

**Inova Fairfax Medical Campus
Department of Medicine
Internal Medicine Residency Program**

Self-Reflection

Name: _____ **PGY:** _____ **Date:** _____

The Internal Medicine Training Program is committed to resident's development and growth. Please take time to reflect back to your experiences over the last six months and fill this out and bring it with you to your semi-annual meeting with the program director. The purpose of this is to encourage you to reflect back and perform your own assessment. These are not designed to be punitive and will not be scored.

Patient Care competencies (gather essential/accurate information about pts; make informed decisions about diagnostic/therapeutic interventions based on patient information/preferences, up to date scientific evidence/clinical judgment; develop/carry out patient management plans; counsel/educate patients and families; perform competently in physical and bedside skills for the area of practice.)

How I am doing? (circle)	Feel Uncomfortable	Feel Comfortable	Feel Very Comfortable
Need Improvement (circle)	A lot	Some	Little to none

Areas in which I feel strong: _____

Areas I need to keep improving: _____

Specific objectives for next 6 months and strategies to achieve objectives:

1. _____
2. _____

Medical Knowledge competencies (demonstrate an investigatory/analytic thinking approach to clinical situations; know and apply the basic and clinically supportive sciences which are appropriate)

How I am doing? (circle)	Feel Uncomfortable	Feel Comfortable	Feel Very Comfortable
Need Improvement (circle)	A lot	Some	Little to none

Areas in which I feel strong: _____

Areas I need to keep improving: _____

Specific objectives for next 6 months and strategies to achieve objectives:

1. _____
2. _____

Practice based learning competencies (analyze practice experience/perform practice based improvement activities; locate, appraise, and assimilate evidence from scientific studies related to patient's health problems; apply knowledge of study designs/statistical methods to the appraisal of clinical studies and other information on diagnostic/therapeutic effectiveness; use information technology to manage/access medical information.)

How I am doing? (circle)	Feel Uncomfortable	Feel Comfortable	Feel Very Comfortable
Need Improvement (circle)	A lot	Some	Little to none

Areas in which I feel strong: _____

Areas I need to keep improving: _____

Specific objectives for next 6 months and strategies to achieve objectives:

1. _____
2. _____

Interpersonal and Communication Skills (create and sustain a therapeutic and ethically sound relationship with patients, use effective listening skills and elicit and provide information using effective nonverbal, explanatory, questioning, and writing skills; work effectively with others as a member or leader of a health care team or other professional group)

How I am doing? (circle) **Feel Uncomfortable** **Feel Comfortable** **Feel Very Comfortable**
Need Improvement (circle) **A lot** **Some** **Little to none**

Areas in which I feel strong: _____

Areas I need to keep improving: _____

Specific objectives for next 6 months and strategies to achieve objectives:

1. _____
2. _____

Professionalism Competencies (demonstrate respect, compassion, and integrity; responsive to the needs of patients and society that supersedes self-interest, accountability to patients, society, and the profession; committed to excellence and ongoing professional development ; demonstrate a commitment to ethical principles pertaining to provision or withholding of clinical care, confidentiality of patient information, informed consent, and business practices; demonstrate sensitivity and responsiveness to patients' culture, age, gender, and disabilities).

How I am doing? (circle) **Feel Uncomfortable** **Feel Comfortable** **Feel Very Comfortable**
Need Improvement (circle) **A lot** **Some** **Little to none**

Areas in which I feel strong: _____

Areas I need to keep improving: _____

Specific objectives for next 6 months and strategies to achieve objectives:

3. _____
4. _____

Systems-based practice competencies (understand how their patient care and other professional practices affect other health care professionals, the health care organization, and the larger society and how these elements of the system affect their own practice; know how types of medical practice and delivery systems differ from one another, including methods of controlling health care costs and allocating resources; practice cost-effective health care and resource allocation that does not compromise quality of care; advocate for quality patient care and assist patients in dealing with system complexities; know how to partner with health care managers and health care providers to assess, coordinate, and improve health care and know how these activities can affect system performance).

How I am doing? (circle) **Feel Uncomfortable** **Feel Comfortable** **Feel Very Comfortable**
Need Improvement (circle) **A lot** **Some** **Little to none**

Areas in which I feel strong: _____

Areas I need to keep improving: _____

Specific objectives for next 6 months and strategies to achieve objectives:

1. _____
2. _____

Any additional areas: _____

Reviewed with: _____
Program Director

Date: _____