**Participation Requirements**

* 1. Complete the following:
     1. The participant was actively involved in the project for at least 6 months.
     2. The participant participated in the project, disseminated information about the QI project to their respective clinical settings, and encouraged best practices amongst their peers.
     3. Participants attended team meetings or ensured that they have a representative for any absences.
     4. Participants actively participated in study design and improvement initiatives, troubleshooting challenges and problem-solving solutions based on a review of the performance data.

**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.