**Appendix C: Reflective Learning Template**

**REFLECTIVE LEARNING FOR MEDICINE**

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| 1 Identify an event in the recent past that made you feel uncomfortable*/made you aware of something you did not know/understand*. |  |
| 2 Describe the circumstances. |  |
| 3 What happened? |  |
| 4 What did you do? |  |
| 5 What did others do? |  |
| 6 If you could replay that event, what would you have done differently? |  |
| 7 Why? |  |
| 8 What would be different if you were able to replay this event? |  |
| 9 How would you feel? |  |
| 10 How would others feel? |  |
| 11 Focussing on what you would have done differently, what do you need to make sure that you are able to be different in the future? | Reminder: have you identified with question 11 something that can be done differently? This is the learning need. |

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| Trainer Comments: |

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| Trainer name |  |
| Trainer Signature |  |
| Date |  |

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| Trainee name |  |
| Trainee Signature |  |
| Date |  |