

GP reflective learning log (Example 2)

Reflection on an attachment

Title: ED and a new baby

What were the circumstances of the conversation? (who, when, where):

Personal thoughts after conversations with colleagues and friends over the course of the last six months.

Why were you having this conversation?

The impact of a 6/12 ED rotation working every other weekend and 7 night shifts every four weeks with a young and expanding family.

What did you learn?

The last six months have been hard. It has been physically tiring, the impact of a relentless rota exacerbated by a toddler who doesn't sleep and a newborn. It has been mentally draining, the impact of the relentless nature of the work as a junior doctor in ED. It has been emotionally challenging, both at work, seeing sick patients and have patients die on a regular basis, some in similar circumstances to my Dad. My wife has had to do far more than is ideal, with far less support which has been tiring and emotionally challenging for her, particularly as we are still relatively new to the area and our families live a long way away. The personal challenges of working in ED are far greater once you have children.

The allocation of GP rotations is a bug-bear of mine. Now my youngest is a little older, and hopefully I have some time to breathe, I'm planning on suggesting a QI project to the TPDs to see if we can't come up with a better system.

Once at work, despite the nature of the job, the rota and how busy the dept is, I have quite enjoyed it. I like the high turnover of patients, the focused history and decision making and the team at the Trust are a pleasure to work with.

Was it educationally valuable? For me, having done more than a year of ED with nine months of that in a position of greater responsibility, not so much. I have refreshed and revised some of the knowledge and skills I have picked up previously and reminded myself of some gaps in my knowledge.