**Significant Event Analysis**

You are asked to write a description of **one** significant event that occurred in the practice. On the final Friday you will be asked to speak about your SEA in a small group with a GP tutor and this will be assessed by the tutor. No visual aids needed.

### What is an SEA?

A Significant Event is any incident that:

* causes you distress or anxiety
* makes you feel proud of your achievements
* makes you question the situation
* exposes a gap in your understanding
* arouses other important thoughts or feelings

Incidents may arise out of your own consultations with patients. Others out of an interaction with your GP tutor or another member of the primary healthcare team. Choose any event significant to you personally.

**Why do SEAs?**

### Educational research has shown that SEAs are a valuable learning tool for both students and doctors.

* SEAs help develop a reflective approach in preparation for graduate practice.
* In the context of the busy working lives of doctors, reflection and analysis are commonly neglected, yet they are essential to our further education and development. All doctors are expected to keep records of their experiences for their annual appraisal. The QOF requires GPs to document SEAs and any change occurring as a result.
* SEAs are an excellent way of reflecting on current practice, identifying learning needs and acting on them.
* Virtually every SEA will have an ethical component. The SEAs provide an opportunity to reflect and develop your ethical viewpoint in the light of your experiences
* New developments in education encourage learners to be active participants in the process of learning. SEAs enhance active learning.

Self-evaluation and reflection can be a safety-valve for releasing stress. Writing down SEAs is important as it *forces* you to think and express yourself.

**Writing up an SEA**

This should include

* Patient details (age, sex, ethnic group, etc.)
* Patient description – how did the patient appear to you?
* An account of the scenario / event.

Describe your thoughts and feelings about this event:

* Why was it significant for you?
* What ethical issues did it raise? Explain how these challenged/reinforced/helped you develop your ethical thinking in this area.
* Personal reflections, summary and learning plan (including what skills, knowledge and attitudes you have learnt from this event to apply in the future).

**Reference**

Rughani, A. *The GP's Guide to Personal Development Plans*, London: Radcliffe, 2001.