# 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.*