

Second Edition

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Logbook for

Foundation Course for MBBS Students

Featuring Reflective Portfolio for **AETCOM** for First Professional MBBS

There have been several changes in the existing system of medical education in India. Competency Based Medical Education (CBME), being implemented from 2019, aims to make competent Indian Medical Graduates at the end of their undergraduate training.

The new system focuses on small group teaching-learning, self-directed learning, and early clinical exposure, among other things. The curriculum has been divided into competencies.

Under the new system, the first month of MBBS is exclusively devoted to the 'Foundation Course'. The Foundation Course spans a total of 175 hours in which 30 hours are allotted for Orientation, 35 hours for Skills Module, 8 hours for Field Visits, 40 hours for Professional Development including Ethics, 40 hours for Language and Computer Skills and 22 hours for Sports and Extracurricular Activities. The Foundation Course aims to introduce the student to the medical profession and the role of a doctor in society.

This Logbook helps the student in maintaining a record of all the sessions conducted during the Foundation Course. It will also help the student in building and developing basic writing skills, allowing them to *reflect* on what they have learnt in each session. Additionally, it will also serve as a nostalgic reminder of the wonderful first few days that they have spent in the medical college. This edition features reflective portfolio for AETCOM for first year professional MBBS students.

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Logbook for **Foundation Course**

Verma | Agrawal



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Featuring Reflective Portfolio for **AETCOM** for First Professional MBBS

Niket Verma
Poonam Agrawal



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About the Logbook

This logbook contains 175 record sheets, one for each hour allotted to the Foundation Course. There are 30 sheets for **Orientation**, 35 sheets for **Skills Module**, 8 sheets for **Field Visits**, 40 sheets for **Professional Development** including **Ethics**, 40 sheets for **Language and Computer Skills**, 22 sheets for **Sports and Extracurricular Activities** and 20 sheets for **Reflective Portfolio**.

Each sheet has 2 sections: In the first section you are required to fill details such as name, date, time and duration of the session, name of the faculty member(s) who took the session, the learning objectives and the teaching-learning methods adopted by the faculty for that session.

The next section is **REFLECTION** under which there are three statements; the first statement asks you to describe what happened during the session. For example, you may attend a session which involved a small lecture by a faculty, followed by a small group activity involving role play or a session in which you visited the hospital or the community health centre or a waste treatment plant. As an answer to this statement you are expected to objectively write exactly what happened during the session, for example, *"the session started with a short interactive session followed by a group activity. We were divided into 4 groups of 25 students each and each group was given 30 minutes to prepare a role play on the given scenario. The scenario allotted to my group was ..."*

The next statement requires you to describe what you learnt from the session. Think carefully about what was discussed and what you experienced during the session. For example, *"after attending this session I learnt the importance of good communication skills and empathy in dealing with patients. I learnt that a good doctor must communicate effectively with the patients and their attendants because ..."* Remember, this is a very subjective statement and all of you may differ in your perspective on what you learnt from a particular session.

The third and the final statement deals with the most important question, asking you to explain how your newly gained knowledge from that session will help you in becoming a better doctor in the future. Pause for a few minutes and give this a thought: What, according to you, are the attributes of a good doctor. What did you learn from attending the session? How will this knowledge help you in becoming a better doctor? for example *"I will always respect my patients. Even if I am sitting in a busy OPD, I will ensure empathy and humanity in all my interactions with patients and their attendants ..."*

Reflection promotes personal and professional growth and should become a part of your daily life as a doctor. As doctors, we must learn to reflect both on the things that went wrong (e.g. a wrong diagnosis, post-surgical complication, etc.) and on the things that went really well (e.g. winning the best researcher award, performing a difficult surgery successfully, etc.). Reflecting on the negative experiences can be a learning experience and help us avoid committing similar mistakes in the future whereas reflecting on the positive experiences can build confidence and help us in following the same steps in a similar situation in future.

We hope this logbook helps you in perfecting the art of *reflection*.

Happy Learning !!

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for **MBBS Students**

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for First Professional MBBS

Second Edition

Student's Name: _____

Roll No.: _____ Year/Session: _____

University Roll No.: _____ Name of the Course: _____

Name of the Institution: _____

*This is to certify that this is a bonafide practical work done by _____
during the year 20____ – 20____. His/her work is complete | incomplete | excellent | satisfactory | good | fair.*

Signature of Staff in-charge
Submitted for University Examination in the year _____

Signature of Professor & HOD

Examiners: _____

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Preface to the Second Edition

Dear students

Congratulations on your selection into MBBS and welcome to the world of medicine !!

We share your excitement as you enter college, full of hope and confidence. As you are aware, there have been some changes in the existing system of medical education in our country. Competency Based Medical Education (CBME), which is being implemented from 2019 onwards, aims to make you a competent Indian Medical Graduate at the end of your undergraduate training.

The new system focuses on small group teaching–learning, self-directed learning and early clinical exposure, among other things. Your curriculum has been divided into competencies. Each teaching–learning session will have certain learning objectives and will help you in attaining these competencies. As we all are living in the ‘Information Age’, there is increased emphasis on using information-technology enabled classrooms, skills laboratories and e-learning. There is renewed emphasis on the teaching (and learning !!) of soft skills, something that will help you in becoming not only better doctors, but also better human beings. Later during your training, you will also be taking up 2 electives of your choice, something that will help expand your horizons beyond the traditional boundaries of medicine.

Under the new system, the first month of MBBS is exclusively devoted to the ‘Foundation Course’. The Foundation Course spans a total of 175 hours in which 30 hours are allotted for Orientation, 35 hours for Skills Modules, 8 hours for Field Visits, 40 hours for Professional Development including Ethics, 40 hours for Language and Computer Skills and 22 hours for Sports and Extra-Curricular Activities. The Foundation Course aims to introduce you to the medical profession and the role of a doctor in society.

During the next few weeks, you will get a chance to visit the various departments in your college and meet the faculty members, visit the hospital and community and primary health centres and understand the work of a healthcare team which includes doctors and allied healthcare staff and get an insight into the alternative health systems in our country. You will be introduced to first-aid, the importance of handwashing and the concept of biosafety. You will also learn about professionalism and ethics in medicine and the consequences of unprofessional and unethical behaviour. During the Foundation Course, you will get a chance to hone your language and computer skills and learn about time and stress management. In between all these sessions, there will be ample breaks and you will also be able to indulge in your favourite sports and extracurricular hobbies or learn new ones with your batchmates. All in all, it promises to be a very interesting journey and we are sure you will enjoy every session. Remember, a strong foundation is the prerequisite to a strong building and many of the concepts and skills you learn during this course will help you face difficult situations and crises that you may encounter during your career as a medical professional.

This Logbook allows you to maintain a record of all the sessions conducted during the Foundation Course. The current edition also contains a new section to record and reflect on sessions covering attitude, ethics, communication skills (AETCOM) and medical humanities. This will also help build your writing skills and allow you to reflect on what you have learnt in each session. Additionally, it will serve as a nostalgic reminder of the wonderful first few days you spent in medical college.

Happy Learning !!

Niket Verma
Poonam Agrawal

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