

## REFLECTION

What do I want to learn? (Make it specific)

Why do I want to learn about this?

*A diabetes information stand set up for National Diabetes week generated great interest in the pharmacy.*

*During this time I referred a patient to their GP with suspected diabetes after learning that they were suffering from several of the warning symptoms (thirst, polyuria and tiredness). This particular patient has since been diagnosed and returns regularly for medication and advice.*

*I would like to become involved in providing an early identification (screening) service for diabetes in the future.*

*I need to learn how to initially go about setting up a screening service.*

*I specifically need to know the risk factors associated with developing diabetes so that I would know who to target.*



## PLANNING

What activity/activities could I undertake to meet this learning need(s)?

When do I plan to complete the activity/activities by?

*I plan to order and complete the NICPPET distance learning package "Evidence-based Management of Diabetes". (Aim to complete 21.6.2005).*

*I plan to read the guidelines from the RPSGB and Diabetes UK on diabetes screening in community pharmacy. (Aim to complete by 16.6.05).*

*I plan to contact my local GP and practice nurse within the next week in order to discuss the possibility of setting up such a service in the pharmacy.*



## EVALUATION

Did I meet my learning need(s)? If not why not?

How have I used/applied my learning? (Put an example here of how you have used your learning?)

Have I identified any further/additional learning need(s)?

*I have met my learning needs.*

*I now know the risk factors associated with developing diabetes and I know which patients I will target for the screening service.*

*The guidelines on early indication screening are very comprehensive and I plan to set up such a service within the next 6 months using an action plan developed from the guidelines.*

*I have developed a clear referral pathway with the GP using the referral documentation in the guidelines.*

*Further learning needs - I would like to see an early detection service running in a pharmacy to get an idea of how patients are counselled on test results etc. How am I going to record my consultations with patients? I also need to learn how to use the blood glucose meter that we have selected for the clinic.*



## ACTION

What did I learn in relation to my learning needs (Provide a short summary)?

Have I completed the activity sheet?

*I completed the distance learning package and have read through the guidelines issued by the RPSGB and Diabetes UK.*

*I now know that the service should target patients who -*

- \* are over 40 years old*
- \* have a first-degree relative with Type 2 diabetes*
- \* have hypertension, hyperlipidaemia, or history of MI*
- \* are pregnant*
- \* are obese*
- \* are physically inactive*
- \* or are of Asian or African descent*

*I now know what I need to do to set up this service.*

*With regards to early indication screening I now know that a person with a test result of 11.1mmol/l or over in a random finger-prick blood test should be referred to their GP practice.*

*I have discussed the service with my local GP and practice nurse and have received an initial positive response.*

Remember to fill in your activity table overleaf

Name of Entry

Diabetes

PSNI No.

XXXX

Cycle

1

What activity/activities did I undertake to meet this learning need(s)?

Activity	Date	Time taken	Evidence
Completed NICPPET distance learning course - Evidence-based Management of Diabetes.	21.6.05	10 hrs	NICPPET certificate
Read through the guidelines from Diabetes UK and the RPSGB on diabetes screening.	16.6.05	1hr	Summary of Guidelines
Discussed diabetes screening in the community pharmacy with local GP and practice nurse.	17.6.05	45 mins	Notes made during discussion

Time taken

11 hrs 45 minutes

## REFLECTION

What do I want to learn? (Make it specific)

Why do I want to learn about this?

*I am involved in the care of a new patient suffering from pulmonary arterial hypertension (PAH). I need to improve my knowledge in this area.*

*I specifically need to gain up to date knowledge on the diagnosis and monitoring of PAH. I need learn about the genetic predisposition to PAH and tracking strategies. I also need to up date my knowledge on drug management of PAH.*



## PLANNING

What activity/activities could I undertake to meet this learning need(s)?

When do I plan to complete the activity/activities by?

*I plan to attend the "1st international meeting on pulmonary hypertension."*

*Aim to complete by 30th August 2005.*



## EVALUATION

Did I meet my learning need(s)? If not why not?

How have I used/applied my learning? (Put an example here of how you have used your learning?)

Have I identified any further/additional learning need(s)?

*I have successfully met my original learning needs. I have been able to consolidate knowledge on current therapeutic options in PAH. I aim to improve the provision of care to PAH patients attending this hospital through setting up a more formal clinic for PAH. This has helped me to draw up a proposal for such a clinic.*

*Further learning needs*

*I now need to establish:*

*Number of patients with PAH?*

*How are these patients evaluated for therapy?*

*What do other PAH centres do in their clinics?*



## ACTION

What did I learn in relation to my learning needs (Provide a short summary)?

Have I completed the activity sheet?

*I attended this meeting and have forged new contacts with other healthcare professionals in this rare field.*

*The conference identified genetic factors and the use of gene therapy as a novel approach for the future.*

*I have learnt that my hospital's approach to PAH patients is comparable to other secondary and tertiary referral centres in terms of medical and pharmacological management.*

*I have updated my knowledge on diagnosis, monitoring and drug management.*

*For example: diagnosis involves right heart, catheterisation, acute vasodilator challenge, echocardiogram and six minute walk.*

Remember to fill in your activity table overleaf

Name of Entry

PAH

PSNI No.

XXXX

Cycle

1

What activity/activities did I undertake to meet this learning need(s)?

Activity	Date	Time taken	Evidence
<i>Attended international meeting on pulmonary hypertension.</i>	<i>30.8.05</i>	<i>10 hrs</i>	<i>Handouts and Certificate of Attendance</i>

Time taken

10 hours

## REFLECTION

What do I want to learn? (Make it specific)  
Why do I want to learn about this?

*My new role as a pharmacy manager involves the management of five full time members of staff. I would like to learn more about management skills.*

*I would specifically like to know how to motivate staff and how to provide constructive feedback to staff in relation to their performance.*



## PLANNING

What activity/activities could I undertake to meet this learning need(s)?  
When do I plan to complete the activity/activities by?

*I plan to attend a management skills workshop in Antrim on 25/6/05*



## EVALUATION

Did I meet my learning need(s)? If not why not?

How have I used/applied my learning? (Put an example here of how you have used your learning?)

Have I identified any further/additional learning need(s)?

*I have met my learning needs.*

*We now have a weekly pharmacy staff meeting to encourage communication and feedback. This also gives me a chance to praise and motivate staff as we set our objectives for the week as a team.*

*All job roles and responsibilities have been agreed and set and this should also help with feedback on performance.*



## ACTION

What did I learn in relation to my learning needs (Provide a short summary)?

Have I completed the activity sheet?

*I attended the workshop and learnt the basic knowledge and skills required to manage others effectively.*

*In order to motivate staff I need to firstly understand individual needs and then give recognition and praise and where appropriate reward staff.*

*Providing effective feedback is a key factor in management. Feedback must be constructive and I should be able to listen to staff members as well as talk! Individual responsibilities should be identified and agreed at the outset so that I can effectively feedback on staff performance.*

Remember to fill in your activity table overleaf

Name of Entry

Management skills

PSNI No.

XXXX

Cycle

2

What activity/activities did I undertake to meet this learning need(s)?

Activity	Date	Time taken	Evidence
Management skills Workshop	25.6.05	5.5 hrs	Handouts and Notes

Time taken

5.5 hours

## REFLECTION

What do I want to learn? (Make it specific)  
Why do I want to learn about this?



## PLANNING

What activity/activities could I undertake to meet this learning need(s)?  
When do I plan to complete the activity/activities by?



## EVALUATION

Did I meet my learning need(s)? If not why not?  
How have I used/applied my learning? (Put an example here of how you have used your learning)  
Have I identified any further/additional learning need(s)?

*It has been agreed within the team that a referral form would also be useful for our clinic.*

*A referral form was drawn up and agreement sought from the relevant consultants, the NI Haematology Association, haematologists, the Medical Director and the Drug and Therapeutics Committee.*

*Once the form has been agreed it will be routinely used in the hospital's clinics with the aim to further improve patient care.*



## ACTION

What did I learn in relation to my learning needs (Provide a short summary)?  
Have I completed the activity sheet?

*During a meeting of the Warfarin sub-group (10.6.05) I learnt that other hospital clinics are using a GP referral form which includes information on the target INR, indication for use and treatment duration etc.*

*The aim of such a referral form is to keep the patient's GP better informed and therefore increase patient safety.*

*It would be useful to incorporate such a form into our own warfarin clinics. I obtained a copy of a referral form used in another clinic.*

Remember to fill in your activity table overleaf

Name of Entry

Warfarin referral form

PSNI No.

XXXX

Cycle

2

What activity/activities did I undertake to meet this learning need(s)?

Activity	Date	Time taken	Evidence
<i>Referral form discussion in meeting</i>	<i>10.6.05</i>	<i>15 mins</i>	<i>Notes</i>
<i>Referral form drawn up within the team and circulated</i>	<i>15.6.05</i>	<i>2 hrs</i>	<i>sample form</i>

Time taken

*2 hrs 15 mins*

## REFLECTION

What do I want to learn? (Make it specific)  
Why do I want to learn about this?

## PLANNING

What activity/activities could I undertake to meet this learning need(s)?  
When do I plan to complete the activity/activities by?



## EVALUATION

Did I meet my learning need(s)? If not why not?  
How have I used/applied my learning? (Put an example here of how you have used your learning?)  
Have I identified any further/additional learning need(s)?

*I now advise patients attending the smoking cessation clinic about the possible link.*

*Patients have shown an interest and have indicated an intention to ensure they eat the recommended levels of fruit and vegetables, but I have no evidence of changed behaviours.*

## ACTION

What did I learn in relation to my learning needs (Provide a short summary)?  
Have I completed the activity sheet?

*Read Pharmaceutical Journal Article 10 June 2005.*

*I have learnt from this article that eating fruit and vegetables may protect smokers against developing chronic obstructive pulmonary disease.*



Remember to fill in your activity table overleaf

Name of Entry

COPD

PSNI No.

XXXX

Cycle

3

What activity/activities did I undertake to meet this learning need(s)?

Activity	Date	Time taken	Evidence
<i>Read journal article</i>	<i>10.6.05</i>	<i>20 mins</i>	<i>synopsis of article</i>

Time taken

*20 mins*

## REFLECTION

What do I want to learn? (Make it specific)  
Why do I want to learn about this?

*Need to know about heart disease*

## PLANNING

What activity/activities could I undertake to meet this learning need(s)?  
When do I plan to complete the activity/activities by?

*NICPPET DL package Evidence based management of Coronary heart Disease*

## EVALUATION

Did I meet my learning need(s)? If not why not?  
How have I used/applied my learning? (Put an example here of how you have used your learning)  
Have I identified any further/additional learning need(s)?

*Feel more competent when dealing with patients suffering from CHD.*

## ACTION

What did I learn in relation to my learning needs (Provide a short summary)?  
Have I completed the activity sheet?

*Learnt about a range of issues:*

*hypertension  
heart disease in diabetics etc*

Remember to fill in your activity table overleaf

Name of Entry

Coronary Heart Disease

PSNI No.

XXXX

Cycle

4

What activity/activities did I undertake to meet this learning need(s)?

Activity	Date	Time taken	Evidence
Completed DL package	10.6.05	10 hrs	NICPPET certificate

Time taken

10 hrs

## REFLECTION

What do I want to learn? (Make it specific)

Why do I want to learn about this?

*The pharmacy is to run a Healthy Heart Week and various health checks (e.g. BP measurements) will be offered. I would therefore need to improve my knowledge in this area.*

*I specifically need to know:*

- \* The guidelines for taking BP measurements.
- \* How to calculate a patient's risk of developing some form of coronary heart disease.



## PLANNING

What activity/activities could I undertake to meet this learning need(s)?

When do I plan to complete the activity/activities by?

*I will talk to the practice nurse at Dr Brown's surgery (28.6.05) - she regularly checks patients' BP.*

*I aim to complete the NICCPET DL package, 'Evidence based management of coronary heart disease', within the next 4 weeks.*



## EVALUATION

Did I meet my learning need(s)? If not why not?

How have I used/applied my learning? (Put an example here of how you have used your learning?)

Have I identified any further/additional learning need(s)?

*I have met my learning needs.*

*During the Healthy Heart week I performed health checks on 34 patients. I referred eight patients to their GP for further checks and advised the other patients on appropriate lifestyle changes. Many patients praised the service.*



## ACTION

What did I learn in relation to my learning needs (Provide a short summary)?

Have I completed the activity sheet?

*I have completed the DL package and I am now aware of the guidelines for taking BP measurements for instance:*

*\* Measure BP with the patient in a sitting position but when standing in patients with diabetes or in those who are older.*

*\* Remove tight clothing, support the arm at heart level and make sure the hand is relaxed.*

*I am now able to calculate a patient's risk of developing CHD.*

*The practice nurse and I discussed the various BP monitors and I have decided to order in the same model as the one used by the GP practice which has been recommended by the British Hypertension Society.*

Remember to fill in your activity table overleaf

Name of Entry

Coronary Heart Disease

PSNI No.

XXXX

Cycle

4

What activity/activities did I undertake to meet this learning need(s)?

Activity	Date	Time taken	Evidence
Completed DL package	10.6.05	10 hrs	NICPPET certificate
Talked to local practice nurse	28.6.05	30 mins	Notes made during discussion

Time taken

10 hrs 30 mins