

## Sample Portfolio/ Reflective Diary

Candidates applying for the Certificate in Menopause Management must submit a portfolio within 6 months of attending the Menopause Practical Course.

This portfolio will be a reflective diary.

### **Background**

Learning to reflect on and learn from difficult clinical situations that you have been directly involved in is important. Reflective practice can only occur after you have been involved in a difficult situation which will usually be clinical, but could also include difficult situations occurring with colleagues. The purpose of reflection is to allow you to identify potential learning opportunities and develop your clinical practice by learning from them. For this to be a meaningful process you will need to examine previously and often firmly held beliefs about your practice and also learn to accept that you may have been wrong. You can also reflect on consultations that went well and on complex or challenging cases

### **Reflective Diary**

Please reflect on a minimum of 10 patient consultations and 3 relevant articles.

Areas for reflection:

- Clinical Skills
- Judgement
- Communication
- Decision Making
- Team Working

### Sample Reflective Diary

<b>Date</b>	
<b>Consultation</b>	<p>Example 52 years – seen in practice Started cyclical combined oral regime 3 months ago</p> <p>Feeling better as sleep improved and not so tired, but flushes and sweats still troubling – particularly during combined part of the cycle when complains that moody and irritable as well. Bleeding to schedule and not heavy</p> <p>Estradiol increased and progestogen class changed. Continue to use cyclically to regulate bleeding and enable both components to be assessed.</p>
<b>What do you/ did you need to reflect on?</b>	
<b>What is the most important thing you have learned from this experience?</b>	
<b>What would you do differently next time?</b>	
<b>Has this experience highlighted any deficiencies in your training and how are you addressing these?</b>	

## Articles

<b>Article title and where published</b>	
<b>Summary/ Description</b>	
<b>What did you need to reflect on?</b>	
<b>How will this change your future practice?</b>	

SAMPLE