Joint Royal Colleges of Physicians Training Board (JRCPTB)

New reflective practice tool – where to find it and how to use it



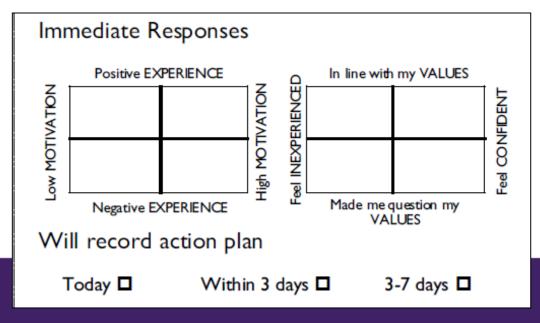
Why bother with reflection?

- 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
- Focussed reflection will help you identify your ongoing learning needs in day-to-day practice

What is the new tool?

- We all reflect on life as we experience it
- The R- cards are simply designed to help teach you the discipline of doing this real-time in your practice in a structured, focused and productive way
- Available to download from www.jrcptb.org with instructions and guidance on how to use both tools

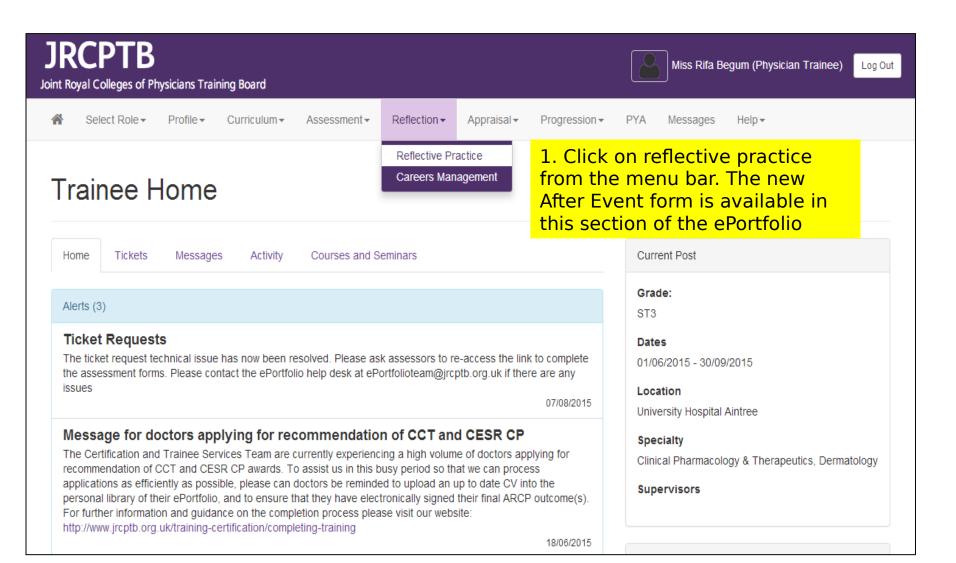
Date/Time:	Event:	
Focus for Refl Observation Knowledge Judgement Decision Making Communication	ection	Link with GMC's Principles I Good Clinical Care 2 Maintaining Good Medical Practice 3 Relationship with Patient/s 4 Working with Colleague/s 6 Professional Behaviour 7 Acute Care

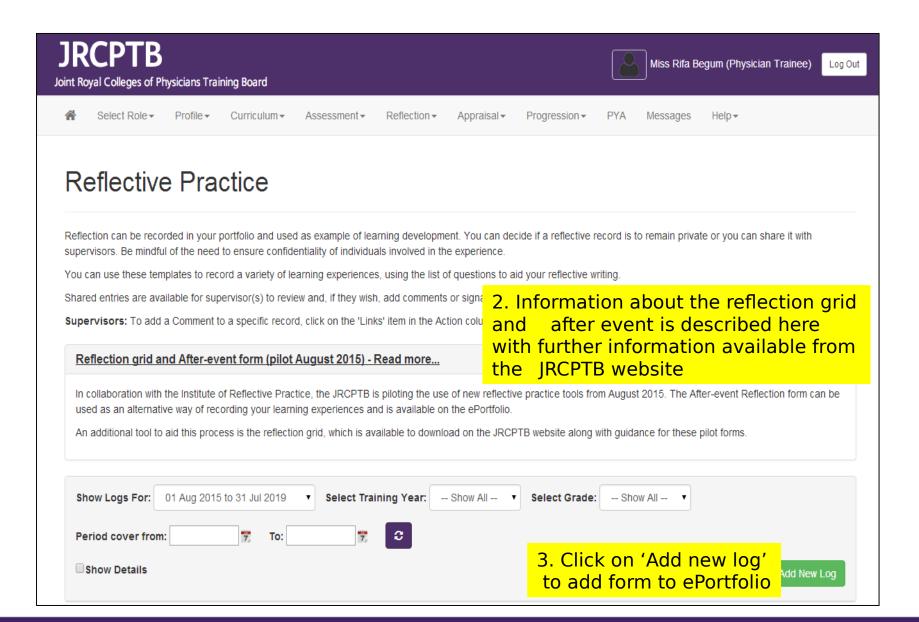


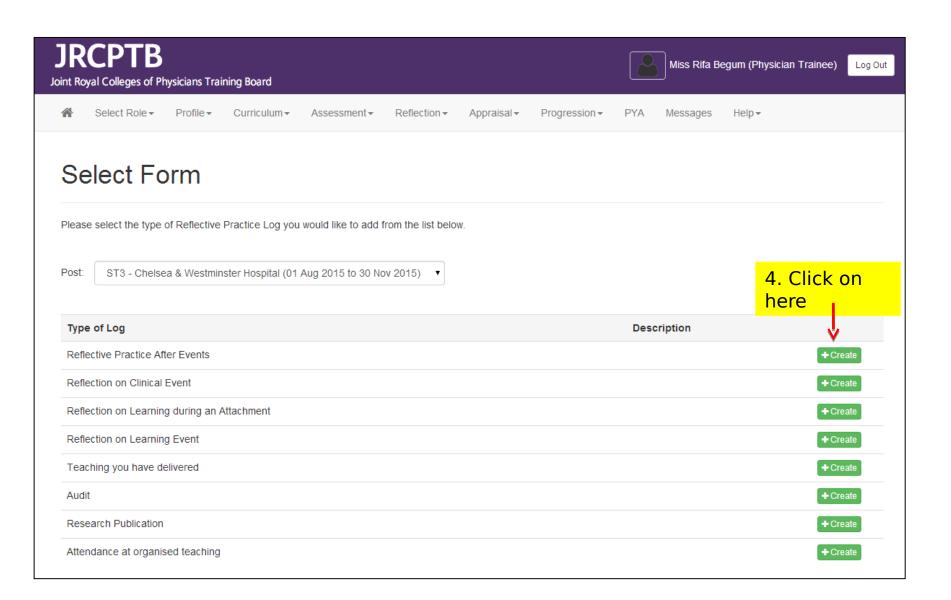
What do you do next?

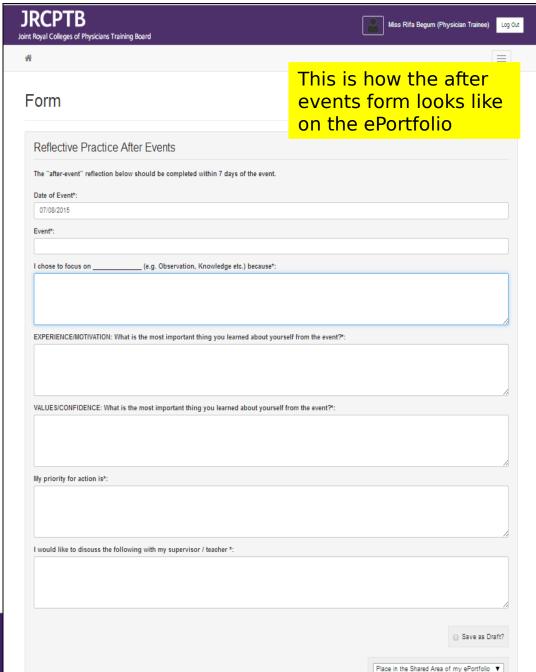
- Use what you capture on the R card to enable further reflections on your learning
- The After-event reflection form is a tool developed by the Institute of Reflective Practice
- The form is now available on the ePortfolio in the Reflective Practice











What next?

Please use it

 Please give us feedback on its working for you

ePortfolioteam@jrcptb.org.uk

 The intention is that this form may replace the other reflection forms also in use on the eportfolio