

## Reflection based of Rolfe et al (Example 4)

### **What? – (a description of the event) Psychiatry reflection 2**

What happened? What did I do? What did others do? What did I feel? What was I trying to achieve? What were the results? What was good or bad about the experience?

I attended a local psychiatry conference for my deanery. I submitted three posters for the conference, one on an audit, one on trainee forums, and one on a proposed research project. I won second prize for my research project idea poster, which I was really pleased with.

### **So, what? – (An analysis of the event)**

So, what is the importance of this? So, what more do I need to know about this? So, what have I learned about this? So, what does this imply for me?

I found the meeting really educational and informative: I learnt about new techniques for trying to care for patients with late-stage Alzheimer's disease. There was a very relevant talk for my research about the use of large data sets. There was an update on current mental health legislation, and a talk about changes to the trainee curriculum.

### **Now what? (Proposes a way forwards following the event)**

Now what could I do? Now what should I do? Now what would be the best thing to do? Now what will I do differently next time?

It was a real confidence booster to win a poster prize and I feel ready to submit some of my posters to a larger conference now.