

This form must not contain any information that would lead to a patient being identifiable.

Please read the GMC guidance: <https://www.gmc-uk.org/education/standards-guidance-and-curricula/guidance/reflective-practice/the-reflective-practitioner---a-guide-for-medical-students>

This reflective form is to help you reflect on clinical encounters (with real or simulated patients.) A reflective note does not need to capture full details of an experience. It is helpful to record your experience and thoughts and consider how you can learn from them.

You should do *at least* 3 reflections on clinical encounters throughout the year. You can then discuss them at your Professional Mentor Meetings. If you are reflecting on clinical contact, you can also use your reflections in debrief with your tutor e.g. GP.

Our experiences may have an emotional impact on us. If a situation upsets you, or you identify an area of challenge for you either academically or emotionally, we encourage you to discuss it with someone; for example, a clinical tutor involved in the situation. If you would like to talk further, please do contact the health and wellbeing services at the university
<http://www.bristol.ac.uk/students/wellbeing/services/>

These forms are not the place to record your concerns about yourself, patients or staff. A concern about patient safety for example should be discussed in a timely fashion with the appropriate person. If you are unsure who to contact, email medadmin-1@bristol.ac.uk in the first instance.

Date:

Location of patient encounter

(e.g. Hospital / GP / small group session)

Brief information about the situation

Make sure you do not use any personally identifiable information. For example, it is enough to write; *"An older female presenting with a cough and weight loss"*

MEANING

Was there anything that particularly surprised, interested or affected you?

MEDALS

What have you learnt today? What went well?

MISSIONS

What are your learning needs and how are you going to address them?

If you conducted a consultation was there anything you'd like to improve on or do differently? How might this patient encounter influence your practice in future?