



NUI Galway  
OÉ Gaillimh

# ATTITUDES TO REFLECTION EDUCATION IN SENIOR MEDICAL STUDENTS

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**MASTERS IN HEALTH SCIENCES (CLINICAL EDUCATION)**

**2015-16**

**THESIS**



# FOCUS GROUP DISCUSSION



# CHARACTERISTICS OF FOCUS GROUP DISCUSSION PARTICIPANTS

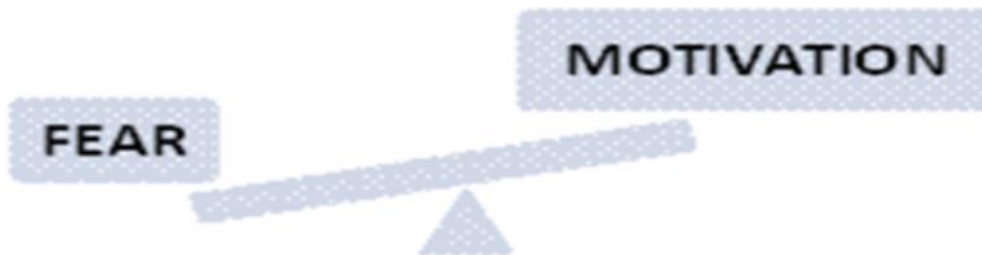
<b>AGE</b>	<b>MEAN 24 YEARS (SD=3.4)</b>
<b>GENDER</b>	
<b>MALE</b>	<b>6</b>
<b>FEMALE</b>	<b>7</b>
<b>GRADUATE STATUS</b>	
<b>UNDERGRADUATE</b>	<b>8</b>
<b>POSTGRADUATE</b>	<b>5</b>
<b>ENGLISH</b>	
<b>1<sup>ST</sup> LANGUAGE</b>	<b>9</b>
<b>2<sup>ND</sup> LANGUAGE</b>	<b>4</b>





**AS FEAR REDUCES, MOTIVATION INCREASES**

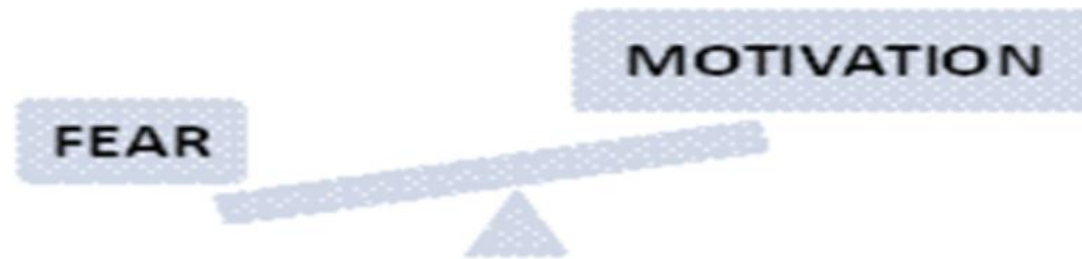




***“Prior to that it was like “This is a waste of my time”...But then from the GP rotation...“It actually makes sense...so this is what you mean by proper reflection.””(FG3; F3)***



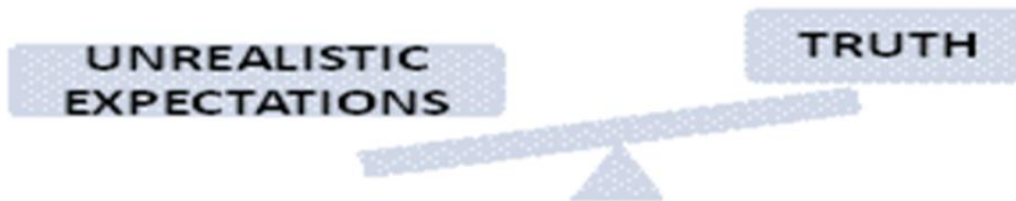




*“Yeah, it was initially like extremely uncomfortable.....I think people really needed to do that....and there was a lot of value to be gained from it”(FG3; F1)*



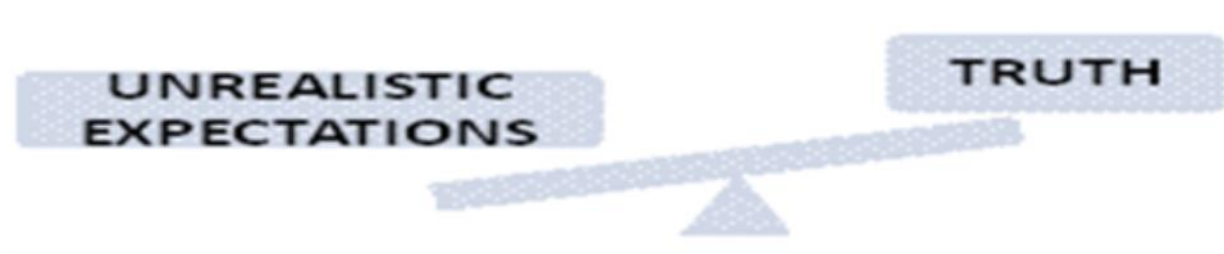
**AS UNREALISTIC EXPECTATIONS ARE GROUNDED, MORE TRUTH EMERGES**





***“When you’re choosing what to reflect on, you’re almost afraid to write something that makes you look too bad” (FG4; F1)***





***“When you see these examples it opens up the scope for what you feel you can write about” (FG3; F2)***

***“I feel I have to...elongate some sections where I didn’t particularly feel that much....so I feel sometimes...I’m leaning towards the artificial where I’m just making things up” (FG1;M4)***



**AS SENSE OF LOSS OF CONTROL REDUCES, UNDERSTANDING IMPROVES**





***“If you don’t realise something’s perturbed you and you’re kind of going round with this low level of anxiety and you’re like well “Why am I feeling this way?” “(FG3; F1)***

***“You’re like “I’ve got to study” and you’re like “I can’t study”. It’s annoying”(FG4; M1)***





***“Say something happened to you and you would talk to someone in your class about it...but like you’d never be like “Oh it actually really upset me and knocked my confidence, you know, I felt vulnerable”....because obviously everyone does feel that way a lot of the time....”(FG4;M1)***



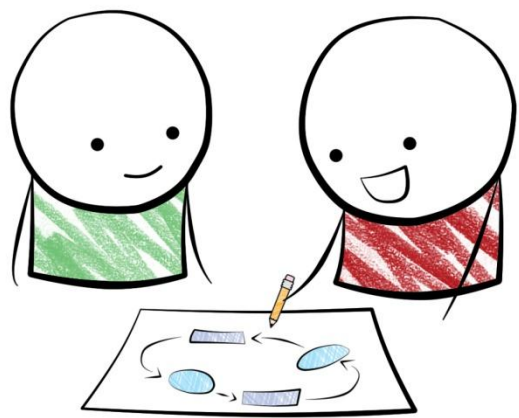
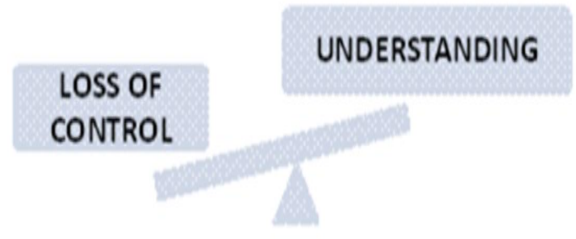
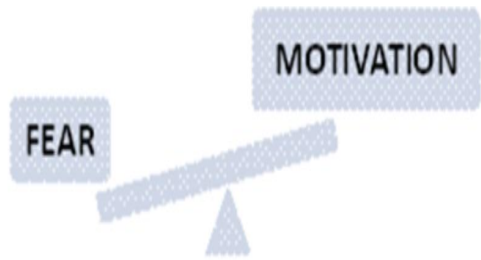


***“These are all hard-working people on our course. It’s just that they want to like achieve as much as they can in terms of academics and every minute they’re not studying means a wasted minute....” (FG4;F1)***

***“Maybe it should be introduced a bit earlier...you’re kind of now thinking “God, if I had have known that maybe a year ago I wouldn’t have worried so much about that patient”” (FG3; F3)***







# FUTURE REFLECTION EDUCATION?

