

# A Trainee's guide to Reflection



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## The GMC's statement:

- Dr. Bawa -Garba's reflections were **not** used in her criminal trial
- In her case the court ruled that **no** statements written after the event should be taken into account
- The GMC does **not** ask for reflective accounts when investigating a concern
- All written materials including reflections **may** be used in a litigation case
- A college **may** disclose information from a trainee's portfolio without the consent of the Doctor (but thus must be in the public interest)

## GMC guidance on reflection:

- ✓ Ensure anonymity of patient information
- ✓ Be as open and honest as possible with your patients when something goes wrong
- ✓ Do not write anything that the patient or their family are themselves not aware of
- ✓ Focus on the learning experience from the case

## The MDU's view

'not disclosing an incident or reflection during appraisal may lead to a greater risk of allegations of probity and referral to the GMC'

If doctors face a complaint being able to provide evidence of openness may be useful

## Our guide to reflection:

**Record**— Datix, document on R1 form , educational supervisor meeting if critical incident

**Ensure anonymity**—no patient identifiers

**Format**— can be verbal/written

**Learning**— should be the focus of the reflective event. Consider e-IFH modules/BMJ e-learning modules and index link

**Economic summary** —provide a short blurb which opens the learning process. One or two lines at most.

**Confessions** —avoid confessions and apportioning blame. Any summary should just be statement of fact. If you require pastoral support seek a meeting with your educational supervisor

**Timing**—consider changing the date of entry to be distant from event

## References:

1. GMC (29/03/18) Responding to the case of Dr Bawa-Garba available at: <https://www.gmc-uk.org/news/news-archive/responding-to-the-case-of-dr-bawa-garba>
2. MPS (30/01/2018) E portfolios remain an important part of a doctor's professional development available at: <https://www.medicalprotection.org/uk/articles/e-portfolios-remain-an-important-part-of-a-doctor-s-professional-development>