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**Return to Practice**

**Stage 3: Report of Learning Activity**

**Introduction**

When your Learning Plan has been reviewed by the GCC and returned to you, you are ready to undertake the planned activities and record the extent to which they meet the requirements you identified as part of the learning plan of this learning.

As you work through your learning plan use the table below to insert the learning outcomes identified in your agreed plan, and the learning activities you undertook to address each of these. It is appreciated that these activities may not precisely match those planned.

The most important element of this report is your reflective evaluation of the learning undertaken in terms of how well it addressed each learning outcome. Please reflect fully and honestly after each learning activity. It is expected that if your learning need was not fully met by the learning planned, you sought and undertook additional learning activities.

Note that you are also required to explain how you will ensure you maintain and develop your knowledge and competencies in the areas addressed by your learning plan.

Finally, to complete your Report of Learning Activity, please answer the two questions posed which require you to reflect on the whole Return to Practice process.

Your completed Report of Learning Activity should be returned to the GCC, which will subsequently advise on next steps.

**Examples Entries**

| **Learning outcome** | **Relevant learning activities undertaken** | **Reflection on learning: To what extent do you feel your learning has satisfied the learning outcome?** (Please answer in at least 3 sentences). | **What future actions will you take to ensure you keep up-to-date/develop your knowledge and/or proficiency in respect of the learning outcome?** (Please answer in at least 3 sentences). |
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| Understand current rules regarding advertising of chiropractic services | I referred to the ASA’s CAP guidance online at <https://www.asa.org.uk/advice-online/health-chiropractic.html> and reviewed previous relevant cases published on the ASA website. | * I am now clear which medical conditions chiropractors can claim they can treat in their advertising materials.
* I understand that advertising other conditions is unlikely to be acceptable unless I can demonstrate a robust body of evidence.
* I now appreciate that, as regulated health professionals, chiropractors may refer to treating specific population groups but cannot make claims regarding conditions specific to those groups.
 | * I will make regular reference to the relevant ASA guidance.
* I will look out for any change in ASA policy released by my association, the RCC and/or the GCC.
* I will make use of free CAP advice when producing advertising materials to ensure I am compliant and conversant with prevailing rules.
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| Understand and apply the principles of shared decision making | I read Nice Guidance NG197 and NHS England’s shared decision-making guidance at <https://www.england.nhs.uk/shared-decision-making>, and discussed the key principles with an experienced chiropractor. We tested the application of some of these in an informal role-play. | * Reflection on my previous knowledge helped me realise I had little appreciation of the principles of shared decision-making (SDM).
* I now understand what good SDM looks like.
* I fully appreciate the combined importance of my expertise as a clinician - with respect to treatment options, evidence, risks and benefits - and what the patient knows best in terms of their preferences, personal circumstances, goals, values and beliefs.
 | * I intend to implement best practice in SDM in my clinical work using relevant parts of NHSE’s SDM checklist.
* Using the checklist, I will routinely audit my implementation of SDM principles and encourage this among my colleagues.
* I intend to include SDM as a standing topic for review and discussion in clinic meetings.
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| Undertake effective neurological examination of the spine/lower limb | I read and listened to the podcast for the Orthobullets’ Lower Extremity Spine & Neuro exam online and undertook the associated quiz. I discussed neurological assessment of the spine and lower limb with an experienced chiropractor, and spent a morning observing her in practice and practicing neurological testing with her. | * My knowledge of the main muscles and primary motion associated with each lumbar nerve root has been fully revised.
* Clinical observation and practice updated my neurological testing skills.
* I now feel confident to undertake effective neurological assessments of the lumbar spine and lower limb.
 | * I will periodically revisit relevant Orthobullets resources.
* I will refer to orthopaedic/neurological testing videos provided on YouTube by trusted practitioners.
* I intend to audit my practice against published case studies of similar clinical scenarios.
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**My Return to Practice Report of Learning Activity**

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| Name: |  | Date: |  |

You must complete an entry for each of the learning outcomes in your agreed Learning Plan, plus any others identified whilst you were undertaking your planned learning activities.

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| **Learning Outcome** | **Relevant learning activities undertaken** | **Reflection on learning: To what extent do you feel your learning has satisfied the learning outcome?** (Please answer in at least 3 sentences). | **What future actions will you take to ensure you keep up to date/develop your knowledge and/or proficiency in respect of the learning outcome?** (Please answer in at least 3 sentences). |
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To complete your Learning Report, please provide full answers to the following two questions. Each answer should be between 200 and 1000 words:

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| **Explain the extent to which you feel the Return to Practice process (Learning Needs Assessment/Learning Plan/ Report of Learning Activity) has prepared you to return to practice as a safe and competent chiropractor.**-  |
| **At what point/s during the Return to Practice process did you interact with registered chiropractor/s in order to identify, plan and/or address your learning needs, and how important was this interaction in preparing you to return to practice as a safe and competent chiropractor?** -  |

Please submit your completed Report of Learning Activity to the GCC for review.

**Stage 3 Assessor Review**

For office use only

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| **Feedback** |  |