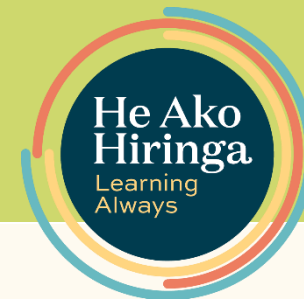


# EPiC Reflect: Annual Report



EPiC can be used to explore your data and reflect on your current practice, either as an individual or as a practice team.

## Purpose

Reflecting in this way may help you to have more effective conversations with patients and colleagues, to set goals, and to incorporate your learning into everyday practice. You can download and save this document, then upload it to your professional development learning record upon completion.

## How to complete this reflection 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.

Download this document and save it to your device, then work your way through each of the reflection examples and type your notes in the spaces provided in the editable tables.

For each of the three data stories listed in the table below ([Most dispensed medicines](#), [Polypharmacy](#), and [Patient Statistics](#)):

- in the first column of the table, think about the points to consider (or make up your own)
- in the second column, type in what the data show you (you can use your own data if you are a prescriber or use national data if you are not)
- in the third column, record your learning notes, reflection notes, and your proposed actions.

You will see that we have provided example answers to help you formulate your notes. You can use these and/or add your own thoughts.

This reflection activity has been endorsed by the RNZCGP and PSNZ for continuing professional development purposes.

<p><b>Points to consider for each data story</b></p>	<p><b>What do the data show?</b></p> <p>View the EPiC data displays and write notes for yourself and/or your practice in this column, as per the examples below.</p>	<p><b>Your learning, reflections, and actions</b></p> <p>Write your notes in this column, using the examples below as prompts.</p> <p><b>Learning notes:</b> What are possible conclusions I can draw from the data?</p> <p><b>Reflection notes:</b> What do the data make me think and feel about my current practice eg, might any internal bias be shown in the data?</p> <p><b>Actions:</b> Are there any changes I could make to my practice in response to these data?</p>
<p><b>Most dispensed medicines</b></p>		
<p>Which medicines are most often dispensed to your patients?</p> <p>Are there differences between demographic groups in the medicines dispensed? How does this compare within medicine classes?</p>		

## Polypharmacy

What proportion of your patients, and patients at your practice, are dispensed 5–9 medicines or  $\geq 10$  medicines?

Among your patients and patients in your practice, do some patient groups have higher use of polypharmacy relative to other groups?

How do your and your practice's patient rates of polypharmacy compare with national data?

## Patient Statistics

What is the average number of prescribers seen by your patients or patients in your practice?

What is the average number of medicines dispensed to your patients and patients in your practice?

How do your numbers compare with national averages?