

Example of an Annual Reflection and Plan

Reflection

In reviewing my current practice and aligning it with the BCPS Examination Content Outline, I have identified two key areas for growth:

1. The increase in hospital readmission rates highlights the need for enhanced interdepartmental communication and collaboration to improve care transitions and patient outcomes.
2. Sharing research findings on reducing code blues in critical care units provides an opportunity to support evidence-based practices and elevate care quality.

Plan

1. By the end of this year, I will actively participate in the Readmission Committee by attending at least six committee meetings and contributing to the implementation of one interdepartmental initiative aimed at reducing hospital readmissions by at least 10%.
 - a. Relevant Exam Content Areas:
 - i. 3A3 Continuity of Care: Enhancing transitions between care settings to reduce remissions.
 - ii. 3A5 Medication Safety: Ensuring safe medication practices during care transitions.
 - iii. 3C2 Quality Management and Process Improvement: Implementing strategies to improve patient care quality
2. By the end of this year, I will complete data analysis, prepare a manuscript, and submit the findings from the critical care research study to a peer-reviewed journal to share results on efforts to decrease code blues.
 - a. Relevant Exam Content Areas:
 - i. 3B1 Research Methods: Applying appropriate research methodologies in the study.
 - ii. 3B3 Levels of Evidence: Contributing to the body of evidence-based practice.
 - iii. 3C1 Professional Practice Standards, Guidelines, and Regulations: Adhering to standards in conducting and reporting research.
3. These activities will enhance my skills in patient care, interdepartmental collaboration, and evidence-based practice to improve patient outcomes.

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This year, I aim to expand my knowledge in evidence-based practice, particularly in managing complex cases involving various specialties such as nursing home care, pneumonia, and asthma. While I currently have basic understanding, I would like to deepen my expertise in these areas to enhance the quality of care I provide for my patients. This goal also aligns with the BCPS examination content outline under professional practice (Domain3)/ evidence-based practice(subdomain 3B). Additionally, I hope to support my colleagues and contribute more effectively to the community through this enriched knowledge base.

Plan

To meet these learning goals, I will participate in a Review and Recertification Course through a BPS-approved program to earn assessed CPE. These educational experiences will help me develop the confidence to assist patients more effectively and to support other pharmacists who may have knowledge gaps in these areas. I also plan to continue using resources from BPS-approved programs for assessed CPE throughout my certification cycle, ensuring ongoing professional growth and improved practice in evidence-based care.

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As a board-certified pharmacist, I recognize the importance of sharing knowledge with pharmacy residents, specifically how this advanced knowledge translates to improved patient care and effective problem-solving in complex cases, for example in medication management. My goal is to guide residents through understanding the rigorous standards of medication delivery which aligns with the BCPS content outline domain of Therapeutics and patient management (Domain 2)/medication delivery (subdomain 2B5). I plan to provide feedback on their areas for growth, especially in routes of administration, delivery devices, anatomic alterations to support their development as they progress in the program

Plan

To accomplish these goals, I will implement weekly training sessions and case discussions with the residents to highlight how board-certified pharmacists approach complex cases. These sessions will offer a structured environment for the residents to ask questions and gain insights into applying clinical expertise in real-world situations. Additionally, I plan to meet my ongoing education requirements by completing assessed CPE from BPS-approved programs to continue deepening my specialty knowledge and stay up-to-date with best practices. This dual approach—mentoring residents and enhancing my own knowledge through CPE—will enable me to deliver the highest standard of patient care and foster a culture of continuous learning and growth.