

## LEARNING EXPERIENCE FORM (SAMPLE)

**Learning Experiences include in-services, workshops, courses, PT related journal /book readings, student/peer mentoring, research, group studies and peer discussions/ learning.** (This tool is a good way to self-reflect on whether or not the activity met your objectives and was relevant to your practice.)

### Learning Activity:

*This is the Name of course, reading, workshop, presentation etc. ...should include the instructor's name or details of the book/reading etc. so you could reference it again if needed. (This is a learning activity after all)*

Eg. Attended workshop on PACE put on by AwareNS and WCB- Instructors were Jane Smith PT and Tom Jones Date May 5, 2017

### Expected Learning Outcomes:

*This is why you are partaking in the activity...what are your expectations? What are you hoping to learn from this.?*

Eg. I am hoping to have a better understanding of the principles of PACE and how to incorporate them into daily practice.

### Key Points Learned:

*What did you learn from the Activity? Perhaps it was some new evidence for practice, new techniques, affirmation that your own current practice is current and "best practice",*

PACE is similar to our current practice, but is intended to become a provincial endeavor. With job mobility, it will be nice if we were all on the same page. This is about how we mobilize/transfer clients in a manner that is safe for both clients and Staff. There are tools available to help us get there.

### Relevance to My Practice:

*Was my learning experience relevant to my practice? Was it relevant to my area of growing interest more so than my current practice?*

This workshop was relevant to my practice because long term care is the care service area with the most frequent staff injury due to mobilizing/transferring clients.

### Application:

*How do I see myself using this information in my daily practice?*

It has given me more tools and information to utilize in class presentations for staff education, (logos, posters and tips to share).

### Best Evidence:

*What is the research etc. behind the course? Is it ethical studies? Is it current?*

The evidence used in this workshop was researched and presented as a joint project with DHW, AwareNS and WCB. It was based on current data studies and pilot program results.

### Further learning needs:

*Have I identified further learning needs as a result of this activity?*

Although I have no specific learning plans at this time, I will be using this group as a resource when developing Staff education sessions.

Continuing Education Hours: 3 hours

