Making the most of experience

More than just time served!

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University view
Placement view
Experience ≠ Change

Experience + Reflection = Change
“Reflection is the process of engaging the self in attentive, critical, exploratory, and iterative interactions with one’s thoughts and actions, and their underlying conceptual frame, with a view to changing them and with a view on the change itself.”

(Nguyen et al, 2014)

“Maybe reflective practices offer us a way of trying to make sense of the uncertainty in our workplaces and the courage to work competently and ethically at the edge of order and chaos...”

(Ghaye, 2000)
Now
Reflection triggers

Positive experience

Negative experience

Reflection
FCP Data ...

Why?
If you don’t count, you don’t count!

What?
Standardised, meaningful data collected once then used many times to provide impactful analysis
FCP Data ...

**How?**

New template and reporting process:

↓ duplication ↓ clicks ↑ automation

**So what?**

↑ FCP services ↑ reputation of the profession
<table>
<thead>
<tr>
<th>Measures</th>
<th>Cornwall</th>
<th>Devon</th>
<th>Hartfordshire and West Essex</th>
<th>Humber, Coast and Vale</th>
<th>North Central London</th>
<th>South Lincolnshire</th>
<th>Total / Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total patients seen</td>
<td>609</td>
<td>804</td>
<td>564</td>
<td>1,089</td>
<td>695</td>
<td>748</td>
<td>4,509</td>
</tr>
<tr>
<td>Patients provided with exercises</td>
<td>82%</td>
<td>89%</td>
<td>22%</td>
<td>0%</td>
<td>-</td>
<td>-</td>
<td>30%</td>
</tr>
<tr>
<td>Patients given advice</td>
<td>65%</td>
<td>100%</td>
<td>54%</td>
<td>82%</td>
<td>100%</td>
<td>-</td>
<td>69%</td>
</tr>
<tr>
<td>Patients referred to Physiotherapy</td>
<td>18%</td>
<td>12%</td>
<td>15%</td>
<td>17%</td>
<td>22%</td>
<td>13%</td>
<td>16%</td>
</tr>
<tr>
<td>Patients referred to GP</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
<td>-</td>
<td>-</td>
<td>2%</td>
<td>1%</td>
</tr>
<tr>
<td>DNA Rate</td>
<td>8%</td>
<td>7%</td>
<td>2%</td>
<td>-</td>
<td>19%</td>
<td>-</td>
<td>6%</td>
</tr>
<tr>
<td>Referred for minor surgery</td>
<td>1%</td>
<td>13%</td>
<td>9%</td>
<td>6%</td>
<td>1%</td>
<td>6%</td>
<td>6%</td>
</tr>
<tr>
<td>Provided with drug prescription</td>
<td>4%</td>
<td>13%</td>
<td>2%</td>
<td>6%</td>
<td>1%</td>
<td>9%</td>
<td>6%</td>
</tr>
<tr>
<td>Referrals to X-ray</td>
<td>4%</td>
<td>6%</td>
<td>11%</td>
<td>6%</td>
<td>1%</td>
<td>8%</td>
<td>6%</td>
</tr>
<tr>
<td>Referrals for MRI</td>
<td>0%</td>
<td>1%</td>
<td>8%</td>
<td>2%</td>
<td>3%</td>
<td>-</td>
<td>2%</td>
</tr>
<tr>
<td>Referral to orthopaedics</td>
<td>1%</td>
<td>3%</td>
<td>3%</td>
<td>4%</td>
<td>1%</td>
<td>9%</td>
<td>4%</td>
</tr>
<tr>
<td>Patients that didn't require a follow-up</td>
<td>92%</td>
<td>87%</td>
<td>77%</td>
<td>94%</td>
<td>95%</td>
<td>-</td>
<td>91%</td>
</tr>
</tbody>
</table>
Putting this back into practice

• Start with an aim statement
• Practice reflection
• Keep it fresh
• Revisit this in X weeks/months/years
• Go get some data
• Share