

Written reflection example 1 – PDP-based

This example illustrates thinking about the range of PDAs you have undertaken as part of your PDP, and what the implications are for your ongoing professional development:

What I did

Example:

I tried to make sure I did a variety of PDAs (both style and content) this year and spread them out during the year. I also did a practice visit as a PDA for the first time, observing a periodontist doing implant surgery.

Why I did it

Example:

Last year I went on a 5-day training course overseas and so I had a bit of catching up to do in a number of areas. My professional peer had done a practice visit last year and recommended I try it.

How I feel about it

Example:

It was good to tidy up some aspects of my practice, but to be honest the thing that sticks with me is that I feel kind of inspired to develop as a specialist.

What I have learned about my professional development

Example:

At the time, the main thing I took from observing the surgery was how it improved my understanding and built a personal relationship with the periodontist to improve the outcomes for my patients. But now I'm starting to think about whether I should be specialising more.

What I will do next year

Example:

The periodontist I observed in surgery has agreed to be my professional peer and we are going to work together on my PDP for next year to look at what I need to do to develop my practice in this area. That will help me decide whether I want to take this further, and perhaps enrol in a specialist qualification.