1. **□󠆙 Communication/Consultation skills**

*Communication with patients, and the use of recognised consultation techniques*

1. **□󠆙 Practising holistically**

*Operating in physical, psychological, socioeconomic and cultural dimensions, taking into account feelings as well as thoughts*

1. **□󠆙 Data gathering & interpretation**

*For clinical judgement, choice of physical examination and investigations and their interpretation*

1. **□󠆙 Making a diagnosis and making decisions**

*A conscious, structured approach to decision making*

1. **□󠆙 Clinical management**

*Recognition and management of common medical conditions in primary care*

1. **□󠆙 Managing medical complexity & promoting health**

*Aspects of care beyond managing straightforward problems, including management of co-morbidity, uncertainty, risk and focusing on health rather than just illness*

1. **□󠆙 Organisation, information management & leadership**

*An understanding of the use of computer systems to augment the GP consultation and primary care at individual and systems levels, the management of change, and the development of organisational and clinical leadership skills*

1. **□󠆙 Working with colleagues & in teams**

*Working effectively with other professionals to ensure good patent care, including sharing information with colleagues*

1. **□󠆙 Community orientation**

*Management of the health and social care of the practice population and local community*

1. **□󠆙 Maintaining performance, learning & teaching**

*Maintaining performance and effective CPD for oneself and others*

1. **□󠆙 Maintaining an ethical approach to practice**

*Practising ethically, with integrity and a respect for diversity*

1. **□󠆙 Fitness to practise**

*The doctor's awareness of when his/her own performance, conduct or health, or that of others, might put patients at risk, and taking action to protect patients*

1. **□󠆙 Clinical examination & procedural skills**

*Competent physical examination of the patient with accurate interpretation of physical signs and the safe practice of procedural skills*

# **When writing your log entries…**

1. Write your entry freely, quickly and concisely in the ePortfolio.
2. Then spend 3 seconds on each of these 13 competencies and tick those which you felt had strong relevance to your situation (and thus you would like to write about).
3. Go through each ticked competency and see if you can tweak/re-write/re-arrange anything sentence or paragraph you have already written to align it better to demonstrate that competency.
4. If you’ve not written anything about a ticked competency – then pause for a moment to think what you would like to write about and then write it to demonstrate that competency.
5. Make it even easier for yourself - use the ticked competencies as subheadings for your write up or alternatively put the competency in brackets after the sentence/paragraph where you have written about them.