

Population Health Clerkship Guidelines for Reflection

As a part of the Population Health Clerkship, your reflective essays make your thinking visible for us. We are not able to discuss your experiences, observations, and reactions to them on a regular basis, so we ask that you provide those for us through text.

Please submit your first set of reflections to your team leader(s) by the **end of the third day**. This will give us a chance to read and respond to your comments before the second week of the clerkship begins. In this initial set of reflections, please use the following questions as prompts:

- Prior to beginning the clerkship, what were your expectations of the site/of the population?
- What have been your first impressions of the site/of the population?
- What is different from/similar to what you expected?

Reflective writing is most useful if it is continuous and not saved until the day before it is due. Thus, we encourage you to write reflective comments regularly throughout the two-week experience. These final reflections are **due to your team leader(s) on the Saturday immediately following the clerkship**.

To help you guide your thinking as you continue your reflections, we are providing prompts to help you get started. We encourage you to keep in mind highlights of last year's FOM 1 Determinants of Health and GSN N/NG 603 courses where we addressed issues related to the medical care system and roles within it, inequality, bias, and stereotyping. At some point during your clerkship, many of you will find elements of biased and stereotypic thinking arising. We encourage you to explore this through your reflections.

Suggested prompts to guide your reflective comments.

- What have you learned about caring for a population that you think you'll be able to apply in your own future practice as a clinician?
- Regarding the population on which you are focused, what is the impact of various determinants of health on them? If you observe marked inequalities, consider their origins.
- Record a critical incident, describing events in which a decision was made, a conflict occurred, or a problem was resolved. Describe how it was handled, alternative ways the situation might have been resolved, and how participants might act differently in a similar situation in the future. Consider the "Why's" behind these statements.
- Why are the things you are seeing and experiencing the way they are?
- How do you feel about these things and why do you feel this way? What does this mean for who you are and for who you are becoming?
- What should you do and what does this say about you and about who you are as well as who you are becoming?

Please conclude your reflections with comments related to the following questions:

What? What is the most important thing you've learned?

So What? Why is it important that you learned it?

Now What? How will this experience shape your learning and action?

"The reflective practitioner continually engages the humble process of revising and reinterpreting her understandings and strategies in accordance with the new situations and experiences that she encounters in her practice." Ruth Margaret Buchanan

"Reflection allows the body and mind and spirit to re-integrate. Often, it is in the quiet of reflection that insights have the chance to emerge." William P. Quigley "Letter to a Law Student Interested in Social Justice"