# Reflective Learning Template

*Good Medical Practice* requires you to reflect regularly on your standards of medical practice and on all aspects of your professional work. Reflective learning typically involves looking back at a case study or patient consult and critically analysing the encounter. Without reflection, we are at risk of becoming unaware of our own areas of weakness. Reflection should occur as soon as possible following the event, to be contemporaneous and meaningful, even though the impact may occur a significant time after undertaking the reflective process.

This can be used as a tool to assist in reflective learning, by examining the current pathway and appraising your knowledge and application of current local guidelines and referral pathways in your practice.

### Details of Patient encounter

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| What prompted this reflection, such as data from an audit, a complaint or compliment, a significant event, an interesting patient encounter, information about service improvements, the result of a workplace-based assessment or feedback from patients/colleagues?Age: \_\_\_\_\_\_\_\_ Sex: □ Male □ Female □ Indeterminate Gender Identity: \_\_\_\_\_\_\_\_\_\_\_\_\_\_  Presenting Complaint: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

### What was the learning need or objective that was addressed?

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| CPD activities should ideally be linked to learning objectives, either agreed upon as part of your personal development plan (PDP) or those that you have considered desirable for your own development. |

### What Domain/s of general practice did this apply to?

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| The domains of general practice represent the critical areas of knowledge, skills and attitudes necessary for competent unsupervised general practice. They are relevant to every general patient consultation. Tick the appropriate domain/s relevant to this reflective practice below. |
| **RACGP** | **ACRRM** |
| □ 1. Communication skills and the patient-doctor relationship *(communication skills, patient centredness, health promotion, whole person care)* | □ 1. Provide expert medical care in all rural contexts: patient-centred approach, diagnosis, management and team work. |
| □ 2. Applied professional knowledge and skills *(physical examination and procedural skills, medical conditions, decision making)* | □ 2. Provide primary care: whole patient care, longitudinal care, first point of care, undifferentiated presentations, care across lifespan, acute and chronic care and preventive activities. |
| □ 3. Population health and the context of general practice *(epidemiology, public health, prevention, family influence on health, resources)* | □ 3. Provide secondary medical care: inpatient management, respond to deteriorating patient, handover, safe transfer and discharge planning. |
| □ 4. Professional and ethical role *(duty of care, standards, self-appraisal, teacher role, research, self-care, networks)* | □ 4. Respond to medical emergencies: hospital & prehospital, resource organisation, initial assessment and triage, emergency medical intervention and patient evacuation.  |
| □ 5. Organisational and legal dimensions *(information technology, records, reporting,* *confidentiality, practice management)* | □ 5. Apply a population health approach: community health assessment, population level health intervention, statutory reporting and disaster planning.  |
|  | □ 6. Work with Aboriginal, Torres Strait Islander, and other culturally diverse communities to improve health and wellbeing: strengths-based, respect and understanding |
| □ 7. Practise medicine within an ethical, intellectual and professional framework: ethical practice, clinical documentation, quality and safety, professional obligations, continuous learning, leadership, teaching and research. |
| □ 8. Provide safe medical care while working in geographic and professional isolation: resourcefulness, independence, flexibility, technology, professional network and extended practice. |

### What Pathway/group of pathways did you utilise in your reflection?

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### How does the pathway content fit in with your current practice, understanding or referral process?

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### How can you incorporate any new understanding or knowledge you have gained into your day-to-day practice?

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| **Date reflective note completed:** |  |
| **Time spent reviewing pathways and completing reflection:** |  |