

---

---

# Developing A Novel Programme for Peer-Led Reflective Practice for Foundation Doctors

— Dr J Blackburn, Dr L Coppel & Dr —  
D Quigley

---

---

# Background

The GMC states reflective practice is vital for the following (1) :

- ❖ Well-being
- ❖ Personal development
- ❖ Improving patient care

Important part of ARCP requirements

Despite this junior doctors have been found to engage poorly (2) and see little benefit in reflections

# Aims

Develop a group reflective practice programme

- Led by peers
- Improve the quality of FY2 reflections
- Encourage the use of reflective practice
- Encourage accessibility and effect change in practice

# Methods

## Pre-intervention cohort survey

- Identify areas for improvement
- Guide development of sessions

## Introductory presentations

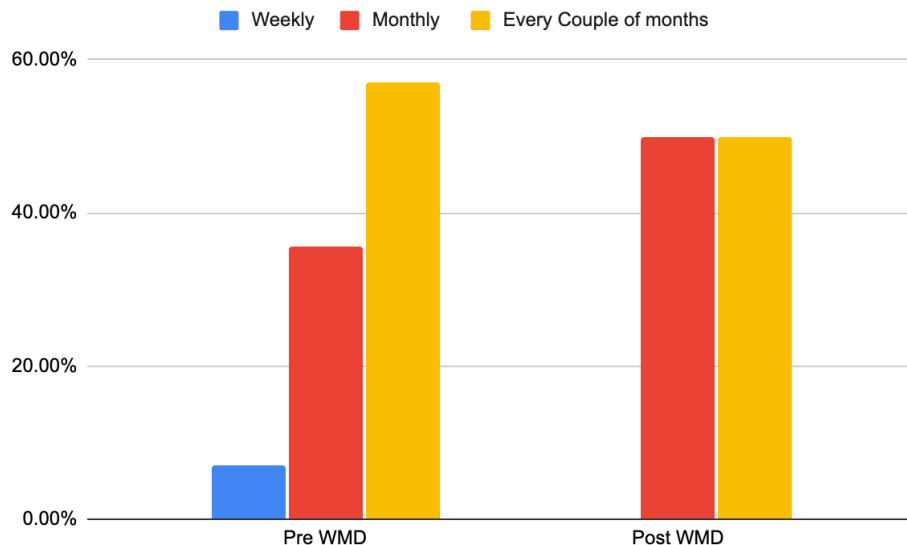
- Reflective practice theory
- Structures e.g. Gibbs
- 'House rules'

## 'Wednesday Morning Debrief' (WMD)

- Self trained to mediate groups
- Three WMD sessions
- Cohort re surveyed

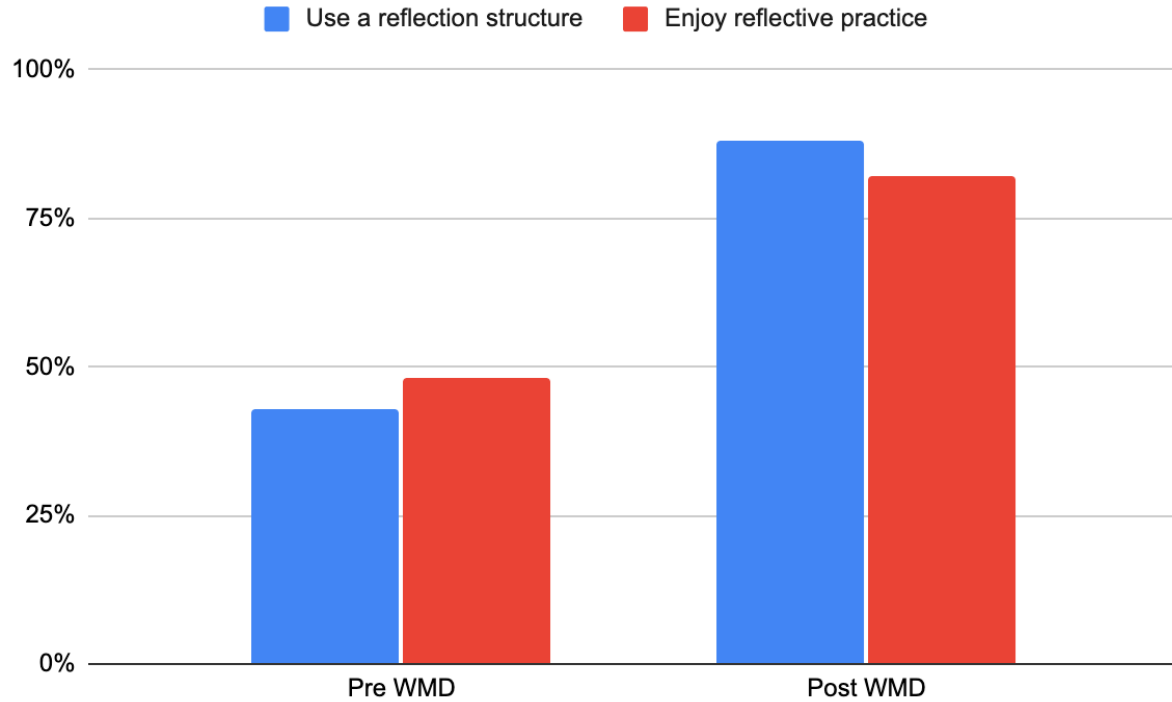
# Results

Pre- and post-session questionnaires had 14 and 10 responses respectively

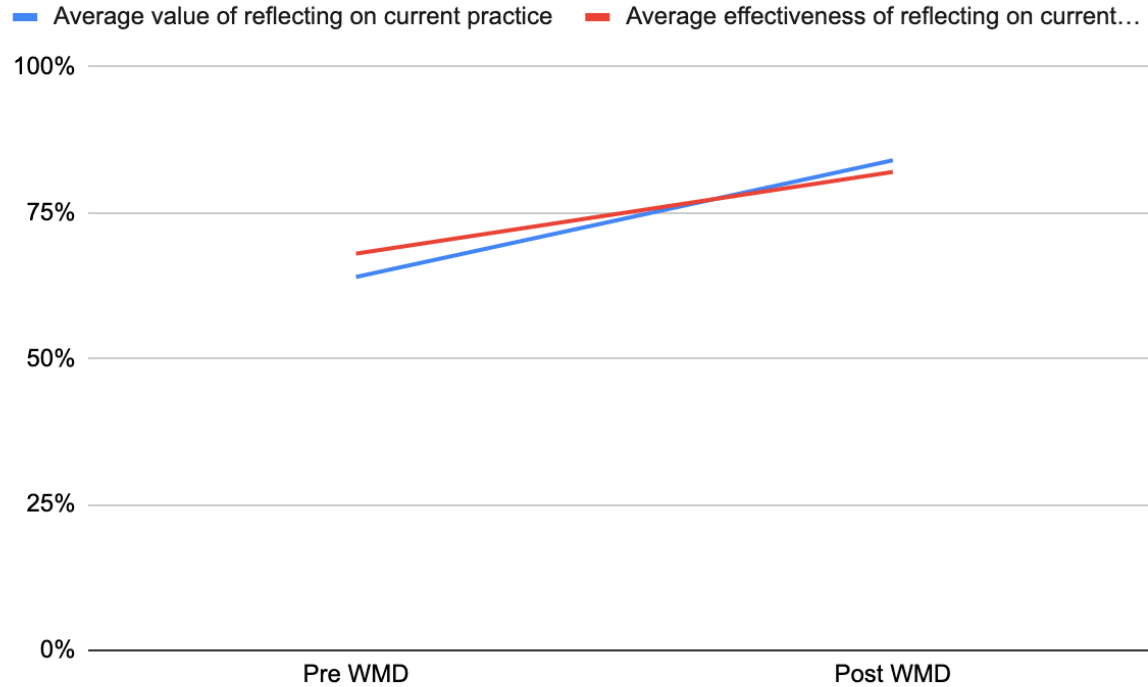


Post WMD FY2 doctors were reflecting more regularly in their online portfolios, thus adding to their portfolio and engaging with the training programme.

# Results

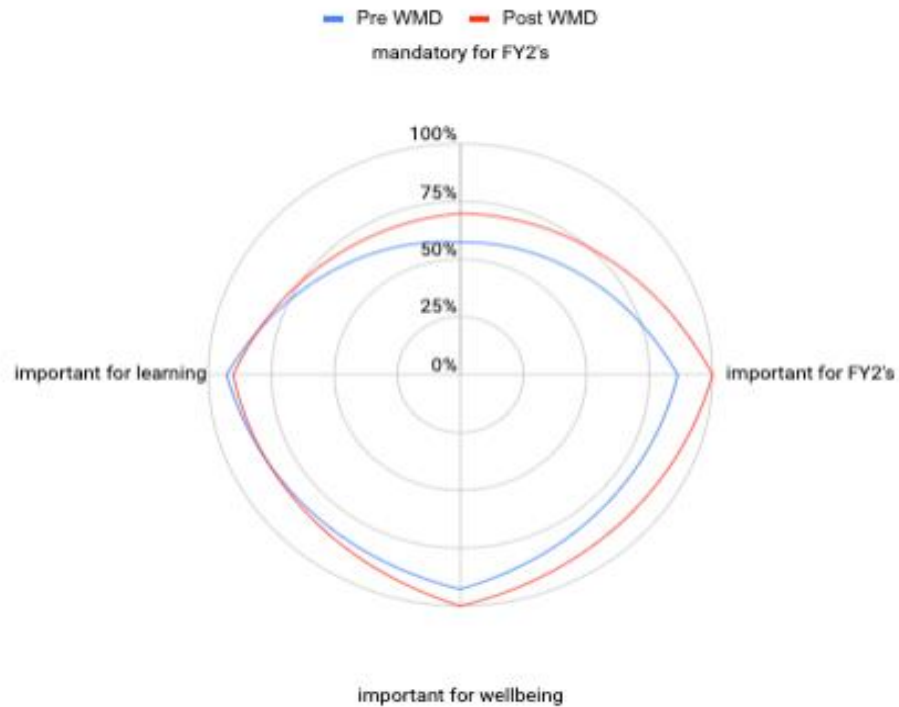


# Results



# Results

% Agree that Reflective Practice is:





# Conclusions

- ❑ The use of peer-led group reflection significantly improved percentage of structured reflections
- ❑ The value and effectiveness of reflective practice as a tool for improving clinical practice improved following peer-led sessions
- ❑ The use of a peer-led reflective practice session increased the awareness that reflection is important for clinical roles and wellbeing
- ❑ The peer-led reflective practice shows vast improvements across several clinical and non-clinical domains and is easily transferable and scalable, which could be easily replicated and would provide greater data.

# References

- (1) GMC (2021) *The reflective practitioner guidance - General Medical Council, The Reflective Practitioner*. Available at: [https://www.gmc-uk.org/-/media/documents/dc11703-pol-w-the-reflective-practitioner-guidance-20210112\\_pdf-78479611.pdf](https://www.gmc-uk.org/-/media/documents/dc11703-pol-w-the-reflective-practitioner-guidance-20210112_pdf-78479611.pdf) (Accessed: April 12, 2023).
- (2) Hodson, N. (2019) "Reflective practice and gross negligence manslaughter," *British Journal of General Practice*, 69(680), pp. 135–135. Available at: <https://doi.org/10.3399/bjgp19x701561>.

**Any Questions?**