

Guidelines for the Portfolio Reflective Essay

Your essay requires you to reflect on your professional development in relation to your progress through the orthopaedic medicine course, linked to the Level 7/master's level learning outcomes as listed on page 2. Through your reflective essay you are aiming to demonstrate your achievement of each of the learning outcomes. You will need to provide evidence of their achievement, which should be attached and referred to as separate appendices.

Copies of evidence, such as certificates, letters etc are acceptable and we recommend that you do not enclose any important original information as your essay will not be returned to you.

Patient confidentiality is an important issue. Before you start writing your essay please consult the section on 'Confidentiality' on page 5 below that provides more information on the essential requirements for your essay and the implications for breaching patient confidentiality.

When you are ready to write your essay, have a look at the marking criteria on page 4. You will see that most of them begin with the wording 'Provides and reflects on documentary evidence of...'. It might help you to use the individual marking criteria, or the learning outcomes themselves, as headings to help you to focus on what's required.

Ask yourself:

- What evidence have I got for achieving that learning outcome/marketing criterion?
- How can I convince the reader that I have satisfied that learning outcome/criterion by reflecting on and cross referring to that evidence?

Make an explicit link between the learning outcome you are trying to support and the evidence you are providing for that. You may use the same evidence to support more than one learning outcome/criterion (see below).

Within your introduction to the essay you should include a short mention of what is meant by 'reflection', supported by one or two relevant references. For the first criterion you might like to reflect on your feelings and anxieties in relation to your own development and progression and identify how these might have influenced your learning. The essay should be written in the first person to keep it centred on 'you'.

As the essay develops, draw from your evidence to cite and reflect on examples to support your claims so, for example, it wouldn't be explicit enough to say in support of learning outcome 1, 'I can perform an assessment (see Appendix 2)'. Compare that with this actual example: 'The elderly gentleman assessed in Appendix 2 had a gradual, insidious and worsening 3 year history of hip pain. He complained of morning stiffness, pain on walking and difficulty with functional activities. He was avoiding weight bearing and extension of the affected hip, giving me a diagnostic tip that the problem was in the hip joint. After clearing the spine, assessment of passive movements enabled me to quickly ascertain a hip capsular pattern of most limitation in internal rotation, abduction and then flexion; with hard end feels and reproduction of his pain.' In this case, information provided in the same case

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