

Practice Improvement Record Example

Knowledge Acquisition | Being a Mentee

1. What Self-Selected Activity did you do and why?

In your response include at a minimum: (a) name of activity, (b) description of activity, (c) date(s) of activity, (d) reason for choosing the activity (e) how the activity fits with your practice (current or future). Mandatory.

I relocated to a new clinic and I needed to be involved in group study and workplace mentoring arrangement focused on concussion rehabilitation to better understand concussion science and improve my proficiency in assessing and treating concussions. Mentoring took place during work hours and study sessions.

Being mentored during work hours. My mentor and I work collaboratively with mutual clients to practice assessment and treatment techniques to address the subtypes of concussions. Discussions during non-client hours to review and discuss our findings and application of the science to practice. Study sessions: March 24; April 28, June 2. Mentorship ongoing from Feb 5 when I started working at this facility.

Read the following articles:

- *Consensus statement on concussion in sport – the 5th international conference on concussion in sport held in Berlin, October 2016; McCrory P, Meeuqisse W, Dvorak J, et al. Br J Sports Med Published Online First [April 26, 2017]. Doi:10.1136/bjs[prts-2017-097699.*
- *Sport-related concussion: optimizing treatment through evidence-informed practice. Schneider, KJ. J Orthop Sports Phys Ther 2016; 46(8), 613-616. Doi 10.2519/jospt.2016.0607*
- *Sensorimotor function and dizziness in neck pain: implications for assessment and management. (2009). Kristjansson, E., Treleaven, J. J Orthop Sports Phys Ther, 39 (5), 364-377.*
- *Gait deviations associated with concussion: a systematic review. Manaseer, T.S., Gross, D.P., Dennett, L., Schneider, K., Whittaker, J.L. (2017). Clinical Journal of Sport Medicine. <http://dx.doi.org/10.1097/JSM.0000000000000537>*
- *- A brief vestibular/ocular motor screening (VOMS) assessment to evaluate concussions. Mucha, A. et al. (2014). The American Journal of Sports Medicine. DOI: 10.1177/0363546514543775*

2. What did you learn and how did you grow professionally?

In your response include, at a minimum, specific examples of: (a) what you learned, (b) how your personal competence improved, (c) how what you learned benefited patients or the physiotherapy/health care system, (d) include resources to show current information was used to improve your practice (name, source, topic). In drafting your response, consider the **guiding questions**.

I have been passionate about concussions for years but in the last few years more so now I work at a clinic where I get to expand my knowledge base and work primarily with this client group. Being up to date on the best practices for concussion assessment and treatment is imperative to ensuring quality care for the clients who attend here. I needed to learn new information about concussion rehabilitation and have support from a more experienced therapist to expand my competencies with helping concussion clients. That is exactly what I'm getting from this learning and mentoring process. Having a mentor who is extremely knowledgeable in concussion rehabilitation means I get practical, hands on experience instead of just learning from a book or paper.

Based on my experience of assessing on the field concussed athletes from different sports teams I had worked with, I already had good baseline knowledge of concussions. This new work setting, activity/learning/mentoring is providing me with a wider knowledge of concussion assessment and treatment techniques and an appreciation that a greater amount of detail is required to thoroughly assess and treat them. I now know that there are certain tests (i.e. VOMS) which give greater validity to a concussion diagnosis and that there are multiple subtypes of concussions (different sources quote a different number of subtypes), which need to be considered depending on a client's presentation. Additionally, there are specific questions that need to be asked in the assessment about select symptoms to ensure proper information is obtained. Through this learning/mentoring activity I am working on the competencies of expertise, collaboration, and scholarship.

Concussions are a much more recognizable injury in today's world and becoming more knowledgeable in this area allows other healthcare professionals dealing with concussions to know that there are physiotherapists in Alberta available who want to work primarily with this client group and to deal with really complex cases. As I am still learning and being mentored I expect I will only continue to become more proficient at assessing and treating concussions – I believe this will be an ongoing the lifelong learning process and my professional practice will only get better.

3. Looking back, which Standard of Practice or Ethical Conduct Responsibility was addressed by participating in this activity.

Client Assessment, Diagnosis, Interventions
Collaborative Practice
Evidence Informed Practice
Quality Improvement

4. Your evidence of participation.