

Your name:

Please return your completed workbook to your coordinator. Thank you.



### Learning into action

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Use this page to explore your understanding of the subjects covered in the program and the ways in which you can improve the service you provide in the future.

1. After watching the program, I can achieve positive outcomes for older people in my care because:

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2. I have the following ideas to improve the care I offer:

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3. One thing we can do as a team to promote a better understanding of how temperature, pulse and respiration can indicate other conditions is to:

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## Outcome/agreement action plan

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*Example: I will improve the quality of care that I am giving to the older person by ensuring that I accurately measure temperature, pulse and respiratory rate as well as do a urinalysis and apply compression stockings.*

Consider creating a continuous improvement plan.

- a) Plan the improvement
- b) Implement the improvement
- c) Evaluate the success of the improvement
- d) Decide the next steps



## Reflective practice

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1. Recall a time when you were caring for a person who needed to have their observations checked or have a urinalysis done or have compression topics applied. Describe this experience and include any aspect of the process you found challenging.
2. Think about and record any personal issues or concerns arising from that experience.
3. Examine these issues or concerns and note your personal intentions at the time during which you were caring for the older person.
4. Recall any previous similar experiences and determine whether there were any common factors.
5. Describe what you have learned from this program and how it will change your practice.
6. Ask yourself... 'What do I know, or what can I do to change my practice, that I did not/could not do before viewing the program?'
7. Ask yourself... 'What else do I have to know to improve my skills in this area?' Describe how you will improve your skills in this area.

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