

PCC 2026/2027 Self Reflection

	Goals	(Y/N)
1	Being knowledgeable about the effects, side effects, interactions and safe administration of medications in the provision of care.	
2	Reflecting on how I use clinical, social, and system knowledge to guide my decisions in practice.	
3	Reflecting on how experience, clinical reasoning, and evidence shape my decisions and help me improve my practice.	
4	Exhibiting proficiency in technical and psychomotor skills.	
5	Reflecting on my responsibility for the care I provide, the advice I give, and the consequences of my actions or inaction.	
6	Reflecting on how I build professional relationships with patients and collaborate with other providers to support coordinated, effective care.	
7	Reflecting on how I guide and mentor others, share knowledge, and support accurate professional work — and how these activities contribute to my own growth as a practitioner.	
8	Participating in the development, maintenance, and improvement of system-wide approaches to all aspects of client care.	
9	Providing clear health information and supporting patients in accessing appropriate health or social services, and reflecting on how these actions enhance my communication, assessment, and system-navigation skills.	
10	Seeking feedback from interest-holders in the planning, delivery, and evaluation of health care provided to ensure safe practice and public safety.	
11	Participating in professional activities or discussions and reflecting on how these engagements broaden my perspective and inform my practice.	
12	Reflecting on changes I observe in patient needs, community health trends, or patterns in my own practice, and using these insights to identify meaningful areas for learning and improvement	
13	Maintaining awareness and understanding of the signs and symptoms of stress-related injury and illness and the resources available to address them (Preventative Maintenance and Learning)	
14	Maintaining awareness of my own mental and physical health as it relates to professional practice, including recognizing signs of stress-related injury or illness, and reflecting on strategies or resources that support safe, sustainable practice.	



What You Are Expected to Do

- Select two (2) of the fourteen (14) learning goals based on your self-reflection.
- Complete a minimum of two (2) learning activities for each goal.
- Ensure learning goals and activities are new, relevant, and achievable within the PCC cycle.
- Link each learning activity to enhancing your competence, clinical decision-making, and/or patient care.
- Provide a clear reflection describing:
 - what you learned, and
 - how the learning has impacted your paramedic practice.
- Maintain records of all PCC activities for the current year and the previous three (3) years, as required under RHPA General Regulation s.6.4.

What Cannot Be Submitted

- Employer policy or protocol review as a learning activity.
- Learning goals or activities repeated within the past three (3) years.
- Entry-level knowledge or required certification renewals (e.g., CPR, BLS, Handwashing, PPE).
- Previously used learning materials within 3 years (e.g., past care maps or continuing education resources).
- Personal goals that do not directly relate to paramedic practice.
- Vague or unsupported reflections (e.g., “I communicated well,” “we worked as a team”).
- Unverified, non-auditable or non-credible learning sources, particularly online content.
- Submissions without reflection clearly describing the impact of learning on your practice.