

Reflective tool – identifying the 5Cs in clinical practice

We would like you to try and identify the 5Cs in clinical practice to facilitate observing professional values in action during your clinical placements.

Specifically think about: what did you see? How did you know that was what it was? What did you learn? How might it impact you? What do you think the patient's perspective was?

1. Curiosity
2. Collaboration
3. Criticality
4. Creativity
5. Compassion

In each clinical encounter, think about the following, make some notes, jot down any questions and consider in the debrief and discussion with your GP tutor.

Curiosity: what did you see/hear today? How did the doctor ask questions? What questions did you ask? What one thing did the patient share that has stuck in your memory? Was there anything else you wanted to know about the patient's story? What piqued your interest? What are you intrigued to find out more about (their condition, perceptions of health, physiology, anatomy, pharmacology etc)? What were the patient's ideas about their health / illness?

Collaboration: did you hear anything about team work today? If yes, what? If no, what teams do you think might be involved? Why do you think they weren't mentioned? Have the doctor and patient collaborated? Do you think the doctor and patient had the same agenda? Do you think the patient and doctor had a shared understanding of what was going on? How do you think doctors and patients facilitate shared understanding?

Criticality: are there clinical guidelines available relating to the condition you heard about today? Is the patient receiving treatment according to those guidelines? If so, what? If no, do you know why? How do doctors make decisions? Did you observe any decision making today? What medication did you hear about today? What is the evidence for how it works? Did you notice any unconscious bias today? In yourself? In others? How might unconscious bias have affected the story of the person you met today?

Creativity: did you hear any 'new answers to old problems' today? Are there any creative works relating to the patient narrative you heard today? Could you write about what you heard today in a creative way? Perhaps from the patient perspective? Or from the perspective of the clinician? Is this a story that resonates for you? Why? Is this a story you could base your creative piece on? Why? Is this a clinical encounter that would be an interesting narrative for the Foundations of Medicine Conference?

Compassion: did you observe compassion in the doctor-patient relationship today? If yes, what do you think facilitated it? If no, what do you think hampered it? Did you hear about any good examples of compassionate clinical care? Or any difficult examples? How can we be compassionate doctors, who empathise with patients, without becoming overwhelmed by emotion? How can you learn to do this?