

Reflection on enhance Activities and Learning (REAL) form

Example of good form with annotations

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

Name of Foundation Doctor	Dr A Bloggs
GMC No.	8244576
Training period from	02/08/2023
Training period to	06/08/2024
Local education provider	Kent, Surrey and Sussex
Specialty	FY1- respiratory

Which enhance modules have I completed?		Module 1: Introductory module
(Users can select individual modules or 'whole programme')	X	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

What kind of experience was this?	X	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
	X	Other
If other, please specify:	Core teaching, shadowing another healthcare professional, reflection on clinical practice	

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
	X	FPC 3: Holistic Planning
	X	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?

I have really enjoyed completing workbook two. It has led me to approach each patient interaction with a personalised care framework fully in mind. The eLearning from the personalised care institute was really useful as it used different examples which helped me understand why this is important. I now recognise that it is not just something senior doctors do, and that I can deliver patient centred care as an FY1.

On a day when the ward was quiet, I was able to shadow the speech and language therapist for some consultations. I found this fascinating. She is very experienced and was brilliant at explaining things to her patients. One patient had an unsafe swallow and our team did not think enteral feeding was necessarily appropriate. She discussed the concept of risk feeding with the man and his family and took plenty of time to really understand his wishes. She also explained risk in a way the patient could understand. I felt lucky to see this type of conversation, and it showed me what I could achieve in the future.

I also found the core teaching with the PALS team particularly notable. I now really understand their role and how they can help a patient when there have been issues or problems. The session was so helpful, but it was quite challenging to engage with. Seeing ways that patients have been let down was hard. It made me think about when I may have fallen short. However, by hearing about this I now understand the importance of clear communication when there have been issues or problems. If things go wrong I now understand the PALS process and can explain it to patients.

The way I interact and engage with patients is changing and improving constantly because of this module. It has got me to think about more than just the clinical side of my work which I have found really satisfying.

This trainee discusses what they found enjoyable, interesting or challenging. However, they also explore in more depth *why* this is and what they learned from their experiences.

They use a variety of examples across different area, showing a breadth of experience.

Whilst a variety of styles are acceptable, this example is clearly written and easy to understand.

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?

This module has taught me about the importance of properly listening to patients. I have found that I am quite an empathetic listener. Using the principles I have learnt means I have allowed my patients to express their point of view and be clear about what they want in some more difficult situations.

A good example of this is an elderly patient who has been on our ward for a long time. I went back to do his bloods after our ward round and listened to his concerns. He expressed that he was finding hospital treatment difficult and would like to be discharged home as soon as possible. I was able to relay this information to my team and we could complete a RESPECT form and make discharge plans that reflected what he actually wanted. The patient was really happy with this and I as proud that I used my skills to make this happen. I have reflected on this further in my ePortfolio and completed a CBD with my consultant.

I have also found that patient centred practice requires good self-expression too, particularly in sad or difficult scenarios. I sometimes struggle to explain choices to patients in a way that they can easily understand. I think this is because I am not very experienced in these situations. This is definitely something I would like to work on further.

This trainee gives clear and specific examples of what they have learned and uses specific examples to demonstrate this. These are directly applicable to their clinical practice.

This individual also recognises areas that need further development, demonstrating a good understanding of their own practice.

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.

As I mentioned above, I think I need to improve how I explain things to patients. Part of this is clinical knowledge, and I will continue to revise conditions that I come across that I am not familiar with. I also have spotted a video on the KSS website about 'the teachback method for shared decision making' which I think will really help me with the communication component of this. I know my local trust also provide human factors training which has a module on communication so I will sign up for this.

I have a GP job in FY2, and I think this is a great opportunity to work on my communication skills. I will outline my needs on my PDP and talk to my GP supervisor about this in our initial meeting so they can signpost me to any useful resources. I would also like to be observed during some consultations so I can get direct feedback.

Refers clearly to earlier sections where they have already outlined what they have learned.

They use specific and well thought out examples as to how they can improve their practice.

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.

The PDP action I would like to work towards is to improve my communication skills through observed practice.

S- To be observed during at least one consultation and then do a mini-CEX with my supervisor to discuss my consultation and communication skills

M- Upload the assessment to my ePortfolio and reflect upon it. Use any feedback to inform my future aims and amending my PDP to reflect this

A- Observed practice is offered on my GP placements, so should be possible to achieve. I will discuss my aims in my initial meeting to ensure I do not miss out

R- As above

T- By the end of my GP placement in December 2024

To complement this, I will complete the training I have outlined in the previous section before I start my GP placement.

This trainee has an achievable aim which is clearly outlined using a SMART action plan.

This REAL form is well completed. It is long enough that the assessor has a good idea about all the activities they have undertaken. It describes their experiences, but also discusses why these were important and how they have changed their practice.

You can see that their experiences have been carried over into the 'what next' section and that these have informed their future plans. They have used specific examples of what they will do during their FY2 placement, and have ensured these aims are SMART.