

What happened	How did it make me feel	What did I learn	What am I going to do
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19.3.2007 Couldn't remember what 'gamekeeper's thumb' or 'bennett's fracture were' – medical student mentioned them in relation to a thumb injury	Disappointed as I used to know minor injuries/orthopaedics really well when I did a/e.	I felt ok about admitting to having forgotten something. I feel it's better to do this than to try and 'bluff' your way through	I looked up the two terms and ensured that I knew what the aetiology of each was. I had a chat with the medical student and we reviewed our pooled knowledge
21.3.2007 Heart failure patient discharged without proper f/u with our dn's.	Pissed off that we then had to phone around looking for cardiology team, then to find out that it had been organised already!	Always copy down the bleep number of the medical contact at the hospital.	Have contacted the SHO to clarify and discussed with our DN's
25.3.2007 Referred patient with egfr 35, not appropriate, I can never seem to remember the protocol for egfr!! Also referred someone with high urinary protein and normal albumin with ?nephrotic sy	Stupid as I can never remember egfr. Wish I had discussed it with the renal reg first	Need to review egfr protocol. If in doubt speak to the reg/consultant rather than firing off a referral letter.	Rx protocol, use the renal medicine website. Also do some work on renal medicine as I feel I am weak on this – read mentor plus and for learning module on drs.net
28.3.2007 Doing acupuncture I realised I couldn't remember all the acupuncture points for shoulder pain	Like I never have enough time to revise everything and that I need time to do another course. Part of the problem this year is that I am struggling with work issues somewhat after what happened in November 2006	I need to revise acupuncture – set aside some time this year to read the BMAS texts	Set aside time, this will help me feel more organised and formalise the process of revision. Next year I can do a formal acupuncture course