

## Health structured reflective template

Name of doctor:

GMC No:

Date:

The following are health issues which commonly apply to doctors:

- Are you registered with a GP?
- Have you attended your GP in the past year?
- Have you self-prescribed in the past year, or asked a colleague to prescribe?
- Have you bypassed the normal NHS referral process in the past year?
- Do you have a chronic illness?
- Are you in pain?
- Have you had a recent bereavement?
- Are you experiencing stress at work or elsewhere?
- What are your coping strategies for stress?
  - Do you actively self-care and consider work-life balance?
  - Do you have adequate holiday and study leave (and do you actually take this entitlement?)
  - What is your network of support at work and outside work? (Consider friends, colleagues, mentors, support groups)
- Are you concerned that you may have a dependency on alcohol or drugs?
- Are you involved in a complaint?
- Are you sleep-deprived?

Select an issue, from this list or otherwise, in terms of your health affecting your ability to provide clinical care in the last year.

What is/are the issues?

How have I approached this in the past?

What could I do in the next year to improve things?

Final outcome after discussion at appraisal:

*Complete at appraisal considering how your approach will improve patient care. Where possible, each item should be written in "SMART" terms, i.e. Specific/Measurable/Achievable/Realistic/Timely*