**REFLECTIVE PRACTICE**

Reflective practice is strongly encouraged and is a key underpinning concept of the whole Ophthalmology curriculum, hence the inclusion of this document in the [approved curriculum documentation](https://www.rcophth.ac.uk/training/ophthalmic-specialist-training/curriculum-documentation/) area of the website. Ophthalmology is a diverse branch of medicine. It is scientifically complex, constantly developing and provides opportunities for fulfilling experiences, but also requires doctors to manage uncertainty and the emotional demands of supporting patients and colleagues. Reflecting on this broad range of experiences is essential for professional development, high quality care and personal wellbeing. Below is a list of links to various recommended sources of information and guidance about reflective practice. Reflections can be recorded at any time on the stand-alone template in the ePortfolio.

*Resources on reflective practice – summary*

<https://www.rcophth.ac.uk/wp-content/uploads/2020/06/The-Reflective-Practioner-Summary.pdf>

*Resources on reflective practice – guidance*

Jointly produced AoMRC, COPMeD, GMC and Medical Schools Council guidance documents for reflective practitioners.

<https://www.rcophth.ac.uk/wp-content/uploads/2020/06/The-Reflective-Practioner-Guidance.pdf>

*Resources on reflective practice – toolkit*

Toolkit to accompany the jointly produced AoMRC, COPMeD, GMC and Medical Schools Council guidance documents for reflective practitioners.

<https://www.rcophth.ac.uk/wp-content/uploads/2020/06/AoMRC-CoPMED-Reflective-Practice-Toolkit_August2018.pdf>

*Academy guidance on ePortfolios*

AoMRC guidance to help doctors in training and their supervisors consider how to record their reflective practice.

<https://www.rcophth.ac.uk/wp-content/uploads/2020/05/AoMRC-Guidance-On-e-Portfolios_2016.pdf>

*Improving feedback - guide for trainers and trainees*

AoMRC guide on practical information about how trainee self-reflection, feedback from the trainer and trainer self-reflection may improve the performance and value of formative WpBAs.

<https://www.rcophth.ac.uk/wp-content/uploads/2020/05/AoMRC-Improving-Feedback-Guidance-For-Trainers-Trainees.pdf>

*RCOphth guidance on reflective practice, escalating patient safety concerns and unsafe working conditions*

OTG-led guidance including relevant sources of information, further support and advice for all members on reflective practice and about how, when and to whom they should escalate concerns about patient safety and unsafe working conditions.

<https://www.rcophth.ac.uk/wp-content/uploads/2020/05/RCOphth-Guidance-On-Reflective-Practice-Escalating-Patient-Safety-Concerns-Unsafe-Working-Conditions.pdf>