

EXEMPLAR FOR STEP 1 REFLECTION

Section 1 – Title and Description

1. Title – give your learning goal a name eg Complementary Medicines for sleep
2. Enter the name of your learning partner and their registration number. Your learning partner must be a person not an organisation. They are a professional peer who holds a current NZ APC who meets with you and talks with you about how you are tracking through the ENHANCE process. You need to document their name, their APC number and their registering organisation eg John Smith PCNZ 1111
3. Open a new group 3 learning goal from the ENHANCE website and document this:

Make a title for this group 3 learning activity:

Complementary Medicines for sleep

Enter the name, NZ Registration Organisation and APC number of your learning partner.?

John Smith PCNZ 1111

Section 2 – What have you chosen to learn about?

- What do you want or need to learn? Be specific! Start this section with 'I want to learn about....'

Document this in the "What have you chosen to learn about?" section.

EXAMPLE:

What have you chosen to learn about: ?

I want to learn about the indications, side effects and evidence for the use of complementary medicines to help improve sleep. I want to update my knowledge about non pharmacological and lifestyle options that may improve sleeping patterns. I'm also interested in the evidence for using melatonin both for jet lag and in improving sleep quality.

How did you identify the need for this learning?

Self – identified:		External	
	Practice review (using the Competence Domains)		CE opportunity available
	Knowledge GAP analysis (SWOT)	✓	Management/organisation issues
	Significant or adverse event/critical incident		New professional service
✓	Audit/review of current Practice – where am I now – and where do I want/need to be?		Opportunistic (CE was available, reading, occurred as part of work etc)
✓	Personal interest	✓	Interaction with professional team
Identified by others:		Other	
✓	Feedback from others (service users, survey, complaint)		Text Box
	Peer review/appraisal		
	Competence Review		

These are slightly different categories to those on the website. If you've chosen a category from the list above which isn't available on the site, just document it under 'other'

Why do you think this learning will provide an ongoing beneficial improvement in how you work as a pharmacist?

- How is this learning going to make a difference to the way you work?
- How will this learning enable you to provide better patient care (direct benefit), or enable others to provide better patient care (indirect benefit)?
- What changes do you expect to make to what you do?
- How will you incorporate your new learning or skill into your day to day practice?

Document this in the “How will this learning improve or expand your practice?” section.

EXAMPLE

How will this learning improve or expand your practice: ?

I get several patients wanting help with sleep and they often want something 'natural'. Being aware of the evidence for natural sleep remedies will enable me to provide realistic advice about what they can expect from these. Knowing what advice to give about non-pharmacological options and where they can get more help if they need it will help me provide better care for them. I know the basics about this set of CAMs but want to update my knowledge, especially about recent evidence and interactions.

I don't know a lot about melatonin but get lots of queries about melatonin for jet lag and this learning will help me provide the right advice, and also advice about ways of overcoming and preventing jetlag.

How does this proposed learning fit in with what you already know?

- Think about what you already know about a topic to help you learn more about it, by using your existing knowledge as a foundation for building new material onto what you already know.
- Is this new learning or reinforcing current knowledge?
- How does this goal align with your key responsibilities?
- Is this part of a professional development plan?

Document this in the “How will this learning improve or expand your practice?” section, after the paragraph above.

EXAMPLE

How will this learning improve or expand your practice: ?

lag and this learning will help me provide the right advice, and also advice about ways of overcoming and preventing jetlag.

I am the retail medicines manager in our pharmacy and so want to know which products have evidence for efficacy (and what the quality of that evidence is), which will affect which products we stock and recommend. I will also provide training for our retail staff so that they are more knowledgeable about these products, and when to refer patients to me.

This is part of my overall plan to get up to date with our most commonly sold CAMs so that we can recommend them safely and provide honest advice about their use for different conditions.

Meet with your learning partner

Tell them:

- about where and how you work if they are not already familiar with that (so they can put your proposed learning into your context)
- why you think the learning will be significant for you
- whether this is part of a bigger professional development plan

Listen to their views on:

- the importance and relevance of your proposed learning
- the priority of this learning in relation to your other learning intentions and commitments
- whether this learning will bring about the improvement in your practice that you anticipate

Write all this down! Take notes of this discussion and record it in the peer meeting notes in the Step 1 Reflection section of your group 3 documentation. Don't forget to date this.

EXAMPLE

Peer meeting date:

Peer meeting notes:

John works with me, so didn't have to talk about my practice situation. We talked about:

- * Importance of providing quality information about CAMs because many people think they are safe because they are natural.
- * This is a growing area where we can provide advice and help people to make appropriate choices rather than be guided by what they read on the internet or see on TV.
- * Noted I am responsible for this area of the pharmacy and that it was essential that I become the 'go to' person for this.
- * John agreed that this was an important part of my professional development and that my upskilling other staff members would provide some assurance that all our customers were getting the right and consistent information.
- * Highly relevant to my practice as this is an expanding area in our business, and needs to be managed professionally.
- * Agreed that this learning can only help me in what I am trying to achieve.

Complete step 1

Completed at:

This date must be the same as, or after, the peer meeting date.