



BY JARROD SHAPIRO, DPM

Intentionality: Think, Prepare, Focus, and Reflect

Try using this four-step process.

Have you ever wondered how much time you've wasted doing things for which you received no actual benefit? For example, how many workshops did you attend during medical school in which you learned absolutely nothing? Ask the same question about conferences you've attended. How many times did you take copious notes during a conference lecture only to file those notes and never review them again? These lost opportunities boil down to one thing: a lack of intentionality.

What does that mean? What is intentionality? Can we use this concept to be more efficient and effective for ourselves and others? Simply, when you plan to take an airplane flight, do you simply show up at the airport without having pur-



How Can We Be More Intentional?

To act more intentionally requires a conscious effort, so consider these four steps:

1) THINK: *Think about the upcoming experience ahead of time*—Ask yourself specific ques-

important to know to maximize the effectiveness of the session?

3) FOCUS: *Focus on goals during the experience*—Many learning experiences have filler material that you can ignore interspersed with actual content, while giving you the opportunity to focus on the important parts. For example, it seems almost every diabetic wound lecture starts with epidemiology as part of the intro. Ignore it. We all know how common diabetic wounds are and their significance. When you get to the meat of the lecture, focus more intently.

4) REFLECT: *Reflect on the experience afterward*—Near the end of a lecture or other experience, take a moment to think about the important parts of what you learned. How can you incorporate that information into your practice?

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chased a ticket? Of course not. You intentionally plan your trip, thinking over the necessary parts (taxi to the airport, purchasing tickets, hotel, etc.) and then preparing to go. If this is true for activities such as travel, why not approach all experiences the same way?

tions. What is the purpose of the pending experience? What are your specific goals? What do you want to learn?

2) PREPARE: *Prepare ahead of time*—Be sure to understand the general parameters of the upcoming experience. Is there basic information

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Featured Lecture

PRESENT e-Learning Systems

Common Foot Fractures

In this Lecture...
 Nicholas Bevilacqua, DPM, FACFAS will discuss commonly encountered foot fractures in a podiatric practice. Dr Bevilacqua will also identify relevant clinical and diagnostic imaging findings that are used to guide treatment decisions and to determine the appropriate course of treatment.

Scan to go to the lecture

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Reflect (from page 35)

Do you need other information to start performing that new surgical procedure? Plan your next steps to be deliberate about using the new information.

Planning Intentional Experiences for Others

Many of us have responsibilities to create experiences of various sorts for others such as student and resident education, creating lectures and conferences, or patient care experiences. To create this, the message it sends needs to be deliberate, as well as how it is sent, and what

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er what readers should bring home from your article. The goals were to emphasize the importance of being intentional and to recommend a simple framework to empower readers to be intentional.

PREPARE: Try to access the creative side to build that simple framework, considering your own

generate ideas. Communication of a specific idea requires attention to detail.

REFLECT: Once the article is completed, the editing process begins. You may tend to reflect quite a lot as you write, modifying the message and its delivery. Also, put the document aside for a day or two after completion and return to it to reflect again with a fresh eye on what was written. As with all writing, editing tends to take longer than the actual writing.

Maximizing your experiences is unlike wandering aimlessly down a nature path. Instead, it is a planned adventure with goals, expectations, and an intentional method. Consider this simple approach of thinking, preparing, focusing, and reflecting before the next adventure you plan for yourself or others. PM

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the reader takes from it. Do not just randomly write words and expect them to somehow create a message magically. Let's use the same paradigm as that above to see how to use intentionality when planning an article.

THINK: Take the time to consid-

experiences as well as the need to boil down information to the most important stuff.

FOCUS: Writing an article takes focus and concentration. Remember, being intentional is a conscious decision. This is not a free-writing exercise to randomly

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