

# 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](http://www.jrcptb.org) with instructions and guidance on how to use both tools

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	<input type="checkbox"/>	Feel INEXPERIENCED	<input type="checkbox"/>
High MOTIVATION	<input type="checkbox"/>	Feel CONFIDENT	<input type="checkbox"/>
Negative EXPERIENCE		Made me question my VALUES	
Will record action plan			
Today <input type="checkbox"/>		Within 3 days <input type="checkbox"/>	
		3-7 days <input type="checkbox"/>	

# 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



## Trainee Home

Home

Tickets

Messages

Activity

Courses and Seminars

Alerts (3)

### Ticket Requests

The ticket request technical issue has now been resolved. Please ask assessors to re-access the link to complete the assessment forms. Please contact the ePortfolio help desk at [ePortfolioteam@jrcptb.org.uk](mailto:ePortfolioteam@jrcptb.org.uk) if there are any issues

07/08/2015

### Message for doctors applying for recommendation of CCT and CESR CP

The Certification and Trainee Services Team are currently experiencing a high volume of doctors applying for recommendation of CCT and CESR CP awards. To assist us in this busy period so that we can process applications as efficiently as possible, please can doctors be reminded to upload an up to date CV into the personal library of their ePortfolio, and to ensure that they have electronically signed their final ARCP outcome(s). For further information and guidance on the completion process please visit our website:

<http://www.jrcptb.org.uk/training-certification/completing-training>

18/06/2015

1. Click on reflective practice from the menu bar. The new After Event form is available in this section of the ePortfolio

Current Post

**Grade:**

ST3

**Dates**

01/06/2015 - 30/09/2015

**Location**

University Hospital Aintree

**Specialty**

Clinical Pharmacology &amp; Therapeutics, Dermatology

**Supervisors**



## Reflective Practice

Reflection can be recorded in your portfolio and used as example of learning development. You can decide if a reflective record is to remain private or you can share it with supervisors. Be mindful of the need to ensure confidentiality of individuals involved in the experience.

You can use these templates to record a variety of learning experiences, using the list of questions to aid your reflective writing.

Shared entries are available for supervisor(s) to review and, if they wish, add comments or sign

**Supervisors:** To add a Comment to a specific record, click on the 'Links' item in the Action column

### [Reflection grid and After-event form \(pilot August 2015\) - Read more...](#)

In collaboration with the Institute of Reflective Practice, the JRCPTB is piloting the use of new reflective practice tools from August 2015. The After-event Reflection form can be used as an alternative way of recording your learning experiences and is available on the ePortfolio.

An additional tool to aid this process is the reflection grid, which is available to download on the JRCPTB website along with guidance for these pilot forms.

Show Logs For: 01 Aug 2015 to 31 Jul 2019 ▾

Select Training Year: -- Show All -- ▾

Select Grade: -- Show All -- ▾

Period cover from:



To:



☐ Show Details

2. Information about the reflection grid and after event is described here with further information available from the JRCPTB website

3. Click on 'Add new log' to add form to ePortfolio

Add New Log



## Select Form

Please select the type of Reflective Practice Log you would like to add from the list below.

Post: ST3 - Chelsea & Westminster Hospital (01 Aug 2015 to 30 Nov 2015)

4. Click on  
here



Type of Log	Description
Reflective Practice After Events	<a href="#">+ Create</a>
Reflection on Clinical Event	<a href="#">+ Create</a>
Reflection on Learning during an Attachment	<a href="#">+ Create</a>
Reflection on Learning Event	<a href="#">+ Create</a>
Teaching you have delivered	<a href="#">+ Create</a>
Audit	<a href="#">+ Create</a>
Research Publication	<a href="#">+ Create</a>
Attendance at organised teaching	<a href="#">+ Create</a>



## Form

This is how the after events form looks like on the ePortfolio

## Reflective Practice After Events

The "after-event" reflection below should be completed within 7 days of the event.

Date of Event\*:

07/08/2015

Event\*:

I chose to focus on \_\_\_\_\_ (e.g. Observation, Knowledge etc.) because\*:

EXPERIENCE/MOTIVATION: What is the most important thing you learned about yourself from the event?\*

VALUES/CONFIDENCE: What is the most important thing you learned about yourself from the event?\*

My priority for action is\*:

I would like to discuss the following with my supervisor / teacher\*:

☐ Save as Draft?

Place in the Shared Area of my ePortfolio ▼



# What next?

- Please use it
- Please give us feedback on its working for you  
[ePortfolioteam@jrcptb.org.uk](mailto:ePortfolioteam@jrcptb.org.uk)
- The intention is that this form may replace the other reflection forms also in use on the eportfolio