



smac

Case Based Discussion (CBD) Information Sheet

The aim of an Act Wisely (AW) CBD is to help you optimise your insulin prescribing. The term 'prescribing' includes clinical assessment, interaction with patient and fellow practitioners, decision-making, and use of ancillary resources. The Top Tips card tells you what we mean by 'optimise'.

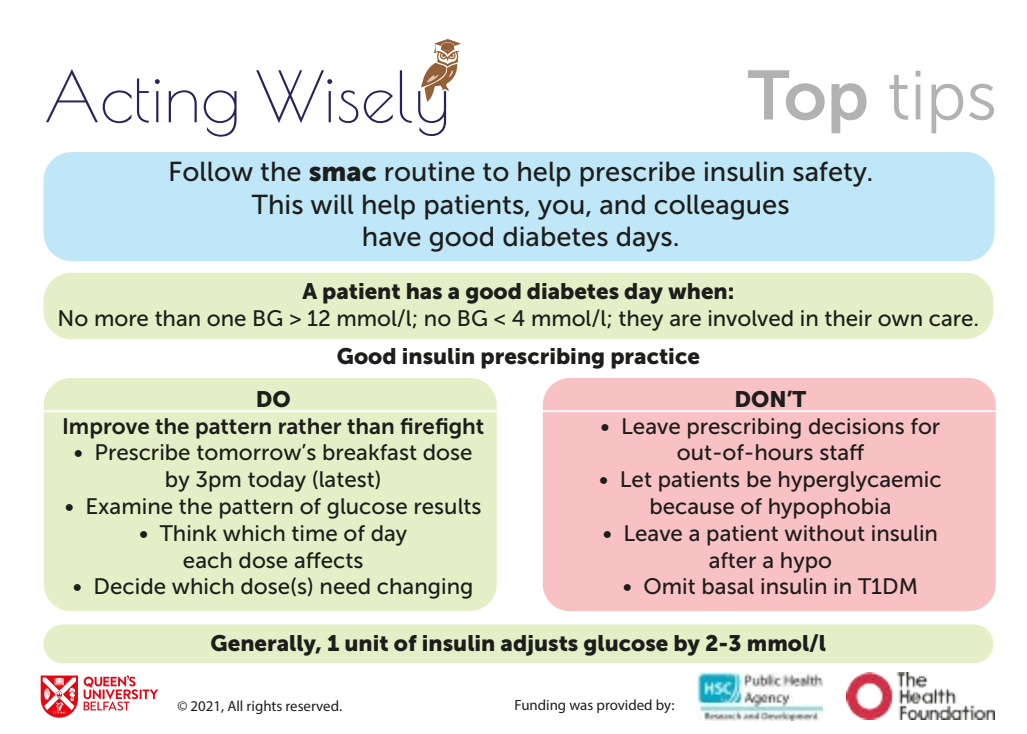
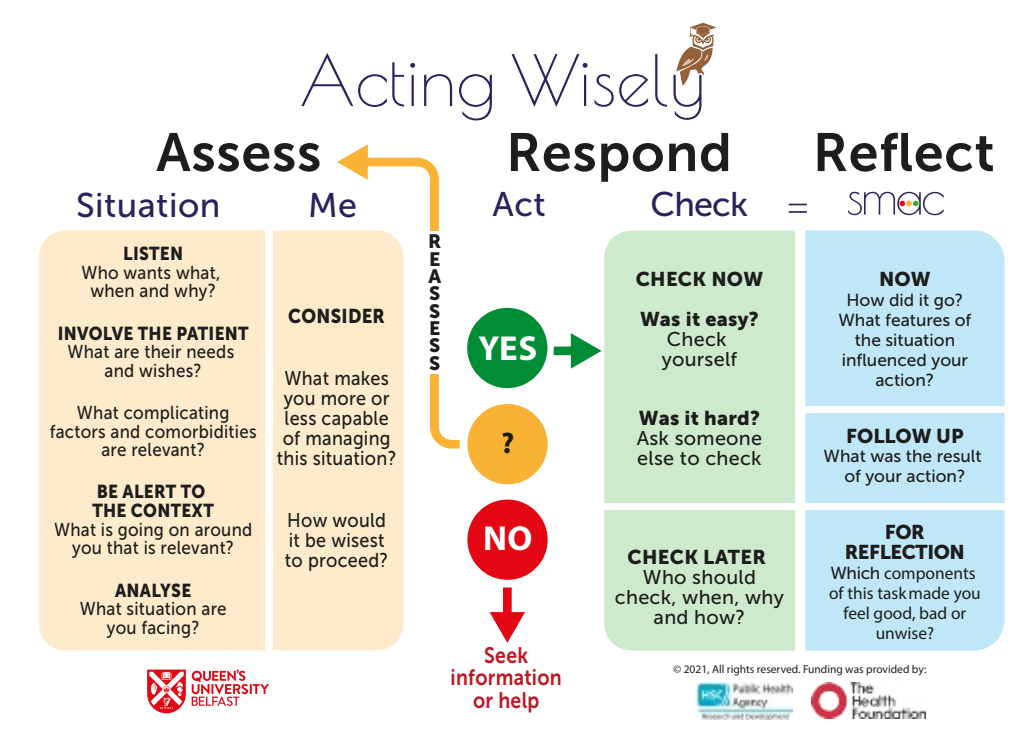
Your 'AW facilitator' may be a doctor, pharmacist nurse, or patient advocate (person with diabetes trained to conduct CBDs). They will have been trained to behave supportively so you can safely discuss your experience without fear of criticism or blame.

You need to prepare for the CBD by choosing an experience of prescribing insulin from which you learned (or would like to learn) something. This might be an insulin prescription you wrote (using purple pen) or one where

you know enough about the patient and their clinical situation to talk it through. It could be an experience that went well or one that was difficult or, indeed, any experience that was meaningful to you.

The best reasons for selecting an event are that:

- reflecting on it, as suggested on the smac card, identified it as an instructive experience
- it was difficult to achieve the 'good diabetes day' targets on the Top Tips card
- it was hard to follow the good insulin prescribing practice' on the Top Tips card such as:
 - It was hard to do what is listed in the green box of the Top Tips card;
 - It was hard to avoid doing what is listed in the red box.



In the box entitled 'Brief anonymous description' please include a short factual description of a situation you would like to discuss at your CBD.

Please email this form to the facilitator using the email address on your confirmation letter prior to the meeting, being sure this arrives by the start of your meeting.

During your CBD, the facilitator and you will go through what you have written and discuss the situation you have recorded.

The facilitator will enter some notes into the form during the CBD (or soon after) and return it to you to include a note of what you learned in the last but one section of the record sheet.

This will give you a complete, single record of the whole process.

Reflective Case Based Discussion

Please anonymise people and places

Facilitator:	Name: <input type="text"/>	Email: <input type="text"/>	Role: <input type="text"/>
Clinician:	Name: <input type="text"/>	Email: <input type="text"/>	Role: <input type="text"/>

Brief, anonymous description: To be completed by (student) clinician before meeting. At the start of the meeting they should explain why it was significant to them.

The facilitator helps the clinician describe and analyse the event, Using smac including Top Tips (where relevant).

	Situation analysis:	Facilitator's record of discussion:
Guided reflection	Situation <ul style="list-style-type: none"> • What situation were you facing? • Who wanted what, when and why? • What were patient's wishes and needs? • What features of the patient and their disease complicated the situation? • What was going on around you that was relevant? 	

Reflective Case Based Discussion

continued

Guided reflection	Situation analysis:	Facilitator's record of discussion:
	Me <ul style="list-style-type: none"> • <i>How capable did you feel to manage this?</i> Act <ul style="list-style-type: none"> • <i>What did you do and why?</i> • <i>How could you have acted differently?</i> Check <ul style="list-style-type: none"> • <i>How did you/could you have checked your action?</i> • <i>What was/could have been gained from checking later?</i> 	
	What will you do? What might help or hinder you doing this? Record at least one SMART commitment and as many others as result from the discussion.	
	<i>One thing I will do is:</i> <i>Another thing I will do is:</i> <i>Another thing I will do is:</i> <i>etc</i>	
	What have you learned?	
Facilitator. Please (optionally) add a reflective note about the clinician's learning and the educational environment.		