**Reflection**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Foundation doctor** | | |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | |  |  |  |  |  |  |  |  |  |  |  |  |
| Name of foundation doctor | | Click or tap here to enter text. | | | | | | | |  |  |  |  |  |
| GMC Number | | Click or tap here to enter text. | | | | | | | |  |  |  |  |  |
| Date created | | Click or tap here to enter text. | | | | | | | |  |  |  |  |  |
| Date last updated | | Click or tap here to enter text. | | | | | | | |  |  |  |  |  |

**Title**

|  |
| --- |
| Click or tap here to enter text. |

**Higher Level Outcome (HLO)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | HLO 1: An accountable, capable and compassionate doctor | | | |  |  |
|  | HLO 2: A valuable member of healthcare workforce | | | |  |  |
|  | HLO 3: A professional, responsible for their own practice and portfolio development | | | | | |
|  |  |  |  |  |  |  |

- Which of the three higher level outcomes (HLO) does this reflection / experience most relate to?  
- At least one selection is required.  
- You can select more than one HLO if applicable, but try not to select all.  
- Making a selection will not automatically map this reflection to your curriculum.

**Type of reflection:** [select one only]

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Self | |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Group | |  |  |  |  |  |  |  |  |  |  |  |  |
|  | With supervisor |  | | |  |  |  |  |  |  |  |  |  |  |
|  | Other | | If Other (please specify)\*: | |  |  |  |  |  |  |  |  |  |  |
|  |  | |  | | | | | | |  |  |  |  |  |

For examples of best practice please review the UKFPO reflective guidance (<https://foundationprogramme.nhs.uk/resources/reflection/>)

**Reasons for writing the reflection \***

What were the most important things that happened/did not happen?

Did anything go differently than expected?

What have you learnt about yourself, knowledge or skills?

Do not include any details that might make a specific event recognisable.

|  |
| --- |
| Click or tap here to enter text. |

**Next steps: \***

How has this changed your perspective?

How will you apply what you have learnt?

What learning could you share with colleagues?

|  |
| --- |
| Click or tap here to enter text. |

In order for a supervisor to see this entry, it must be shared.

NOTE: Shared reflections cannot be made private again. However, reflections can always be edited.

**Private or Shared?** [select one only]

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Private** |  |  |  |  |
| **Shared** |  |

Once shared, a reflection cannot be unshared, but you will be able to continue to make changes.