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| Goal: | Having taken a year out of clinical practice due to illness, I would like to recover and fortify my skills in assessment and treatment planning in order to regain confidence in returning to practice. I am particularly nervous about missing non-MSK diagnoses thinking that they are MSK pain, and causing delays or even harm to service users by doing so.  I would also like to improve my understanding of dementia, particularly emotional lability, and what it might mean for service users |
| S | What specifically am I trying to achieve?  I would like to improve my confidence in recognising, being able to ask the appropriate screening questions for, and being able to appropriately refer non-MSK conditions that present similarly to MSK pain, such as CES, infection, metastases, myeloma, and MND.  With regards to emotional lability, I would like to understand what behaviours it might result it, the perspective of a person living with emotional lability, and what can be done to help make service users with emotinal lability more comfortable during appointments |
| M | How will I measure success?  I will measure my success on return to FCP practice in May 2021, by asking appropriate screening questions for those who do have MSK conditions, and by correct recognition, screening and management of those who do not. This will be limited by the number of patients inappropriately triaged to the clinic, which is relatively rare but not unheard of. However, I will still be able to “practice” by broadly screening all patients attending the clinic as a safety measure.  I will measure my success by being able to recognise signs of emotional lability during service user contacts, appreciate when they might be becoming distressed, and be able to offer suggestions about how to make them feel more at ease |
| A | What steps do I need to take to reach the goal?  I will take part in a MACP seminar discussing “MSK Masqueraders” and make notes reflecting on my learning.  I will use hospital resources to find out what emotional lability is and what behaviours it might result in, listen to “patient stories” about what it is like to live with emotional lability, and apply my learning to real service-user encounters to help them feel more comfortable during the appointment |
| R | Is this relevant for my long term objective?  Refreshing and expanding on my previous knowledge will help to underpin my development in this area, and reflection will help me to focus on how to apply this to regular practice.  This learning will help me to empathise with people experiencing emotional lability, and offer meaningful suggestions that may make them more comfortable during their therapy appointments. |
| T | What is the time frame for the goal?  The seminar is due to take place on 6th March 2021, and I aim to complete my reflective notes on the same day.  I will complete my learning with regards to emotional lability by the end of my 2nd placement week on 16th September 2021. |