



Gout: Learnings from Legendary Conversations podcasts

An independent reflection

Primary author: Andrea Copeland, Education Lead, He Ako Hiringa

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Intended users: This independent reflection is suitable for use by primary care clinicians and can be used to aid annual professional development recertification activities

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Endorsement: This reflection activity is intended for use with episodes one to four of the *Legendary Conversations* podcasts and the *Let's talk gout* video. All five of these resources have been endorsed by the RNZCGP and PSNZ for continuing professional development purposes. The two gout podcasts (episodes three and four) and the gout video are also endorsed by CNA(NZ).



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Activity aim

The overall aim of this activity is to help you to have effective conversations with patients and colleagues about gout.

How to complete this activity

This activity encourages you to reflect on your current practice and to set goals and establish the actions you will take to achieve these goals. We have provided some examples to assist you.

Work your way through each of the reflection examples included in this activity and write your notes in the spaces provided.

Why should you do this activity?

- Earn CME/CPD points
- Evaluate and improve your management of patients who have gout
- Provide an equitable healthcare service and equitable medicine access for your patients.

Tools to help with this activity

Legendary Conversations podcast episodes one to four

Before completing this independent reflection activity, we recommend you listen to episodes one to four of our Legendary Conversations podcasts.

Episodes one and two set the scene for how to effectively have a discussion about changing a medicine.

- Episode one covers some of the psychological challenges of starting new medicines
- Episode two provides an example conversation using the Ask, Build, Check health literacy framework when discussing a medicine change.

Episodes three and four then bring us to discussions specifically about gout.

- Episode three highlights people's attitudes and beliefs about gout
- Episode four provides an example conversation using the ABC framework when initiating long-term urate-lowering therapy.

Each podcast episode stands alone, however, to gain the most impact from the series we recommend you listen to them in the following order.

Legendary Conversations podcasts:

- Episode One: Initiating new medicines ([part 1](#))
- Episode Two: Initiating new medicines ([part 2](#))
- Episode Three: Let's talk gout ([part 1](#))
- Episode Four: Let's talk gout ([part 2](#)) – also available as a [video](#)

We suggest you consider at least one reflection activity and goal from each podcast and build on these successively with each podcast.

Getting started

The following independent reflection section is formatted as an editable PDF. Please note that this will not automatically save to your device. You must download this document, save it to your device, and then fill it in.

You will see that we have provided example answers in some of the reflection activities to help you formulate your goals and actions. You should replace these examples with your own thoughts.

Additional resources

As well as listening to episodes one to four of the podcast series, you may wish to explore our other gout resources and add more reflection activities to the templates.

Apart from the podcasts and video, we also have the following resources:

Article: [Beyond medicines for gout](#)

Bulletin: [Beyond unreasonable gout](#)

[Gout resource repository](#): Where you will find synopses and links to resources from multiple providers

Other reflection activities

You may choose to apply the principles and learnings from these podcasts to reflect on a topic other than gout. Simply download the editable reflection template PDF and adapt the examples to suit your learning needs.



Reflection activity 1

RESOURCE:

- He Ako Hiringa Legendary Conversations podcast episode one: Initiating new medicines (part 1)



Learning notes

Use this space to record notes while listening to the podcast episode

Reflection notes

After listening to the podcast episode, reflect on your current practice and write your thoughts here

Actions

Use your reflection notes to identify knowledge gaps and areas for improvement, and to create more goals and actions to add to your professional development plan

Reflection activity 2

RESOURCES:

- He Ako Hiringa Legendary Conversations podcast episode two: Initiating new medicines (part 2)
- He Ako Hiringa Legendary Conversations podcast episode three: Let's talk gout (part 1)



Learning notes

Use this space to record notes while listening to the podcast episodes

Reflection notes

After listening to the podcast episodes, reflect on your current practice and write your thoughts here

Actions

Use your reflection notes to identify knowledge gaps and areas for improvement, and to create more goals and actions to add to your professional development plan

Reflection activity 3

RESOURCES:

- He Ako Hiringa Legendary Conversations podcast episode three: Let's talk gout (part 1)
- He Ako Hiringa Legendary Conversations podcast episode four: Let's talk gout (part 2) – also available as a video



Learning notes

Use this space to record notes while listening to the podcast episodes and/or watching the video

Reflection notes

After listening to the podcast episodes and/or video, reflect on your current practice and write your thoughts here

Actions

Use your reflection notes to identify knowledge gaps and areas for improvement, and to create more goals and actions to add to your professional development plan