

Reflection based on the 'What happened, what did you do, what have you learnt, what next'? - Reflective logs (Example 1)

Learning Log – 'A good event'

What was the issue you reflected on?

Foundation Doctor Teaching

What did you do?

A lecture which involved teaching foundation doctors (mainly FY1s) about paediatric life support and emergencies. It was an amended presentation from that which I used to teach my peers/other doctors in the paediatrics department earlier in the year.

What did you learn?

I learned that my confidence in this area has grown since I taught this previously. I feel much more comfortable with the algorithms and techniques and did not require a crib sheet or notes to deliver this teaching session, unlike my first session. I was shocked at the number of doctors I taught who, like me previously, had no awareness of basic life support or resuscitation techniques or methods for children and infants. This also extended to other areas such as choking which featured in the teaching.

From a teaching point of view, I found that in being more confident and relaxed the session appeared to go down more positively with the doctors being taught. I was able to use humour in my teaching, something which I would struggle with when uncomfortable with the situation or subject matter. This was positively remarked upon to my surprise in the feedback.

What will you do differently in future?

The points which I reflected upon after the session which I would change in the future are interestingly also the points raised in the feedback from the doctors being taught. I had thought prior to the session that a practical element would be helpful, for example obtaining some paediatric resus dolls with which the doctors could practice. Unfortunately, these were difficult to come by and impossible to loan from elsewhere in the hospital! Ideally, I would like to incorporate this into future teachings if practicable.

As an aside, I took feedback from my previous log entry on teaching a similar session and made sure to obtain anonymised feedback from the doctors being taught (see below.)

What next?

What further learning needs did you identify?

I need to continue to take opportunities to teach and volunteer in order to gain confidence and skills as well as reinforce my own knowledge in the vein of 'see one, do one, teach one.'

How will you address the learning needs?

I have emailed the teaching co-ordinator for the foundation programme and offered to fill any slots that they may have available before August. I have also asked to be included on the email sent out at the beginning of the new year i.e. August so that I can teach some sessions for the incoming foundation doctors.