

# S3 Reflective Learning & Practice Portfolio



BY Heather Orsted

**Heather Orsted, RN, BN, ET,** is currently the Chair of the CAWC Education Committee.

She is a co-director of the University of Toronto's International Interdisciplinary Wound Care Course and has made major contributions to wound care education nationally and internationally.

*"The beginning of knowledge is the discovery of something we do not understand." – Frank Herbert*

The CAWC is pleased to present the third part in its three-part educational series. The S3 Reflective Learning & Practice Portfolio is provided to all those who have completed the Knowledge and Skills-Learning sections (S1/S2) of the S-Series. The S3 provides a framework that is designed to assist you to further identify the knowledge and/or skills required for optimal development of your wound-care practice.

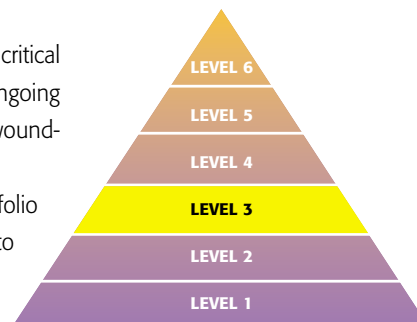
The S3 assists you, through reflection, to determine what you know (learning inventory and critical pathway) and what you don't know (reflective learning and practice framework). The portfolio consists of three self-

directed exercises that, upon completion, will assist you in:

1. Supporting the development of your career through a systematic, reflective process
2. Presenting a portfolio of your wound-care knowledge, skills and experience
3. Identifying gaps in your knowledge, skills and experience and supporting a process to fill the gaps
4. Providing a self-directed critical pathway toward the ongoing development of your wound-care expertise

Once completed the portfolio may be sent to the CAWC to be reviewed in detail by an experienced clinician/

educator who will provide you with comprehensive feedback as you move toward expert practice. Participants who submit their portfolios will receive a CAWC Seminar Series Certificate of Completion for the entire S-Series, and more importantly, will have prepared a Reflective Learning and Practice Portfolio that will move them toward expert practice. 🙌



My name is Christine Pearson. I work as a Wound Clinician for Vancouver Coastal Health in the local community. I would like to share with

you an experience that I had last year.

The CAWC conducts educational wound-care seminars called the S-Series that are presented annually in different locations all across Canada. This year it will be presented in four cities.

I attended the S-Series in June 2003 in Vancouver. It was a great opportunity for

networking with other professionals who shared a passion for wound care. Prior to attending the Series, I read the assigned articles, which were informative and up-to-date.

On the first day we learned or reviewed:

- the principles of wound healing
- best practices for wound bed preparation
- prevention and treatment of pressure ulcers
- venous leg ulcers
- diabetic foot ulcers

We used workbooks, reviewed case studies and participated in interactive sessions with multidisciplinary expert opinion leaders

from across Canada.

The second day we practised our hands-on skills with the Doppler, compression wraps and sharp debridement. You have never seen so many pigs' feet in one room!

The weekend was comprehensive and educational – and fun to boot. I highly recommend this series to anyone interested in wound care.

Upon finishing the weekend I felt re-energized and enthusiastic to go back to my facility. I felt confident incorporating the new information into my practice and sharing some of the knowledge with the nurses and physicians with whom I work.