

e-LiFT Frequently Asked Questions

Q. Each unit is a very large topic. Is the expectation to cover the whole subject matter?

A. The units encourage you to read and research on the broad subject matter. The expectation is that you will do some general reading, then diligently narrow the topic, after you have identified a small part of this topic that have most impacted on your learning or professional development as a general dental practitioner in your training practice. For each unit, briefly explain your reasoning on what your discussion will focus on. It is not a requirement to cover the whole subject area concerned. Word limit for each unit will mean that you concentrate reflective writing on limiting to the most profound learning for you

Q. How do I pick on an area to write about? And what can I write about?

A. e-LiFT is a practice-based project, that encourages you to examine the core knowledge and the key skills you have developed, that for you has proved to be a significant step in your learning. It is this significant small part of the unit's wider topic you will be writing about. The reflection is about what you do, day in day out, and enhanced by the evidence you draw into the reflective account of your learning. How are you applying your knowledge and growing the range of skills? How do practice policies, professional guidance, legislation and dental regulation inform you? Are there case examples?

Q. Is the reflective writing similar to the reflection logs I am used to writing for my portfolio records?

A. Yes, it is similar to the reflective style of writing that you will now be used to as in the portfolio logs. The e-LiFT units worked on can be viewed as core topics for you to reflect on, within which you bring in the best evidence to back up your claims and that these are assessed by an independent Education Supervisor. A structured piece of writing is fundamental.

Q. How strict do I need to be with the word count?

A. Please see the guidance document on word count. Due to the limitation on the volume of work expected, you will need to be making your points clearly and concisely, writing reflectively on just a few points. You will not be penalised as such for excessive use of words, however please do try to keep within the range.

Q. What format do you need the work to be in?

A. Please follow the guidance document which informs that you will need to provide reflective writing in Aplan and also upload the evidence within that platform.

Q. What is the web page for the guidance, templates and assessment details?

A. <https://heeo.e.hee.nhs.uk/dental/dental-foundation-training/foundation-dentists/e-lift-project>

Q. I would like to provide multiple images as evidence but could exceed the allowance on the number. Does each picture have to be counted as one evidence?

A. Pictures make much sense as evidence. Be selective, justifying use of each image if exceeding the limited number of evidence stipulated in the guidance. Use of images need to satisfy rules on confidentiality and consent.

Q. Do I write a list of references?

A. Whilst not essential to satisfy project requirements, you may choose to list your references at the end of your reflective account, which will demonstrate sources of information

Q. Do you have an example of project work

A. Yes, there is an example of how one could approach this project. The work is on prescribing medicines. Note that there is not a single right way for the work to be done. Every FD has their own learning journey on each of the core topics covered by the units. The reflective writing from each FD will be individual and personal to them.
