

Professional development plan and cycle

Development goals	
1.	I need to learn more about safe delivery of MMR vaccination and Vitamin B12 injection in order to provide new services in the pharmacy
2.	I want to learn about uses of complementary medicine as well as non-pharmacological and lifestyle options to assist sleeping patterns for people with insomnia or sleeping problems.

My development goal			
1. I need to learn more about safe delivery of MMR vaccination and vitamin b12 injection in order to provide new services in the pharmacy			
How have I identified this area / why is it important (Optional)			
MMR vaccination and B12 injection service became available in the pharmacy and was important to provide more service to the community.			
Actions I will take	Resources / support	Timescales	Feedback / comments on progress
<p>What will I do to develop the behaviour, attitude, knowledge or skill? Consider workplace learning, what coaching might be valuable as well as courses or study</p>	<p>What resources will I need to do this? (\$, time, access to other people)</p>	<p>When do I want to have this done by?</p>	<p>What progress have I made? You may wish to date these and include any examples from your practice or a reflection on your learning</p>
<p>Attend a live workshop which demonstrates how to give MMR vaccinations and B12 injections.</p> <p>Read data sheets on MMR vaccines and vitamin B12 injections.</p> <p>Read resources provided by IMAC.</p>	<p>Will need to make time to attend the live workshops and read resources. Need to discuss with existing service providers to implement in the pharmacy.</p>	<p>Within 3 months</p>	<p>December 2020 Attended live workshop which demonstrates how to give MMR and read resources given during the workshop to further increase my knowledge.</p> <p>January 2021 Complete Vitamin B12 accreditation training provided by the company and read resources given by the program.</p> <p>February 2021 Started providing new service in the pharmacy.</p>

My development goal

2. I want to learn about uses of complementary medicine as well as non-pharmacological and lifestyle options to assist sleeping patterns for people with insomnia or sleeping problems.

How have I identified this area / why is it important (Optional)

I get several customers asking help for sleep and often it will be complementary medicines they will ask for. Learning more deeply about complementary medicines, non-pharmacological and lifestyle options, can assist me to give more detailed advice and expectations and ultimately provide better care for the patients.

Actions I will take

What will I do to develop the behaviour, attitude, knowledge or skill?

Consider workplace learning, what coaching might be valuable as well as courses or study

Attend workshops regarding insomnia or sleeping.
 Read researched articles on usage of complementary medicine for sleep.
 Complete melatonin Insomnia & Sleep (Melatonin Reclassification) Course provided by PSNZ.
 Read articles on non-pharmacological and lifestyle options to assist sleeping pattern.

Resources / support

What resources will I need to do this?
 (\$, time, access to other people)

Time to attend workshop or course,
 Money to complete PSNZ course

Timescales

When do I want to have this done by?

3 months

Feedback / comments on progress

What progress have I made?
 You may wish to date these and include any examples from your practice or a reflection on your learning

August 2020
 Attended presentation regarding insomnia and sleep -webinar presented by PSNZ
 Completed melatonin insomnia and sleep course. (MELATONIN RECLASSIFICATION) COURSE provided by PSNZ
 Read relevant resources provided by the course. (BPAC. I dream of sleep: managing insomnia in adults Part 1
 BPAC (2017). Trouble sleeping? Here's some steps you should follow to improve your sleep
 Fernando III, A., Arroll, B., & Falloon, K. (2013). A double-blind randomised controlled study of a brief intervention of bedtime restriction for adult patients with primary insomnia. Journal of Primary Health Care, 5(1), 5–10.

			<p>Gauld, N., Braganza, C., & Arroll, B. (2019). Adapting the Auckland Sleep Screening Tool for pharmacy: pharmacists' experience and feedback. <i>Journal of Primary Health Care</i>, 11(2), 170–177. https://doi.org/10.1071/HC19003)</p> <p>September 2020</p> <p>Was able to assist customer in providing complementary medicine for sleep and giving detailed advice about non-pharmacological methods to assist with sleep pattern as well.</p>
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