

Reflective Practice for Doctors 0.5 day

'Reflection is part of learning and thinking. We reflect in order to learn something, or we learn as a result of reflecting, and the term reflective learning emphasises our intention to learn from current or prior experience.' *Moon*

Although the appraisal process has now become embedded, many doctors do not understand how to develop effective reflective accounts to demonstrate their practice both clinical and as Supervisors educationally.

By the end of the half day workshop, delegates will be able to:

- Identify where doctors would normally reflect on their practice
- Define what reflective practice involves
- Undertake reflective conversations with others
- Construct reflections for appraisal portfolios

Outline Programme:

- Defining what reflective practice is
- Exploring barriers and benefits of reflective practice
- Models of reflection
- How reflection links in to learning and GMC requirements
- A team reflection model
- Stimulating Reflection with a junior doctor

3 guided learning hours
3 CPD Points

Zoom test

Please make sure you are set up to run Zoom and to participate (via both camera and audio). Please [follow this link](#) to test your settings in advance.

Participation is a requirement in order to receive a certificate of attendance.

