

Complete the R-cards below as soon as possible after the event

Date/Time:	Event:
Focus for Reflection	Link with GMC's Principles
Observation <input type="checkbox"/> Knowledge <input type="checkbox"/> Judgement <input type="checkbox"/> Decision Making <input type="checkbox"/> Communication <input type="checkbox"/>	1 Good Clinical Care <input type="checkbox"/> 2 Maintaining Good Medical Practice <input type="checkbox"/> 3 Relationship with Patient/s <input type="checkbox"/> 4 Working with Colleague/s <input type="checkbox"/> 6 Professional Behaviour <input type="checkbox"/> 7 Acute Care <input type="checkbox"/>

Immediate Responses

Positive EXPERIENCE	In line with my VALUES
Low MOTIVATION	High MOTIVATION
Negative EXPERIENCE	Made me question my VALUES
Feel INEXPERIENCED	Feel CONFIDENT

Will record action plan

Today Within 3 days 3-7 days

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Reflective Practice

Learning from experience

Reflective Practice

The process of learning to be a doctor is much more than learning the facts. You will have to do things that satisfy, please, upset and challenge you personally and professionally. Understanding yourself and how you react and feel in different circumstances is an essential element of becoming a doctor. In addition, focussed reflection will help you identify your ongoing learning needs in day-to-day practice.

We all reflect on life as we experience it. The R- cards are simply designed to help teach a discipline of doing this in your practice in a structured, focussed and productive way.

How to use the R- Cards

The R- card sets you things to do. Doing these things should become a habit. They are good habits that support good clinical practice. You need to complete them whilst in work or during a learning session. When you understand how to use them, they take about 2 minutes to complete.

On the left:

Date/Time	When you use the card
Event	Brief description of something that has happened, that you have observed or participated in. For example: "72 year old male. Breathless", or "Aggressive behaviour towards me", or "Breaking bad news"
Focus for reflection	Which element of the event you wish to concentrate on. Something you can read up on, practice more or think about in greater detail later
Link with GMC Principles	With which principle of good practice does this event and your focus for reflection fit

On the right:

This side is a bit different and will take a bit more thought to complete. On this side we want you to record your **immediate** responses, how you feel at the time of filling in the card. Tick one box in each block.

Immediate responses	<i>Completed in-work (or learning session) and as soon after the event as practical and safe to do so</i>
Positive/Negative Experience	What did it feel like observing or participating in this event?
High/Low Motivation	How far do you feel motivated to change, improve or maintain what you observed or participated in?
In line with, or made me question my values	Your values affect how you feel and guide what you do. Has this event made you question them? Confirmed them?
Feel confident or inexperienced	How far did you feel confident or feel inexperienced in the situation? Parts of it will be new to you, but this should reflect you focus for reflection – e.g. you may be very confident in the communication

	aspect without being confident in the knowledge
After action reflections	<i>Decide when you plan to look again at the marks on your R-card and complete your after-action record sheet. You tutor my guide this at times.</i>

The After–event Reflection sheet

The form is available to complete on the ePortfolio in the Reflective Practice section.

Question 1. Why was the focus chosen important to you at the time? (at times this will be because your tutor told you to do it – just say that if it was the case!)

Questions 2 and 3. It is important that you state what you learned about **yourself** from selecting the box you marked. You may have learned about “the system” or about medicine at the same time, but it your reaction to this at a personal level that is important here.

After you have filled in a number of sheets (e.g. 6+) you should try to look back over them to see if you notice any patterns. Do you see any threads or connections? If not don’t worry, but if they emerge they can be a very useful basis for discussion with a tutor. Looking for patterns and talking about them (or lack of them) is worthwhile in formal reflection. It gives your development a sense of direction and what, or what not, to look out for in the future.