Progress update: 6 months later

Looking back at your reflections and planned actions, what have you done to change your thinking or practice? Were there any obstacles? Any new reflections and actions to add?

6. Progress update: 12 months later

Looking back at your reflections and planned actions, what have you done to change your thinking or practice? Were there any obstacles? Any new reflections and actions to add?