

Home Clinic Toolkit Worksheet: Practice reflection

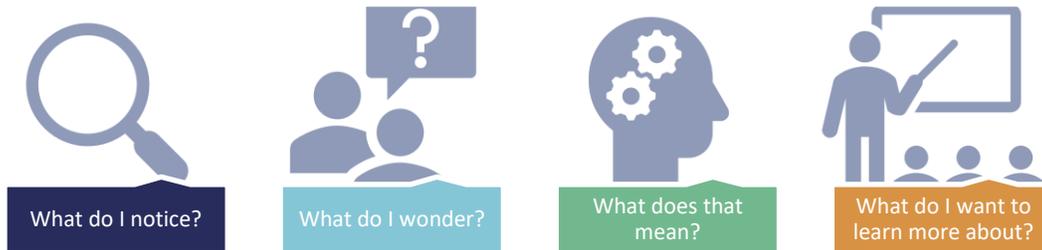
Practice reflection can be defined as an intentional process of thinking, analyzing, reviewing, and learning and is often a professional expectation for health-care professionals.

Practice reflection:

- Helps identify learning needs
- Results in actionable activity
- Improves critical thinking
- Facilitates personal and professional growth
- Leads to improved quality of care

Figure 1 outlines four questions that help facilitate practice reflection activities:

FIGURE 1: PRACTICE REFLECTION QUESTIONS



Practice reflection can also help you identify a starting point for quality improvement and how to evaluate it. The [EMR Data Quality Evaluation Guide](#) provides a list of questions to support the selection of data elements and plan associated activities to help you determine whether the data was “fit for purpose” or of good quality (Table 1):

TABLE 1: PRACTICE REFLECTION QUESTIONS

QUESTIONS	ANSWERS
What is the EMR activity that necessitates the data quality evaluation?	
How often is the activity performed?	
Why is this activity important? Who benefits and how?	
What are the major steps in this activity?	
Who performs each step?	

What tools are used at each step?	
What data is necessary at each step?	
How is the necessary data captured?	
Who collects the necessary data at each step?	
Is the necessary data captured in the same manner by each individual data collector?	
What qualities comprise 'good' data? What does 'poor' data look like in your context?	

Practice reflection is often a component of continuing competency or continuing professional development activities. Health-care professionals are encouraged to investigate practice reflection expectations from their licensing bodies or associations. Activities related to improving EMR data quality and EMR optimization may be applicable to support your specific submission requirements:

[Mainpro+® Overview | The College of Family Physicians of Canada \(cfpc.ca\)](https://www.cfpc.ca/mainpro-overview)

- Review the Self-learning section, Linking Learning to Practice

[Continuing Competency Program \(CCP\) | College of Registered Nurses of Manitoba \(crnm.mb.ca\)](https://www.crnmb.ca/continuing-competency-program)

- May support completion of CCP activities