



Reflective account

Please do not include any patient, service or colleague identifiable material, all accounts must be anonymised.

Example of evidence for inclusion in reflective accounts:

Patient episodes, colleague interaction, student supervision, annual appraisal, audits, incidents and reviews, GRS submissions, JAG accreditation, reports.

Reflective account title

GI bleed

Date of reflection

01/04/2023

Number of hours of CPD

3

What?

What was the nature of the CPD activity, practice event or experience?

Being on call for GI bleed. 1. I had worked in the unit for 9 months and been signed off in my competencies for complex upper GI endoscopy. 2. I was due to do my first on call bleed rota. 3. We were called out and I assisted the endoscopist. 4. My supervisor said that I did well and that I can be signed off.

So what?

What did you learn from the CPD activity, practice event or experience?

1. I was on call with my supervisor who had trained me and I was able to assist with the GI bleed. 2. I had worked with the endoscopist a lot and I knew she was skilled in GI bleed. 3. I surprised myself with how once I was assisting I became confident. 4. The theatre staff helped too and it was good to work with them. 5. The patient had an ulcer which we treated successfully.



Now what?

How did you change or improve your practice as a result?

1. Being on call has made me realise how much I now know about endoscopy. 2. It was not as scary as I thought it would be because I had the support of my supervisor and endoscopist. 3. I got feedback from them and all was ok. 4. Next time I will feel more confident and prepared.