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# Self Development Time

## Trainee Case Study 1

I was allocated self-development time during my GP placement between August and December 2020. I was given around three hours each week on an allocated afternoon where clinics would not be booked for me. This was an incredibly valuable experience for me and enabled me to engage in several aspects of my portfolio. I commenced a quality improvement project. The project was based on annual leave in the trust and the wellbeing of junior doctors. I was able to initiate the project, gather data and create a poster which I subsequently presented. I was only able to do this a result of this time.

In addition, I would use the allocated time to do online learning modules in prescribing as well as updating my eportfolio. I found that having time to do keep my portfolio updated, meant that my portfolio was a more accurate reflection of the time I spent at GP. I was able to reflect on learning events the same week that they happened, which allowed me to have insight into what I had gained from each particular case. I was able to read around interesting cases that I had discussed with my supervisor.

I would like to add that during my other placements I have not been allocated self-development time. The result is that I have to spend annual leave, Saturdays or Sundays when I am off working on my QIP and on my portfolio. This can be quite detrimental to time off and recovery from stressful shifts and can add to mental workload.