



Reflective Exercise for Quality Improvement (QI) Initiatives

Introduction

The COVID pandemic has challenged us all to be nimble and adapt both our personal and professional practices to the new and emerging context. As physicians, we have had to consider how to deliver quality patient care while at the same time providing proper equipment to the professional and non-professional staff we work with to ensure their safety. The commitment of our profession has shone through during this difficult time.

The changes physicians have made to deal with the 'new normal' were a required improvement to the way things were being done. While we might have said 'if it ain't broke, don't fix it', it was clear for many of us that while our practice wasn't 'broke', the old ways of doing things were for the most part no longer appropriate. It is a credit to all physicians and their teams that these improvements enabled the continuation of your practice to address your patients' needs.

To support you in documenting your improvement activities, the Royal College has developed this form for your personal use. Please save it to your personal files; there is no need to submit. **Please note the improvement activity does NOT have to be related to COVID.**

1. What practice-based issue(s) required change?

2. How did you decide what change to make? Include consultations, research, etc.?

3. What change(s) were made?



4. How do you know the change(s) worked? How effective was the change(s)? Include any quantitative data to support any improvement(s).

5. What do you plan to do next?

6. How much time overall would you estimate you spent on researching, planning, and implementing your activity?
Round to the nearest hour.

To claim MOC Section 3 Assessment credits: complete the reflective form, log in to your MAINPORT eportfolio, enter the activity under Section 3: Practice Assessment.

REFERENCE:

Health Quality Ontario. Quality Improvement Guide, 2012.

<https://www.hqontario.ca/portals/0/documents/qi/qi-quality-improve-guide-2012-en.pdf>

[Essential Guidance for Quality Improvement Royal College of Physicians and Surgeons of Canada](#)