



# Practice-Based Individual Learning Program (PBIL)

## INDIVIDUAL LOG SHEET

**Module Topic:**

*Pharyngitis*

**Name:** *(Please print)*

*Tom Elmslie*

**Date:** \_\_\_ / \_\_\_ / \_\_\_

dd mm yy

**This reflective log sheet (Review 1 and 2) must be completed in order to be awarded MAINPRO-C Credits**

Overall rating of PBSG module: poor 1 - 2 - 3 - 4 - 5 excellent

**Key issues identified:**

*Overuse of antibiotics. Development of bacterial resistance. Controversy about true benefits of antibiotic treatment even for CAS pharyngitis.*

**IMPORTANT: REVIEW 1 (to be completed immediately after finishing the module)**

**Here are a few questions to consider when completing Review 1:**

Will this module change your current practice? *Please give a specific procedure, policy, or patient as an example, and reference your decision to the information in the module. (The Clinical Commentary in the Module provides an example of one way of doing this.) Also, indicate what barriers you foresee to this change if any?*

OR Are you considering changes in your current approach to this condition? *Please describe.*

OR Did this module confirm your current practice? *Please describe. (Also indicate what actions will you take to reinforce your current practice).*

**p**

- Patients in this area are very demanding of antibiotics for every sniffle. I will renew my efforts to educate them on the differences between bacterial and viral diseases and the problems of resistant bacteria. (info section 2-3, 27-28).*
- I will hold off antibiotic treatment as long as possible when I feel it is not appropriate.*
- Clinical Tool for the management of Pharyngitis does not work well where I practice for adults over 45. Because most have had their tonsils out, the highest possible score is 2. But almost everyone has frequent cough due to post-nasal drip from sinus allergy problems - so we are back to clinical judgement?*

**Time spent reviewing the module and writing Review 1:** 1.5 hrs

*The information from this log sheet will be handled in a confidential manner and used only in summarized form for research purposes and to improve future workshops for the Practice Based Learning Programs. For more details, please go to: [www.fmpe.org/en/documents/privacy.html](http://www.fmpe.org/en/documents/privacy.html)*

**(Please turn over and complete side 2 before submitting)**

**REVIEW 2** (*Ideally you should have encountered this module's topic in your practice within three months of finishing this module. However, this section can only be completed after having experienced it in your practice*).

**State time since module completed:** \_\_\_\_\_

**Please review the first part (Review 1) of the log sheet. Then reflect on your practice experiences since first having read the module and summarize your reflections below.**

Here are a few questions to consider when completing Review 2:

What impact has this module had on your practice generally? How do you feel about decisions you have made?  
If you have made changes to your practice have they been successful?  
If you have identified any further areas of practice change, how will you plan to address these?

*I have encountered quite a few cases of pharyngitis in both children and adults since completing the module. Those with positive rapid strep tests and who were sick received antibiotics, although there were a couple who didn't quite fit the profile of "strep throat" and I wondered if they might just be carriers with viral illness (info points 18, 34a)*

*There have been some people who have had sore throats for a day or 2 who tested low for probability of strep and were happy to not have antibiotics.*

*On a few occasions, I have had negative strep test and sent off cultures at times when I would not get results back for at least 3-4 days because of weekend or holidays. In these cases I have given the patient an antibiotic prescription with instructions to get it filled if he gets worse or does not get better in the next couple of days. In some cases the patient is compliant; in others I'm sure he goes right to the pharmacy.*

*I continue to feel the need to treat all cases of known CAS pharyngitis and would need to see much more compelling evidence to the contrary to change my mind.*

**TOTAL TIME (spent reading the module and writing both parts of the log sheet):** 2.5 hrs

**Date:** \_\_\_\_\_ **Signature:** \_\_\_\_\_

**Comments or future module topic suggestions ?**

Please make a copy for your files then either (1) return the original copy to The Foundation office in the envelope provided **or** (2) fax to (905) 540-4988 to the attention of The Practice Based Individual Learning Program. Please note that all of your PBIL log sheets must be received at The Foundation's office within 60 days following your one year membership anniversary date.