



New Zealand Dietitians Board

Setting Learning Objectives



Continuing Competency

Focused, quality improvement that benefits your patients/clients and yourselves & continues over your professional career

Not just about updating your technical competency, it is about constantly reflecting on and renewing the capacity to make professional judgements



Professional Development

- ❖ Reflect on your work
- ❖ Identify areas where further development is needed
- ❖ Relate to you as an individual in the context of the organisation for which you work
- ❖ Recognise and consider the benefits of learning across professional boundaries



SMART Objectives

SMART objectives

Specific - specified learning activities, not general statements

Measurable - possible to assess whether they have been achieved

Attainable - possible to achieve

Realistic - within the your capability

Timed - agreed time for achieving and reviewing



SMART Objectives

Will help you identify:

- ❖ What you want to change or develop
- ❖ How you will do it
- ❖ When you will do it
- ❖ How you will demonstrate that change or development has happened



SMART objectives might start like this

Be able to competently and correctly manage....

Demonstrate the knowledge and skills required to

Recognise the 'red flags' associated with....

Develop a working knowledge of

Successfully complete.....

Produce a resource on.....

Deliver a presentation to the MDT on.....



Kirkpatrick's hierarchy

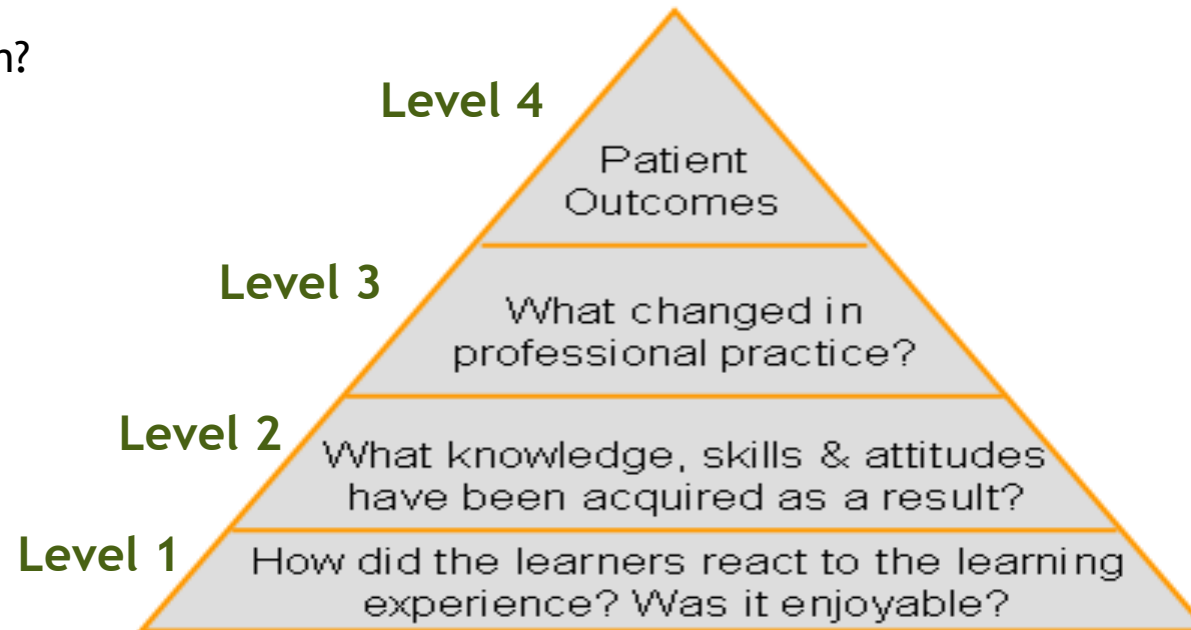
What was something important that you learnt from the topic?

As a result of what you learnt what will you change in your day to day practice and how will you implement the new learning into your daily practice?

How would you be able to prove that you have actually changed your practice if audited on the changes you said you would make?

What do I still need to learn?

How will I learn it?





discomfort log

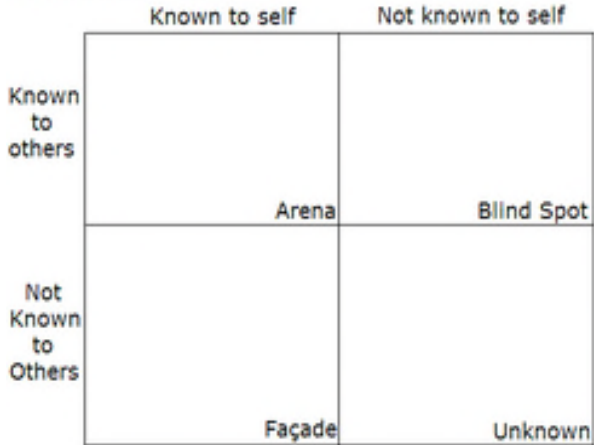
Record the things that come up during your working day that make you feel uncomfortable for any reason





Johari window

Johari Window



What we know that we know and others know too

What we don't know but others do

What we know about us but others don't know

What we don't know that we don't know and others don't know either