



Royal College of
General Practitioners

Reflective Practice

Dr Emily Copeland, GPST3

Dr Paula Newton, GP Trainer

Overview

- Suggested structure for reflection
- Case history with small group reflection
- Further information with small group reflection
- Reflective report writing
- Feedback to group

Structure for Reflection

1. The patient
 - How might the patient feel about the situation?
2. The family/ patient's support network
 - How might the problem affect them?
3. The GP
 - How did the consultation make you feel?
4. The practice
 - Is there any impact on the practice e.g. appointments?
5. The CCG/NHS
 - Is there any impact on local/national resources?
6. Wider society
 - Consider benefits/housing issues etc.

Case History

- 18 year old girl
- Presents with low mood
- Tells you her parents are splitting up
- Unemployed
 - Not seeking work as she thinks it would be too stressful
- Difficulty getting to sleep
- Appetite up and down
- Sees a youth worker for counselling
- Self harmed once in the past, but no current suicidal thoughts

Case History: Examination

- Good eye contact
- PHQ-9 = 18/27

Case History: Management

- Has tried Mood Juice which she didn't find helpful
- Doesn't want referral for CBT
- Agrees to consider SSRI so given leaflet for Sertraline
- Plan to review in 2 weeks

Small Group Reflection 1

How might this consultation affect the following stakeholders?

- Group 1: Consider GP and Patient
- Group 2: Consider GP and Family
- Group 3: Consider GP and the Practice
- Group 4: Consider GP and the CCG/NHS
- Group 5: Consider GP and Society

Case History: Background 1

- Single mother with long history of depression
- Referred to community paediatrician age 2 for behavioural problems
- Mother remarried when she was 6
- Half brother born when she was 8
- Bullied at school age 9
- Referred to child psychology age 11 - mild learning disability and behavioural problems

Case History: Background 2

- Stepfather lost job 3 years ago
- Stepfather depressed and drinking alcohol +++ since then
- Financial problems
- Stepfather recently suicidal
- Mother and stepfather split up, but still living together
- Half brother (now 10) having counselling at school for anxiety

Small Group Reflection 2

How does this new information change your reflection?

- Group 1: Consider GP and Family
- Group 2: Consider GP and the Practice
- Group 3: Consider GP and the CCG/NHS
- Group 4: Consider GP and Society
- Group 5: Consider GP and Patient

Update

- Now taking Sertraline and propranolol with some benefit
- Home life continues to be turbulent
- Still having counselling through YMCA
- Started thinking about future job prospects

Small Group Reflection 3

- Create a Reflective Report as you might for a “Clinical Encounter” Learning Log
- Try to mention each aspect of the stakeholders
- What are the possible outcomes for the family?
- What is the role of the GP in supporting this family?