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# INPATIENT DIABETES MANAGEMENT

## Self-reflection framework guidance notes

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### Reflect upon your skills and knowledge

This document sets out the skills and knowledge we believe junior doctors require to provide the best quality of care for inpatients with diabetes. It allows you to self-assess your level of achievement.

### How to use this self-reflection framework

Understanding your skills and knowledge and being able to express these helps you to connect with your academic and workplace learning. Your skills and knowledge are developed within educational settings, in the work place and during training sessions (including on-line training).

Taking time to analyse the skills and knowledge you have developed through your experience will help you understand what you have learned, identify gaps and plan your next learning steps.

## **Suggested method of using the attached document (Inpatient Diabetes Management Self-reflection framework).**

*NOTE: there is no mandated requirement to use this framework. It is provided solely for your benefit and whether you use it is entirely your choice.*

### **Read through the document Inpatient Diabetes Management Self-reflection framework.**

1. Consider your experiences within the settings you either work and/or learn about this area of medicine. Think about which skills and attributes you are developing or have developed through these experiences.
2. Reflect on the development of specific skills/knowledge. You may choose to complete a skills and knowledge reflection worksheet (see below for document template and completed example document). You may also wish to ask someone who knows you and the subject area to review your assessment. This may help to give you a clearer picture of your current development.
3. Finally once you have analysed your skills and knowledge have a go at clearly expressing them. Being able to express these will help you express yourself to others in the workplace setting.

The opportunity to rate yourself against a skills and knowledge framework can be very helpful. Self-assessment used alone however does not always provide an accurate assessment as some of us tend to be overly generous or overly critical when rating ourselves. This is why asking someone to review your self-assessment as suggested in 3. above can help.

## Skills and knowledge reflection worksheet

Refer to the skills and knowledge descriptions found in the Inpatient Diabetes management self-reflection framework and use this worksheet to assess yourself. You may re-visit the worksheet and update level of development.

<b>Skill/knowledge:</b>					
<b>Level</b>	<b>Exemplary</b>	<b>Accomplished</b>	<b>Developing</b>	<b>Beginning</b>	<b>No experience related to this</b>
Your rating:					
Date:					
<b>Answer the following questions related to your skills and knowledge development:</b>					
Where and how have your experiences demonstrated this skill/knowledge?					
Why have you chosen your rating?					
What are your skills/knowledge gaps?					
How will you address these gaps in future?					

## Skills and knowledge reflection worksheet (completed example)

Refer to the skills and knowledge descriptions found in the Insulin Safety and Inpatient Diabetes management self-reflection framework and use this worksheet to assess yourself. You may re-visit the worksheet and update level of development.

<b>Skill/knowledge:</b>	Demonstrate a knowledge of different insulin types (action profiles, times given, strengths, etc)				
<b>Level</b>	<b>Exemplary</b>	<b>Accomplished</b>	<b>Developing</b>	<b>Beginning</b>	<b>No experience related to this</b>
Your rating:			✘		
Date:			13/06/19		
<b>Answer the following questions related to your skills and knowledge development:</b>					
<b>Where and how have your experiences demonstrated this skill/knowledge?</b>					
Clerking patients in the orthopaedic pre-assessment clinic which requires insulin prescriptions to be written and pre-signed prior to admission. Also patients require a documented plan for diabetes management over the peri-operative period. An understanding of insulins is required to undertake the above. Insulin Safety e-learning and review of the local guidance covering management of adult patients undergoing elective surgery has helped.					
<b>Why have you chosen your rating?</b>					
There are still insulins which I feel unfamiliar with and often have to look up in the BNF. I don't always know if they are long or short acting and what time they should be given.					
<b>What are your skills/knowledge gaps?</b>					
I would like to further develop my knowledge of insulins and widen the range of insulins with which I am familiar and feel confident about their profile of action					
<b>How will you address these gaps in future?</b>					
Re-visit the Insulin Safety e-learning module, investigate a list of more commonly prescribed insulins, review the relevant pages of the ITS junior doctors handbook.					
Ask for advice from seniors or the specialist diabetes team when unsure.					

Adapted with permission from: [www.uvic.ca](http://www.uvic.ca) Co-op and Career – Understanding and using Competencies.







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<b>Skill/knowledge:</b>					
<b>Level</b>	<b>Exemplary</b>	<b>Accomplished</b>	<b>Developing</b>	<b>Beginning</b>	<b>No experience related to this</b>
Your rating:					
Date:					
<b>Answer the following questions related to your skills and knowledge development:</b>					
<b>Where and how have your experiences demonstrated this skill/knowledge?</b>					
<b>Why have you chosen your rating?</b>					
<b>What are your skills/knowledge gaps?</b>					
<b>How will you address these gaps in future?</b>					



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Refer to the skills and knowledge descriptions found in the Inpatient Diabetes management self-reflection framework and use this worksheet to assess yourself. You may re-visit the worksheet and update level of development.

Skill/knowledge:					
Level	Exemplary	Accomplished	Developing	Beginning	No experience related to this
Your rating:					
Date:					
<b>Answer the following questions related to your skills and knowledge development:</b>					
Where and how have your experiences demonstrated this skill/knowledge?					
Why have you chosen your rating?					
What are your skills/knowledge gaps?					
How will you address these gaps in future?					







**INPATIENT DIABETES  
TRAINING &  
SUPPORT**

JUNIOR MEDICAL STAFF  
Inpatient Diabetes Management  
Self-reflection framework guidance notes  
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