**Reflection on enhance Activities and Learning (REAL) form**

Please complete this form and upload it to your Foundation eportfolio to evidence engagement with the enhance programme.

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| Name of Foundation Doctor |  |
| GMC No. |  |
| Training period from |  |
| Training period to |  |
| Local education provider |  |
| Specialty |  |

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| Which enhance modules have I completed? |  | Module 1: Introductory module |
| (Users can select individual modules or ‘whole programme’) |  | Module 2: Person centred care |
|  | Module 3: Complex multi-morbidity |
|  | Module 4: Population health |
|  | Module 5: Social justice, environmental sustainability, systems working  |
|  | Module 6: Contextual leadership  |
|  | Whole enhance programme completed |

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| What kind of experience was this? |  | Case-based Discussion (CBD) |
| This information will be used for research purposes only. Thank you for providing accurate information, especially if you select the ‘other’ option |  | Quality improvement activity |
|  | Field trip / community visit |
|  | Event attendance  |
|  | Other  |
| If other, please specify: |  |

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| What capability am I trying to show? |  | FPC 1: Clinical Assessment |
| Pick **one or more** FPCs demonstrated through this experience. Note that this form will not be automatically mapped to the selected FPC on your curriculum. You will be able to map it to any FPC(s) once you have completed the form. |  | FPC 2: Clinical Prioritisation |
|  | FPC 3: Holistic Planning |
|  | FPC 4: Communication & Care |
|  | FPC 5: Continuity of Care  |
|  | FPC 6: Sharing the Vision  |
|  | FPC 7: Fitness to Practice |
|  | FPC 8: Upholding Values |
|  | FPC 9: Quality Improvement |
|  | FPC 10: Teaching the Teacher |
|  | FPC 11: Ethics & Law |
|  | FPC 12: Continuing Professional Development |
|  | FPC 13: Understanding Medicine |

**Reflection**

What was interesting or notable about this experience? What did I gain from it? What were the challenges?

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What did you learn about yourself and your abilities? How does this relate to your clinical practice and/or the delivery of patient care in your clinical area?

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# **What next?**

What can I do to build my knowledge or skills further? E.g., planning more practice or experience, move onto something more advanced.

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Create a SMART action to work towards as part of your PDP. (Specific, Measurable, Achievable, Realistic and Timebound) - Consider discussing this with your supervisor for support.

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