

Learning Record

1. Description of learning activity

Title:

Stroke and Hypertension

Completion Date:

January 10, 2016

This learning activity was:

(Select one and) enter the number of CEUs you are claiming.

Accredited # CEUs:

May claim CEUs up to the number assigned by the accrediting body. To claim accredited CEUs, the learning activity must be accredited for pharmacy technicians.

Non-accredited # CEUs:

1

May claim one CEU per hour of study; maximum of 8 CEUs per learning record

2. Type of learning activity

Select at least one:

- Group program (workshop, course, conference)
- Self-study program (print, video/audio, Internet)
- Reading (articles, texts, newsletters, manuals, Internet)
- Discussion with colleagues or experts
- Preceptorship or mentorship (teaching)
- Other (please describe)

3. To which competency category does this learning relate?

Select at least one:

- Ethical, legal, and professional responsibilities
- Patient care
- Product distribution
- Practice setting
- Health promotion
- Knowledge and research application
- Communication and education
- Intra- and inter-professional collaboration
- Quality and safety

4. What was the result of the learning?

Check one:

- I acquired new knowledge or skills
- I confirmed that my knowledge or skills are current

5. What were the key elements I learned?

- Stroke symptoms: weakness, trouble speaking, vision problems, headache, dizziness
- Risk factors for stroke: hypertension (leading risk), high cholesterol, smoking, diabetes, physical inactivity, obesity, stress
- Lifestyle modifications: physical activity, weight reduction, diet
- Medication options for hypertension in those who have had a stroke/TIA: thiazide diuretics, ACE inhibitors, ARBs, CCBs
- Proper set-up for measuring blood pressure and other considerations
- Role of a pharmacy technician in hypertension and stroke management

6. Evidence of Learning Activity

Upload a certificate or document of learning; OR

Describe the learning activity and explain how it relates to the competency category chosen in question three (3) and to your scope of practice. (You must provide a response if the learning activity is not accredited for pharmacy technicians)

This TechTalk article is an expired accredited program. Reviewing this article relates to patient care, collaboration and my scope of practice because it outlines my role as a pharmacy technician in hypertension and stroke management. Additionally, it outlines how I can support the pharmacist with providing patient care.

7. What impact will this learning have on my practice?

Select at least one:

- I plan to apply my learning and/or modify my practice
- I need more information before I can apply my learning and/or modify my practice
- I can confirm no change in my practice is needed at this time
- I do not plan to apply my learning at this time

8. Optional

The following questions are designed to help you devise a potential implementation objective.

a) How can I apply this learning?

- Collaborate with the pharmacist to support patient care
- Develop, implement, and/or evaluate a policy, procedure, tool, or program
- Contribute to a health promotional activity and/or educate a patient or another health professional
- Perform a new/reinforced skill or technique and demonstrate competence to a peer

b) Consider the following “LIST” of questions to help determine the details for a potential implementation objective:

LEARNING: What knowledge and/or skill do I want to put to use? What additional learning need(s) did I identify?

- I would like to transfer my knowledge of hypertension and how to use blood pressure monitors to my patients.

Additional learning

- I would like to review the instructions for the various blood pressure monitors available at my store

IMPLEMENTATION: What steps do I need to take to apply this learning?

- I will learn more about our home blood pressure monitors
- I will assist a number of patients with selecting a home blood pressure monitor and educate them on how to measure their blood pressure
- I will document the information gathered/provided in the patient's record of care

SPECIFICS: What details do I need to consider? (e.g., intended audience, timelines, roles and responsibilities, supporting documentation)

- Audience: 3 patients on antihypertensive medications and patients needing assistance with selecting a blood pressure monitor
- Will start assisting patients February 1, 2016
- I will discuss my implementation objective with my team so that they can direct patients to me accordingly
- The patient's record of care will be my evidence of implementation

TARGET: What is the intended outcome from this implementation?

- Improvement in practice, organization and/or delivery of care
- Transfer of knowledge, skills or abilities to patients or other health professionals
- Peer verification of my competence