

Competence Areas - Trainee Self Rating

Relationship	
The doctor's ability to understand and develop human relationships principally with patients, families, colleagues and teams.	
Competence Areas	Dated
Communication and consultation skills	Rating
Evidence	Competent for Licensing 16/01/2013 15:22:33
Actions	Passed my CSA. MSF from December 2012/January 2013 Learning log entries about AAA man and alcohol excess COT 12/11/12
Evidence	Continue to explore patient's ICE and ensuring that I also explore the impact of the patient's presenting complaint on them and their lives. Continue to involve patients in shared management plans.
Actions	16/01/2013 15:26:08
Practising holistically	Rating
Evidence	Competent for Licensing Learning log entries: Visiting Dr OOH shift 16/12/12, 1st day on call 20/12/12 CbD: 10/12/12, 05/11/12, 15/10/12 COT: 12/11/12 I have also come to realise the limits of my duty as a doctor to help with family dynamics and problems (see learning log entry about safeguarding teenagers).
Actions	Once again make sure I look at the impact of the patient's illness not only on them but also on their family.
Evidence	16/01/2013 15:19:08
Working with colleagues and in teams	Rating
Evidence	NFD - Above Expectations Learning log entry on safeguarding issues 06/12/12 CbD: 10/12/12, 05/11/12, 15/10/12 MSF
Actions	I was upset by one of the comments on my MSF which suggested I talk down to other members of the primary care team. I have never had a comment like this before and I cannot remember an incident that this occurred. All of the other 4 MSF from administrative staff were very complimentary and wrote positive comments about my approachability and helpfulness. Make sure I continue to speak to all my colleagues as equals.

Diagnostics

The doctor's ability to gather and use information to make decisions, particularly within a clinical context

Competence Areas	Rating	Dated
Data gathering and interpretation	Competent for Licensing	16/01/2013 15:28:25
Evidence	Learning log entry: Anal fissures 10/10/12 CbD: 10/12/12, 15/10/12 COT 12/11/12	
Actions	Continue to use tests rationally and make sure I don't just add on another blood test because a patient is having their blood taken anyway.	
Making a diagnosis/decisions	NFD - Above Expectations	16/01/2013 15:31:14
Evidence	Learning log: It is ok to be upset 29/11/12, chest pain referral 15/11/12 CbD: 10/12/12, 05/11/12, 15/10/12 COT: 12/11/12	
Actions	Continue to think broadly about diagnosis of new problems and use an analytical approach to dealing with patients who don't "fit neatly" into diagnostic categories.	
Clinical management	NFD - Meets Expectations	16/01/2013 15:34:48
Evidence	MSF CbD: 10/12/12, 05/11/12, 15/10/12 COT 12/11/12	
Actions	Continue to use time/doctor as a management option and keep up to date with new guidelines.	
Managing medical complexity	NFD - Meets Expectations	16/01/2013 15:37:47
Evidence	CbD 10/12/12, 05/11/12, 15/10/12	
Actions	As I get my "own patients" I will be able to take responsibility for them through diagnosis, investigations, management options and then reassessing their problems over time.	

Management

The doctor's ability to manage issues, events, relationships and him/herself over time

Competence Areas	Rating	Dated
Primary care admin and IMT	NFD - Meets Expectations	16/01/2013 15:44:31
Evidence	CbD: 10/12/12, 05/11/12, 15/10/12	
Actions	I need to spend some time with the practice manager to find out more about what they do. I also need to go to other practices to see other computer systems as I have only used EMIS and the OOH system.	
Community orientation	NFD - Above Expectations	16/01/2013 15:47:11
Evidence	Learning log entries: anal fissures 10/10/12, safeguarding teenagers 06/12/12, hip pain requesting x-ray 10/12/12 CbD: 10/12/12, 05/11/12, 15/10	
Actions	I am going to go to a local commissioning meeting to see how local GPs are influencing local services.	
Maintaining performance, learning and teaching	NFD - Above Expectations	16/01/2013 15:49:20
Evidence	Learning log: food allergy in children, anal fissure talk, referrals tutorial, breast clinic visit	
Actions	I need to do an audit. I need to complete my DFSRH. I need to take part in the next SEA at my surgery.	

Professionalism

The attitude that the doctor has about the responsibilities of the job, expressed through the level of respect and commitment demonstrated for people, professional guidelines and duties

Competence Areas	Rating	Dated	
Maintaining an ethical approach	NFD - Above Expectations	16/01/2013 15:52:06	Q
Evidence	Learning log entry: safeguarding teenagers CbD: 10/12/12, 05/11/12, 15/10/12		
Actions	Continue to be non-judgemental.		
Fitness to practise	Competent for Licensing	16/01/2013 15:56:03	Q
Evidence	Learning log: return to work 01/10/12, postnatal check 05/12/12 CbD: 10/12/12, 05/11/12, 15/10/12		
Actions	Since returning from maternity leave I have become much more aware of leading a healthy work/life balance and managing to work and make sure you keep focused on your patients when for example my baby isn't very well. I have had to be very organised and make sure I don't leave work for other colleagues when I have days off. Continue to maintain a healthy work life balance and try to stay organised and on top of all my paperwork and patient requests.		