

Tool 17 – Check out whether supporting self care among patients is a priority for you and your practice, PCT or care agency

Why you should use this tool

If supporting self care among patients is a new priority for you and/or your practice/PCT/care agency, you will need to update your personal development plan and/or the practice/PCT/care agency business plan.

When to use this tool

When you are checking out the extent to which supporting self care is a priority for the practice/PCT/care agency you work in, your current knowledge and skills will enable you to deduce what support for development you need for your future role.

How it works

It is a structured way to evaluate the extent to which knowledge and skills are required for a new role, and to weight their importance against other learning and service development needs.

What to do

You need to complete the self-assessment form provided below.

Time: approximately 15 minutes, depending on how much extra work is required to collect information about PCT's/practice's/care agency's policies and plans, to score current knowledge and skills, or to discuss your perception of what is required with a mentor, supervisor or line manager.



What to do next

You should have received this form prior to your first self care training workshop. It is to be completed as pre-work.

Bring your completed form with you to the first self care training session. It will be used as part of the session's discussions and enable you to feed back relevant information.

Supporting self care among patients

How have you identified your learning need(s) in relation to supporting self care?

- PCT requirement
 - Practice or care agency business plan
 - Clinical governance: patient safety requirement
 - Job requirement
 - Appraisal need
 - New to post
 - Individual decision
 - Patient feedback
 - Other
-
-
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Have you discussed or planned your learning needs with anyone else?

- Yes No If yes, who?

For more information on this tool, please click on [Tool 17](#).



Working in Partnership Programme

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self care • •
...because health matters •

What is the learning need(s) and/or objective(s) in terms of the areas below?

1. Knowledge: What new information do you hope to gain to help you support self care?

.....

2. Skills: What should you be able to do differently as a result of undertaking this development?

.....

3. Behaviour/professional practice: How will this impact on the way you then do things?

.....

Please provide details of any desired development activity along with the date below.

.....

Please provide details of any previous training and/or experience you have in relation to supporting self care below.

.....

What is your current performance in this area against the requirements of your job?

- Need significant development in this area
- Need some development in this area
- Satisfactory in this area
- Do well in this area

What level of job relevance does supporting self care have to your role and responsibilities?

- Has no relevance to job
- Has some relevance to job
- Relevant to job
- Very relevant to job
- Essential to job

Describe to what aspect of your job the proposed education/training is relevant.

.....

Do you require additional support in identifying a suitable development activity?

- Yes
- No

What do you need?

.....

What are the differences or improvements for you and your practice/PCT/care agency as a result of undertaking this activity?

.....

What is the priority of your proposed educational/training activity?

- Urgent
- High
- Medium
- Low

Why will the proposed activity meet your learning needs rather than any other type of course or training on the topic?

.....

If you had a free choice, would you want to learn this? Yes No

If yes, what reasons are most important to you (put in rank order; 1=highest):

- Improve my performance
- Increase my knowledge
- Get promotion
- Just interested
- Be better than my colleagues
- Do a more interesting job
- Be more confident
- It will help me

If no, why not? (please tick all that apply):

- Waste of time
- Already done it
- Not relevant to my work or career goals
- Other