

□ Reflective Practice

Reflective Practice refers to a physician's ability to critically evaluate their own [clinical decisions](#), [behaviors](#), and [performance](#) in order to learn and improve continuously.

In the context of [ACGME](#) and [residency training](#):

Reflective Practice is a professional [competency](#) that involves:

Recognizing strengths and [limitations](#)

Identifying [errors](#) or suboptimal care

Seeking feedback from peers, [mentors](#), or [patients](#)

Applying insights from experience to future situations

Why it's important:

Encourages lifelong [learning](#)

Reduces [cognitive biases](#)

Enhances [clinical judgment](#)

Promotes safe, ethical, and patient-centered care

In short:

Reflective Practice = thinking about what you did, why you did it, and how you could do it better next time.

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