**Participation Requirements**

* 1. Complete the following:
     1. Participated in the QI Effort for at least 6 months
     2. The participant met with others (can be formal or informal meetings) involved in the improvement activities and was actively involved in the implementation of strategies and interventions (for example, using the Smartphrase, attended meetings where Syncope project was discussed, assisted with physician education, etc.).
     3. The participant reviewed (at the closest level appropriate) performance data (individual performance data, departmental data or other data sets related to project performance) at least 3 times to assess the impact of the interventions, making appropriate corrections to the improvement effort. For example, data reviewed could be individual use of the Smartphrase, syncope admission rates, a review of the syncope dashboard, etc..
     4. The participant personally reflected on the impact of the initiative on their practice or organizational role, further improvements and sustaining achieved improvement

**Reflection**

I reflected upon the following areas:

* + - 1. Change.  What change did you personally make in your practice?
      2. Impact.  How did this change impact patient care in your practice?
      3. Learning.  What did you learn as part of participating in this QI effort?
      4. Sustainability. Explain how you plan to sustain the changes you made to your practice because of this QI effort.