

Covid-19 PGME Training Recovery - Reflective practice in paediatrics

The London School of Paediatrics is running a series of workshops to develop trainees' reflective practice skills.

Background

During the COVID-19 pandemic, many paediatric trainees who were in the early stages of their training programme were exposed to challenging situations for which they were unprepared for. These experiences led to significant interruptions to their training, affected the areas of work they were deployed to, and impacted on their work-life balance.

Reflective practice workshops

The School will deliver a series of facilitated workshops designed to develop reflective practice and cognitive techniques for paediatric trainees in the region. In particular, trainees will acquire skills to be able to lead and facilitate reflective evaluation and assess safety mechanisms across a range of healthcare settings through the application of a reflective approach.

The School propose to run these workshops during December 2021 and January 2022, with up to 30 London paediatric trainees expected to be accommodated in each one. Once developed, the intervention has the potential to be replicated in other regions.

Supporting training recovery

The intervention will support trainees to overcome and move on from adverse experiences they were exposed to during the pandemic, building their confidence and resilience to help them progress through their training programme. Building reflective practice into training also aims to help trainees to be better prepared to manage challenging experiences in the future.

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