



# EPiC Reflect: CVD

You can use EPiC to explore your data and reflect on your current practice. You can do this 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 table.

For each of the four data stories listed in the table below for secondary prevention of CVD ([Prevalence](#), [Triple therapy](#), [Triple therapy possession](#), and [Mono and dual-therapy medicines](#)):

- 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're 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.

<b>Points to consider for each data story</b>	<b>What do the data show?</b>  View the EPiC data displays and write notes for yourself and/or your practice in this column, as per the examples below.	<b>Your learning, reflections, and actions</b>  Write your notes in this column, using the examples below as prompts.  <b>Learning notes:</b> What are possible conclusions I can draw from the data?  <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?  <b>Actions:</b> Are there are any changes I could make to my practice in response to these data?
<b>Prevalence</b>		
<p>How many of my patients have had a CVD event in the last 5 years? How many of my practice's patients have had a CVD event?</p> <p>What percentage of my patients and patients in my practice have had a CVD event? How does this compare to the prevalence of CVD nationally?</p> <p>Are there particular demographic groups who have a higher prevalence of CVD in my practice?</p>		

## Triple therapy

What percentage of my patients received triple therapy in the year they had a CVD event?

How does the percentage look over time – has the percentage stayed the same over the last five years or increased or declined?

How do different ethnicities compare in the percentage receiving triple therapy in the year they experienced a CVD event?

## Triple therapy possession

How many of my patients are not regularly being dispensed triple therapy after a CVD event?

What percentage of patients are getting no triple therapy and what percentage of patients are not getting enough?

When I filter these data by ethnicity, deprivation quintile, or age, how does the prescribing look? Are there particular groups of patients who would benefit from a targeted intervention?

## Mono and dual-therapy medicines

What are the most commonly dispensed mono and dual-therapy medicines dispensed to my patients?

Do these vary by ethnicity, deprivation quintile, gender, or age?

How does my prescribing compare to national data?