# Reflection Template - HEALTH

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| Name of doctor:  |  | GMC No: |  |
| Date: |  |

*The boxes below expand automatically as you type.*

### State the health issue(s) that has affected your ability to provide clinical care in the last year:

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| * Are you registered with a GP?
* Have you attended your GP in the past year?
* Have you self-prescribed in the past year, or asked a colleague to prescribe?
* Have you bypassed the normal NHS referral process in the past year?
* Do you have a chronic illness?
* Are you in pain?
* Have you had a recent bereavement?
* Are you experiencing stress at work or elsewhere?
* What are your coping strategies for stress?
* Do you actively self-care and consider work-life balance?
* Do you have adequate holiday and study leave? And do you actually take this entitlement?
* What is your network of support at work and outside work? (Consider friends, colleagues, mentors, support groups)
* Are you concerned that you may have a dependency on alcohol or drugs?
* Are you involved in a complaint?
* Are you sleep-deprived?
 | **What is/are the issues?****Are they ongoing still?** |

### How have you approached this in the past?

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### What could you do in the next year to improve things?

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*Consider how your outcome will improve patient care.*