Reflective Journals as a Rich Source for Insight:
Experience from the Rural/Underserved Opportunities Program (R/UOP)

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Reflective Journaling in Medical Education

Greater understanding of self

Greater understanding of situation

Important in life long learning

Necessary in therapeutic relationship

Reflection more valuable if mentor mediated

Scholarly Product?

Reflective Journaling at the University of Washington

Rural/Underserved Opportunities Program

Global Health Immersion Program

Underserved Pathway

Introduction to Clinical Medicine

Some non-clinical selectives

Others?

Rural/Underserved Opportunities Program and Individual Investigative Inquiry -3

Four week clinical immersion between first and second year

Most students placed rurally, all in underserved settings

5 States, 120-125 students per year, 4 faculty mentors, 20 online assignments

Principles of population medicine

Complete a community project

Complete two reflective journal entries each week

Scholarly Work Resulting from Journals

Reflections used to identify emerging themes

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Qualitative analysis

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Write manuscript and submit

Individual student writes interesting reflection

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Mentor works with student to refine reflection into narrative

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Submit as perspective essay

Manuscripts Published, Accepted or in Progress

What can we learn from first-year medical students' perceptions of pain in the primary care setting?

Corrigan C, Desnick L, Marshall S, Bentov N, Rosenblatt RA.
Pain Medicine 2011 Aug;12(8):1216-22.

Memoirs of a rural virgin

Justin Brandler, MS3
Accepted for publication in *Family Medicine*

Qualitative study of first year student views on obesity

Work in progress

Science and fiction

Julie Lerman MS2, *Work in progress*

Challenges

Internal Review Board

Time

Coding of large data sets

Community and student anonymity

Future Plans

Finish works in progress

Explore making our data set available for other researchers

Interdisciplinary collaboration to increase scholarly productivity

Makes the job more fun!