

## Health structured reflective template\*

Requirement: complete annually

Name of doctor:	GMC No:
<p>The following are health issues which commonly apply to doctors:</p> <ul style="list-style-type: none"><li>• Are you registered with a GP?</li><li>• Have you attended your GP in the past year?</li><li>• Have you self-prescribed in the past year, or asked a colleague to prescribe?</li><li>• Have you bypassed the normal NHS referral process in the past year?</li><li>• Do you have a chronic illness?</li><li>• Are you in pain?</li><li>• Have you had a recent bereavement?</li><li>• Are you experiencing stress at work or elsewhere?</li><li>• What are your coping strategies for stress?<ul style="list-style-type: none"><li>○ Do you actively self-care and consider work-life balance?</li><li>○ Do you have adequate holiday and study leave (and do you actually take this entitlement?)</li><li>○ What is your network of support at work and outside work? (Consider friends, colleagues, mentors, support groups)</li></ul></li><li>• Are you concerned that you may have a dependency on alcohol or drugs?</li><li>• Are you involved in a complaint?</li><li>• Are you sleep-deprived?</li></ul> <p>Select an issue, from this list or otherwise, in terms of your health affecting your ability to provide clinical care in the last year.</p>	
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)	

\*Adapted from Whittet, Sally. *Health and probity in appraisal: what do you ask?* Available at: <http://www.appraisalsupport.nhs.uk/files2/Health%20and%20Probity%20-%20Sally%20Whittet%20final%20pdf.pdf> (accessed Feb 21, 2007)