

Reflection on enhance Activities and Learning (REAL) form

Example of inadequate 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:		Teaching, shadowing another healthcare professional

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 interaction using a personal care plan. I did some eLearning which helped me understand this.

I went to our FY1 teaching from the PALS team. The talk was really interesting, but it was quite upsetting to hear about the challenges some patients have had. I found the talk from the patient who was not told about her diagnosis properly by her doctor particularly sad.

We also had some teaching on consent for bronchoscopy from our registrar. We went through the form so I understand this much better now. This will be helpful for when I am an FY2.

Overall, this module has taught me a lot. I really want to be a good foundation doctor and I think this will really help me with this. I will carry forward what I have learnt to FY2.

This trainee outlines their experiences but does not speak meaningfully about what they gained from them. The paragraph on PALS teaching gives the narrative of the teaching without discussing how this will change their practice.

Whilst consent plays an important role in patient centred care, this trainee hasn't given enough detail about the teaching to show how it was relevant.

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. This means they will feel listened to and improve their experience.

On the ward we had an older patient who was upset about being in for a long time. We chatted about this and he felt much better afterwards. I was proud that I had helped him.

Sometimes I struggle to explain things properly to patients and this is definitely something I would like to work on. I think I need to practice this as an FY2, where I will have more responsibility.

This trainee talks about their strengths and weaknesses at a surface level but does not explore them in enough depth.

The example given is not specific. It does not tell the reader how this scenario is relevant to the module or what it has taught the trainee about their own skills.

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. I will do some more eLearning and read some articles about this.

I have a GP job in FY2, so I will have lots of practice on communicating with patients. I will talk to my supervisor about getting better at this and practice through the placement.

This section lacks specificity and detail. It does not show any planning or that the trainee has thought about how they will improve their skills.

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.

I will work towards being a better communicator.

I will talk to my supervisor about them watching me do some consultations. I will then use their feedback to improve my practice. I will also do some reading and eLearning too.

Again, this lacks detail. It is not a SMART objective and does not give a clear target for the trainee to work towards.

Overall, this reflection is superficial. It describes the trainees experience but not what they have learned from them. Their goals are not specific enough and they do not use SMART objectives.