

Examples of a Self-Selected Activity

Grouped into three general themes

1. An activity that monitors practice against benchmarks and provides information for practice improvement.

Individual Skill Set

- Performance evaluation
- Essential Competencies self-assessment
- Managing challenging situations self-Assessment
- Personal learning plan
- Peer review and feedback on practice enhancement plans/learning plans
- Canadian Physiotherapy Association specialization assessment
- Knowledge assessment (i.e., affiliated with a program of study, tests administered by accredited organizations universities, certification programs)
- American Physical Therapy Association recertification exam
- Knowledge/competence assessments for learning (i.e., assessments that take place for the purpose of identifying practice improvement)

Patient Care Practices

- Patient care reflection
- Chart stimulated recall Interview
- Patient case study
- Critical incident/significant events assessment
- Managing a challenging professional or patient interaction checklist
- Review of patient complaints/compliments
- Clinical outcomes analysis (i.e., FOTO reports)
- Chart audit
- Ethical decision-making reflection tool

Quality Improvement

- Privacy practices audit
- Standards review and audit
- PDSA, FADE, Six Sigma

- Accreditation activity (CARF)
- AHS - CRP site assessment
- Quality improvement project (evaluating + improvement)

Safety and Risk Assessment

- Safety audits
- Hazards management checklist for meeting clients offsite or working alone
- Hazard assessment and management system audit
- Critical events analysis

2. An informal or formally organized activity revolving around obtaining and translating knowledge for practice and performance improvement.

Organized Formal Instructional Events

- Continuing education event
- Certificate courses from accredited organizations
- Organized online learning (MOOC's)

Self-organized enhancement using informal instructional resources

- Web-resources to inform personal learning or patient care/practice improvement (i.e. job aids, blogs, newsfeeds)
- Reading current research from publications
- Practice guidelines

Knowledge Construction/Translation

- Writing articles for publication, including Physiotherapy Alberta publications
- Conducting research
- Teaching

3. A collaborative group activity that involves contributing to the development of others.

- Mentoring students
- Mentoring peers i.e., (new grads, CPA divisions)
- Ignitephysio actual posts and blog contributions
- Community of practice/professional interest group
 - Group focused on learning new clinical practice information
 - Group focused on improving patient care or work processes
- Quality improvement project participation
- Volunteering with Physiotherapy Alberta
- Volunteering with Canadian Physiotherapy Association divisions
- Volunteering with the Canadian Alliance of Physiotherapy Regulators
- Peer review and feedback session with colleagues (e.g., practice enhancement plan, patient care reflections or other audit activity)

- Other group activities involving leading or contributing to professional learning or practice improvement projects