

- **A Guide to Log Entries for GP Trainees**

## A Simple Guide to Reflection

*Tip: Useful way of judging – since most of the reflective content is at the bottom of the form, highly*

*reflective entries usually look like Christmas trees,*



*whereas journalistic ones look more like*



*Apple trees.*

*(not 100% reliable of course)*

If you would like to access an elearning module about reflective writing, do have a look at this one on the London Deanery website

<http://www.lpmde.ac.uk/professional-development/elearning-support-and-self-review-modules>

## Confidentiality

Health Education England - East of England is clear that all doctors have to provide written reflections for their ARCP and appraisal, and so doctors in training must continue to write reflections, for both when things go well and when there are things that do not go well. This is an essential part of training and is needed to progress through a postgraduate training programme.

However, it is important that doctors in training should be mindful that their reflections are carefully written and focus on the learning gained from such events. So, keep the description of events very short and concentrate on what the event meant to you. Maybe start at the bottom of the log entry form and work upwards? And no patient identifiable information at all.