**Participation Requirements**

* 1. Complete the following:
     1. The participant was actively involved in the project for at least 6 months.
     2. The participant met (formally or informally) with others involved in the improvement activities and was actively involved in the implementation of strategies and interventions.
     3. The participant reviewed 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.
     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.