



# CPD ECOACH

## SAMPLE RESPONSE 1 - HYPOGLYCEMICS

### STEP 1: DEFINE YOUR TOPIC

**1.1** Think back to what inspired you to change and improve your practice. Briefly summarize the encounter or situation. Consider the following questions as you reflect:

- What about the situation made you feel challenged or uncomfortable?
- What specifically piqued your interest?

I have several diabetic patients who have been prescribed newer oral hypoglycemic agents by specialists. Patients ask me questions about the medications, and I feel ill-prepared to answer their questions or understand why they were prescribed over older medications. I feel my knowledge of this generation of diabetes medications is outdated.

**1.2** What area(s) of your practice would you like to focus on?

Hypoglycemic agents in diabetes management

**1.3** What specifically would you like to improve in your practice? Define your improvement goal(s). It should be specific, measureable, achievable, realistic, and time-bound (SMART).

I would like to learn about new oral hypoglycemic agents, such as when to prescribe them, side effects, contraindications, effectiveness, and drug coverage in BC. I would like to be more prepared to answer patient questions. I would like to do this within the next three months.

**Time spent completing Step 1 (in hours): 0.25**

### STEP 2: SELF-DIRECTED ASSESSMENT: MEASUREMENT

#### STEP 2A: CREATING A MEASUREMENT STRATEGY

**2A.1** List one or more measures you can use to assess your progress towards your improvement goal(s).

- My confidence level on a scale from 1-10 [1=not at all confident; 10=extremely confident]:
  - My ability to explain indications for various medications to patients.
  - My ability to explain potential side effects of medications to patients.
  - My knowledge regarding the effectiveness of various medications.
- My patients' experience with my ability to satisfactorily answer their questions about these drugs. I don't have this data yet, but perhaps I can also implement a rating scale and record patient confidence/satisfaction for the future.



**2A.2** After considering the different types of information sources, you may need to refine the measures you listed previously. Did you refine your list of things to measure?

No

**2A.3** If **yes**, what are your new measures?

n/a

**2A.4** How will you collect the information for your measures?

- If you are using an EMR, what queries will you run?
- If you are using other existing information sources, what are they?
- If you are creating your own information source, describe your collection process

I am going to use a self-reflective survey and a patient survey.

**2A.5** What do you predict your practice baseline will be?

I have not yet received feedback.

## STEP 2B: GATHERING THE INFORMATION

**2B.1** Was your baseline what you expected? If not, does it change your improvement plan?

n/a

**Time spent completing Step 2 (in hours): 0.25**

## STEP 3: CREATE AN IMPROVEMENT PLAN

**3.1** Based on your comparisons with clinical guidelines, what values for your measures will indicate success? How will you know when you have achieved your improvement goal(s)?

I will review relevant guidelines and ensure my knowledge of oral hypoglycemic medications are up to date. Ideally, I will be able to prescribe newer agents confidently according to the most recent research and recommendations.

- My confidence level on a scale from 1-10 [1=not at all confident; 10=extremely confident] will increase to 9:
  - My ability to explain indications for various medications to patients.
  - My ability to explain potential side effects of medications to patients.
  - My knowledge regarding the effectiveness of various medications.
- My patients will be more satisfied in my ability answer their questions about these drugs.

**3.2** Generate your improvement plan.

**Action Plan**

What needs to be done? Break down your goal(s) into a series of smaller action steps so it doesn't seem too overwhelming or difficult to achieve. This allows you to create milestones and generate a logical pathway for achieving your improvement goal(s).

Action Steps	Deadline	Resources/ Supports	Potential Challenges	Results
Register for CME course on pharmacological diabetes management	6 months (December 1, 2018)	Local academic institutions, College	Less availability of CME opportunities	Completion of CME courses in diabetes management with updated content on oral hypoglycemic agents.
Ensure I am up to date with latest releases on clinical guidelines involving prescription of oral hypoglycemics	2 months (August 1, 2018)	Diabetes Canada, BC Guidelines, other relevant organizations	Conflicting information between organizations	Feeling confident prescribing and explaining newer classes of diabetes medications to my patients.

**3.3** Which CanMEDS-FM roles do your goals fit under?

	<i>CanMEDS Role</i>	<i>Description</i>
	Collaborator	<i>Works with patients, families, healthcare teams, other health professionals, and communities to achieve optimal patient care.</i>
X	Communicator	<i>Facilitates the doctor-patient relationship and the dynamic exchanges that occur before, during, and after the medical encounter.</i>
X	Family Medicine Expert	<i>Provides comprehensive, continuing care to patients and their families within a relationship of trust.</i>
	Health Advocate	<i>Responsibly uses expertise and influence to advance the health and well-being of individual patients, communities, and populations.</i>
X	Professional	<i>Committed to the health and well-being of individuals and society through ethical practice, profession-led regulation, and high personal standards of behaviour.</i>
X	Scholar	<i>Demonstrates a lifelong commitment to reflective learning, as well as the creation, dissemination, application and translation of knowledge.</i>
	Leader/Manager	<i>Uses resources wisely and organizes practices which are a resource to their patient population to sustain and improve</i>



health, coordinating care within the other members of the health care system.

**3.4** How confident do you feel about following through on your plan (on a scale from 0 to 10 with 10 being very confident)?

9

**3.5** If you answered **less than 7**, what might you change in your plan to increase your confidence?

n/a

**Time spent completing Step 3 (in hours): 1**

## STEP 4: EVALUATE THE IMPLEMENTATION

**4.1** Did you observe any changes in your measures?

Yes

**4.1(1)** Describe the changes.

- I achieved a confidence level of > 9 on all of the following:
  - My ability to explain indications for various medications to patients.
  - My ability to explain potential side effects of medications to patients.
  - My knowledge regarding the effectiveness of various medications.
- My patients reported that they were more satisfied in my ability answer their questions about various medications.

**4.1(2)** What are some reasons why there was no change? Do you need to reconsider your improvement plan. If so, how?

n/a

**4.2** Did you encounter unanticipated challenges or barriers while implementing your improvement plan?

No

**4.2(1)** If yes, what were the challenges and how did you manage them?

n/a

**4.3** Has there been a change in your comfort level/confidence in managing the situation/encounter?

Yes



**4.4** Describe any steps you can take to increase your comfort level/confidence.

I will continue to keep myself updated on recent diabetes management guidelines and attend CME events.

**4.5** How will you use the results of your improvement plan to inform your practice in the future? Describe your next steps.

See 4.4 above.

**Time spent completing Step 4 (in hours): 1**

**Total time spent on Steps 1 to 4 (in hours): 2.5**

**Mainpro+ credits earned: 7.5**