**Reflection**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Foundation doctor** | |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Name of foundation doctor | | Dr Example | | | | | | |  |  |  |  |  |
| GMC Number | | 0000000 | | | | | | |  |  |  |  |  |
| Date created | | 01/01/2024 | | | | | | |  |  |  |  |  |
| Date last updated | | 01/01/2024 | | | | | | |  |  |  |  |  |

**Title**

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| --- |
| **Reflective Example: F1 Reflective Poem on the impact of the death of a patient when completing a cremation form.**  ***This reflection example signifies a thoughtful, compassionate doctor, with enriched deeper learning and critical thinking. This doctor sees situations holistically rather than in terms of individual aspects and understands the principles of compassionate care of the dying/death of a patient and those important to them.***  ***This reflection example provides additional evidence of HLO1 FPC 3 Holistic planning. Please read alongside FP Curriculum 2021, pages 67 – 69 (Appendix 3: Programme of Learning and models of skills acquisition)*** |

**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:**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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.*

|  |
| --- |
| Afternoon sunlight streaming through the window of the side room. Bathing, smiling on the now empty bed - made new again by the staff. A moment of respect, imprints of a human life hang in the air like an afterglow.  I pause and think of Mr. M, a man who I knew for a matter of hours. I did not know his history - medical, but also personal. I think about who he was - perhaps he had similarities to one of my grandfathers.  He has family - they weep, of course, confusion and shock among their emotions.  They knew it was coming they said, but can one really prepare for losing a loved one? |

**Next steps: \***

How has this changed your perspective?

How will you apply what you have learnt?

What learning could you share with colleagues?

|  |
| --- |
| I’m filling out the cremation form,   * Q3 - what was the patients occupation?   I don’t know, nor do his notes. Shame - perhaps I would have caught a glimpse of the man outside of hospital.  As a doctor I receive money for doing the cremation form - how will I use it?  Charitably seems the only right thing to do.  Perhaps on the other side of the hospital this was the birthday of a new-born.  The cycle of life rolls on. Mr. M RIP |

Start date of placement against which you want this form to count:\*  **(i**) *Reflections are recorded against a whole rotation. To give an easy overview, on your Portfolio Overview page we split them into placements using this date.*

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?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Private** | o |  |  |  |
| **Shared** | Badge Tick1 with solid fill |

If you feel you would like to discuss this event further, you are encouraged to contact your ES, CS, postgraduate team, or access support mechanisms that are available in your workplace.