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| Goal: | I want to develop in the area of Quality, particularly with regards to evidence based practice, in areas which would improve the level of care provided for service users.  One area that I do not feel particularly confident in is the recognition of skin lesions, and their appropriate referral pathways. Physiotherapists see a lot of skin as part of normal work, and being able to recognise skin lesions and appropriately refer them with the correct level of urgency will improve service user’s outcomes, and improve the quality of service that is provided to them. I would not only like to improve this for my own practice, but also be able to share this knowledge with other physiotherapists and colleagues, in order to improve quality of service across a wider scale.  Another area that I recognise I have a poor understanding of is frailty. My knowledge of this currently does not extend past layman’s terms, and I do not understand how to describe or qualify clinical frailty, or what that could mean in terms of service users’ needs. |
| S | What specifically am I trying to achieve?  I want to be able to recognise malignant lesions, or signs of malignant lesions, in order to refer them for 2 week waits. In order to do this I will also need to be able to recognise benign lesions, primarily in order to have an appropriate threshold for referral, but also to be able to reassure service users if they are anxious about a lesion. I would also like to be able to describe skin lesions correctly, using appropriate terminology, in order to improve the quality of written referrals. Finally, I would like to be able to signpost colleagues to resources to help them improve on their own dermatology knowledge.  In terms of frailty, I want to understand how to correctly distinguish frailty from normal ageing, know how to classify frailty, and understand what further care needs a patient may have based off their frailty assessment. |
| M | How will I measure success?  I will practice my lesion recognition and description by writing mock referrals for lesion examples taken from DermNetNZ, using correct terminology.  I will also create a resource list for colleagues to access as part of my e-portfolio webpage  To better understand frailty, I will complete an e-Learning for Healthcare course and reflect on my learning. |
| A | What steps do I need to take to reach the goal?  I will attend a dermatology lecture hosted by the Royal College of Chiropractors, specifically aimed at those working in MSK clinical settings. I will make notes on this and reflect on my learning, built an e-portfolio page to demonstrate this, create a resource list, and complete some mock referral examples  After completing the e-learning course, I will complete a reflective learning cycle demonstrate this in written format as part of an e-portfolio webpage. |
| R | Is this relevant for my long term objective?  This lecture will give me a basic understanding of recognising malignant lesions and common benign lesions, and give me some background on the areas I wish to create a resource list for, and on lesions to write descriptive referral examples for that physiotherapists are likely to see as part of normal practice.  To better understand frailty and its clinical significance, I must underpin this with direct learning of its definition, classifications, clinical signs, and appropriate supportive care pathways, which I can achieve via online learning resources. |
| T | What is the time frame for the goal?  The dermatology lecture is taking place on 13th July 2021, and I would like to complete the resource list and mock referrals by 16th July 2021.  I will complete the Frailty Tier 1 e-learning course by 9th July 2021. |