



## Trainee & Program Details

### Training Program

Geriatric Medicine (Adult) 2025

### Training Program Phase \*

Specialty foundation

### Date of Observation \*

22/04/25

## Learning Capture Details

### Type of Learning \*

Personal reflections

### Title\*

Balancing risk and independence in discharge planning for older adults

### Select the primary learning goal \*

01. Professional behaviours

## Learning Capture Details

### Description of Activity \*

During my geriatrics rotation, I reflected on the discharge planning process for an 86-year-old patient recovering from a fall. Although medically stable, she was keen to return home alone, despite identified risks including recurrent falls and limited support. The multidisciplinary team raised valid concerns about her safety, but she was adamant about preserving her independence. I was involved in discussions with the patient and her family, as well as team meetings exploring potential supports like community nursing and home modifications. This case prompted me to think critically about how to balance clinical judgement with respect for patient autonomy.

### What did you learn? \*

I learned that ethical and professional behaviour requires us to honour a patient's right to make informed decisions, even when those decisions carry risk. I saw how effective communication, especially with patients and families under stress, is essential to shared decision-making. The experience also helped me understand the importance of collaborating with the broader healthcare team and using sound judgement in complex discharge planning scenarios.

### How will you apply this learning in the future? \*

I will approach discharge planning with a patient-centred mindset, ensuring that I assess not just clinical readiness but the patient's values, goals, and functional capacity. I plan to practise open, respectful communication and use shared decision-making principles to explore care options. I will also involve allied health professionals early, recognising the role of leadership, teamwork, and systems advocacy in supporting safe transitions of care. This experience reinforced how ethics, communication and decision-making intersect in everyday geriatrics practice.

## Assessor Feedback (optional)

### Feedback From \*

Dr Lucia De Rossi

### Assessor Role \*

Supervisor

### Personal Message

Dear Dr De Rossi, please review my reflection on a complex discharge planning case from my geriatrics rotation.

### Feedback Requested Date

22/04/25

### Feedback \*

This is a thoughtful and well balanced reflection. You clearly put the patient at the centre of the plan while considering the views of the team. You could build on this by adding more about how you communicated or negotiated with others in the team. You are showing the kind of ethical awareness and professionalism we expect in the Foundation Phase of specialty training.