



## TIPS FOR WRITING UP PORTFOLIO REFLECTIVE ESSAY

1. You are advised to use a number of patients' case studies to support your claims for each of the objectives. As outlined in the assessment handbook, **3-4 short example** is recommended to give a good spread to provide a sound demonstration of each learning outcome (see p2). You can use the same case study to support more than one objective;
2. It is important to demonstrate your **clinical reasoning** in diagnosis and treatment choice, with the **support of relevant literature**. Literature used should not be only descriptive, but to include critical analysis and reflection of the evidence, and consider how that evidence may inform your practice and/ or shared decision-making with your patient;
3. You are expected to demonstrate the safe, effective and appropriate musculoskeletal medicine treatment to the exact site of lesion, and consider the relevant indication, contraindication and aftercare management;
4. You are recommended to use heading/ sub-heading of the portfolio essay appropriately. You can consider **using eight individual marking criteria as sub-heading (see p2). This will give you structure**, focus on what is required, also help the marker when reading the essay;
5. This is an academic piece of work. Please therefore pay attention to academic writing, grammar and spelling of your essay;
6. You are expected to provide a reference list (approximately between 10-15). Evidence may include relevant articles in the field, clinical guidelines or local policy. This is to support your clinical reasoning in each learning outcome. Please refer to students' Handbook for correct referencing, and
7. You can make a good use of appendix. Documentary evidence you can put into appendix may include patients' case report; the SOMM inter-modular case studies; evaluation of outcome measures; letter with other multi-disciplinary team members, injection therapy patients' information leaflet; in-service training record; reflective practice, work appraisal and your personal development plan.

Here also attached the full guidelines in writing up the portfolio reflective essay, which is a useful piece of information in guiding you what it is expected to fulfil all the learning objectives.

Writing up a reflective essay is a great way to reflect your learning, progression and clinical reasoning skills following the Foundation courses. In sum, make the explicit link between the learning outcome, patients' case, your personal reflection, clinical reasoning skills, and relevant literature/ documentary evidence to support each objective.

Hope this helps.

Best regards  
Dr Sharon Braddock



**THE SOCIETY OF  
MUSCULOSKELETAL  
MEDICINE**  
putting theory into practice

## PORTFOLIO REFLECTIVE ESSAY - MARKING CRITERIA

Students' number:

Date:

		Pass	Fail
1	Provides and reflects on documentary evidence to demonstrate effective use of portfolio to critically reflect on own professional development and to provide evidence of applying the knowledge and skills gained in the Membership Course to enhance own professional practice		
2	Provides and reflects on documentary evidence to demonstrate mastery of the skills necessary to undertake an assessment (incorporating functional biomechanics) of clients with complex musculoskeletal disorders		
3	Provides and reflects on documentary evidence of the utilisation of in-depth knowledge and understanding of musculoskeletal disorders in order to make an accurate diagnosis		
4	Provides and reflects on documentary evidence of critical appraisal of treatment options and the administration of safe, effective and appropriate treatment to the exact site of the lesion, in a wide range of musculoskeletal disorders		
5	Provides and reflects on documentary evidence to demonstrate mastery in the application of manual therapy techniques; critically evaluating the effectiveness of these techniques		
6	Provides and reflects on documentary evidence to demonstrate comprehension of injection protocols and their application		
7	Provides and reflects on documentary evidence of utilising and critically appraising a range of interpersonal skills to communicate effectively with medical and paramedical colleagues		
8	Provides a <b>personal development plan</b> that reflects personal, organisational and professional development needs. Goals to be specific, measurable and realistic over a three year time-span and agreed with appropriate parties, with identification of areas of assistance		