



ACTIVITY DETAILS

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FORM

## COVID-19 Trainee Reflective Report

The COVID-19 pandemic has produced unprecedented challenges to both society and to your medical training.

The following form has been produced to enable you to briefly reflect on the impact of the pandemic on your training, if you find this helpful.

This can help guide your conversation with your psychiatric supervisor regarding any additional training opportunities you have had as a result, as well as areas where you may have struggled to obtain necessary training experience.

The reflective section is outlined below. A potential reflective structure to follow could be Gibb's Reflective Cycle, which uses the following key areas for reflection:

- Description of the experience
- Feelings and thoughts about the experience
- Evaluation of the experience, both good and bad
- Analysis to make sense of the situation
- Conclusion about what you learned and what you could have done differently
- Action plan for how you would deal with similar situations in the future, or general changes you might find appropriate

### Professional Relationships & Standards

ILOs: 1, 3, 4, 5, 6, 7, 8, 9, 11, 12, 13, 14, 15, 16, 17, 18, 19

**How has working within the COVID-19 pandemic enhanced your competencies in this key area?**

Professional relationships:

I have continued to demonstrate a holistic person-centred approach to patients being mindful of the restrictions in place. I have continued to work collaboratively with my patients, families/cares etc and colleagues during this difficult time.

I have adapted to the changing work situation regarding the Trust-wide Covid-19 contingency management plan.

Professional standards:

I have tried to ensure that my wellbeing is maintained by trying to rest, eat healthily, and exercise and also seeking support from colleagues, my supervisor and family/friends. I am non-UK graduate and have experienced major community medical issues in an underdeveloped health system and I think that this experience has made me more resilient.

**What competencies do you feel you have struggled to develop as a direct result of the COVID-19 pandemic?**

When on-call, adjustments have been made to the rota; there is reduced face to face contact with the senior staff although they do remain available by phone at all times.

**Areas you wish to highlight for development in the Psychiatric Supervisors Report**

Covid-19 has highlighted the need for medical leadership. I need to continue to enhance my skills in this area as well as continue to be flexible, use initiative, be able to prioritise and adaptable.

### Communication

ILOs: 1, 2, 3, 4, 5, 6, 7, 13, 16, 19

**How has working within the COVID-19 pandemic enhanced your competencies in this key area?**

To maintain clinical care, I am making reasonable adjustments to adapt my communication style given the pandemic e.g. using or watching others use 'Near me' with patients as well as using teleconferencing and 'Teams' with colleagues.

I've also become aware in this placement of the range of communication systems that can be used in those with communication difficulties.

**What competencies do you feel you have struggled to develop as a direct result of the COVID-19 pandemic?**

Social distancing and a reduction in face -to-face contact with patients and colleagues has impacted on the ability to establish and maintain therapeutic alliances. Face masks can compound this.



**Areas you wish to highlight for development in the Psychiatric Supervisors Report**

Continue to work on adapting and improving communication skills, reflecting on the experience gained during the pandemic.

I am assuming in the future we will continue to use these technologies and so I will need to increase in confidence in hosting or chairing such meetings.

## Clinical Knowledge & Skills

ILOs: 1, 2, 3, 5, 7, 13, 16, 19

**How has working within the COVID-19 pandemic enhanced your competencies in this key area?**

Whilst restrictions are in place affecting my ability to assess patients in the same way as the pre-pandemic period, I continue to try to safely assess, diagnose and manage patients both in routine care and on on-call shifts as before but I have adapted my interviewing skills as above. I also increasingly value the importance of collateral information.

I am also now treating more physical health problems for patients.

**What competencies do you feel you have struggled to develop as a direct result of the COVID-19 pandemic?**

I am still trying to prepare for the MRCPsych exam but the current situation has affected my motivation to study.

My ability to gain psychotherapy competencies is significantly impaired at present

I need to do more clinical assessments on an ongoing basis in order to improve my skills with support from my clinical supervisors (both routine and on-call).

**Areas you wish to highlight for development in the Psychiatric Supervisors Report**

To undertake more clinical assessments to enhance skills and knowledge.

Due to the unpredictable changes in the working situation and the need for more expertise being required to meet standards, I need to learn from Senior colleagues as to how assessments can be done in a more efficient manner.

Consider how I might bolster motivation to prepare for exam e.g. making contact virtually with others in a similar position, speaking with other trainees to consider how preparations can continue with the current restrictions.

## Managing Complexity & Uncertainty

ILOs: 1, 2, 3, 4, 11, 16, 19

**How has working within the COVID-19 pandemic enhanced your competencies in this key area?**

Some patients are struggling with the current situation. I have been working with senior colleagues in the MDT to manage complex clinical situations and the increased uncertainty in a safe way.

**What competencies do you feel you have struggled to develop as a direct result of the COVID-19 pandemic?**

I have had less opportunity as a result of the pandemic of clinical assessments, doing formulation; improving communication and treatment planning plus taking a leadership role.

**Areas you wish to highlight for development in the Psychiatric Supervisors Report**

To engage more with the multidisciplinary teams and learn to manage increased levels of uncertainty in complex situations safely.

## Knowledge of legal and organisational frameworks

ILOs: 3, 4, 7, 14, 16, 19

**How has working within the COVID-19 pandemic enhanced your competencies in this key area?**

The pandemic has improved my knowledge of organisational frameworks. I have attended Psychiatry Division meetings via Teams regularly and now know about the emergency procedures in place which under normal circumstances would not have been as well highlighted.

**What competencies do you feel you have struggled to develop as a direct result of the COVID-19 pandemic?**

**Areas you wish to highlight for development in the Psychiatric Supervisors Report**

To get an update on the emergency changes that have been made to the Mental Health and Incapacity Acts.



ILOs: 3, 7, 18, 19

**How has working within the COVID-19 pandemic enhanced your competencies in this key area?**

The Covid-19 crisis has certainly helped me to improve my knowledge of infection control measures, health and safety requirements and the treatment and prevention of illness.

I have been involved in trying to help patients (in hospital and community) to stay well both mentally and physically by reinforcing social distancing, hand-washing, staying at home etc. I have also been encouraging, with colleagues, the use of coping strategies to continue to provide safe care.

In certain cases in my current post, communication can be difficult and where I have unable to reassure patients I have sought help from senior colleagues.

**What competencies do you feel you have struggled to develop as a direct result of the COVID-19 pandemic?**

**Areas you wish to highlight for development in the Psychiatric Supervisors Report**

To reflect upon effective communication, mindful of limitations and know when to approach senior colleagues.

## Teamworking

ILOs: 1, 3, 4, 7, 14, 15, 16, 18, 19

**How has working within the COVID-19 pandemic enhanced your competencies in this key area?**

See previously under communication. Team working has been enhanced.

Individually I have tried to have more frequent engagement with ward staff to support the delivery of safe clinical care given the stresses that the staff team are also under. There is a greater degree of cooperation across the service to ensure management consistency and patient care.

**What competencies do you feel you have struggled to develop as a direct result of the COVID-19 pandemic?**

Teleconferencing and technology issues can impair non face-to-face team working.

**Areas you wish to highlight for development in the Psychiatric Supervisors Report**

To work on opportunities developing better communication with multi-agency framework.

Establishing better relationships with the other teams once the crisis period is over and normal activity is resumed.

## Leadership

ILOs: 1, 3, 4, 7, 14, 15, 16, 18, 19

**How has working within the COVID-19 pandemic enhanced your competencies in this key area?**

I have not taken a major leadership role but I have observed senior medical colleagues extend their leadership roles appropriately.

**What competencies do you feel you have struggled to develop as a direct result of the COVID-19 pandemic?**

I've not been able to develop leadership competencies as hoped e.g. chairing CPA meetings or MDT meetings as the former have been cancelled and the latter are now virtual.

**Areas you wish to highlight for development in the Psychiatric Supervisors Report**

Develop leadership skills as part of ongoing training and improve competencies in using new technologies to help with this.

## Patient Safety

ILOs: 4, 9

**How has working within the COVID-19 pandemic enhanced your competencies in this key area?**

It has enhanced my focus on ensuring patient safety, both physically and mentally, is paramount.

Be watchful of my own health and wellbeing to ensure patient safety.

**What competencies do you feel you have struggled to develop as a direct result of the COVID-19 pandemic?**

**Areas you wish to highlight for development in the Psychiatric Supervisors Report**



## Quality Improvement

ILOs: 10

**How has working within the COVID-19 pandemic enhanced your competencies in this key area?**

No direct work undertaken

**What competencies do you feel you have struggled to develop as a direct result of the COVID-19 pandemic?**

**Areas you wish to highlight for development in the Psychiatric Supervisors Report**

Undertake a brief QI project with colleagues relating to an aspect of care highlighted by the pandemic e.g. a survey of other professionals on their satisfaction of others using 'Teams'.

## Safeguarding vulnerable groups

ILOs: 1, 3, 4, 7, 19

**How has working within the COVID-19 pandemic enhanced your competencies in this key area?**

I have gained more awareness about the increased need for the safeguarding of vulnerable groups in the pandemic. The level of knowledge was enhanced by attended various management and clinical team meetings and webinars e.g. RCPsych, a meeting from Dublin (Trinity Centre for ageing and ID) and a couple of Grand Rounds.

**What competencies do you feel you have struggled to develop as a direct result of the COVID-19 pandemic?**

**Areas you wish to highlight for development in the Psychiatric Supervisors Report**

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## Education & Training

ILOs: 9, 17, 19

**How has working within the COVID-19 pandemic enhanced your competencies in this key area?**

I now have gained significant knowledge about Covid-19 and the management of those with mental health problems in the pandemic via supervision and also via the use of technology to attend online lectures and webinars.

**What competencies do you feel you have struggled to develop as a direct result of the COVID-19 pandemic?**

Most face-to-face training and education programmes are cancelled.

**Areas you wish to highlight for development in the Psychiatric Supervisors Report**

I would hope to resume training and education on non-Covid-19 matters when the crisis period is over.

## Conducting research & critical appraisal

ILOs: 8, 9, 10

**How has working within the COVID-19 pandemic enhanced your competencies in this key area?**

**What competencies do you feel you have struggled to develop as a direct result of the COVID-19 pandemic?**

I've not attended any Journal Clubs or Critical Appraisal meetings



**Areas you wish to highlight for development in the Psychiatric Supervisors Report** I hope to participate once things are settled.

**Do you wish to enter any additional comments?** No

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