Reflection
The Junior Doctor in Difficulty

As well as facilitating and monitoring learning, the intention of this reflection exercise is to encourage a means by which you can continue to learn and grow, with an established link between reflection and deeper learning.

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 completing this module.

Objective
Describe how the activity contributed to the development of your knowledge, skills or attitudes?

Outcome
How can you incorporate any new understanding or skill you have into your day-to-day practice?

Future learning
Have you identified any new learning needs to feed forward to your PDP? How might you address these?