

What is an ILP?

What is an ILP describes the pivotal role a resident plays in his or her own education.

- Learning is personal (i.e., self-directed learning).
- The ACGME and other external factors may influence what you need to learn, but how you do it is all of your own choosing.
- An Individualized Learning Plan (ILP) created in the Resident Center of *PediaLink*® is the solution.

ILPs include...

- Your career goals.
- Electives that help you to make progress toward your career goal.
- Your learning objectives.
- Strategies for achieving your learning objectives.

Residents build a new ILP each year, designating 3 specific areas for development, improvement, growth, and enrichment.

ILPs allow you to...

- Analyze your learning needs in a systematic way.
- Create a plan for engaging in learning experiences based on these needs.
- Document your commitment to lifelong learning.
- Have a positive impact on your own clinical practice and professional development.

The ILP on the Resident's Center of *PediaLink*® is an innovative, online tool that provides a path for learning. It...

- Encourages a systematic approach to practice reflection.
- Helps guide you in prioritizing your learning needs.
- Creates learning objectives to address those needs.
- Records whether or not your learning objectives have been met.
- Documents competence in PBLI, one of the required ACGME competencies.
- Connects all the housestaff in your program together virtually as the ultimate "group practice" in measuring outcomes.

Use ILPs not only during your pediatric training, but throughout your entire professional career as a pediatrician. These tools help you to not only fulfill the ACGME training requirements, but also to meet the critical components of the American Board of Pediatrics' Maintenance of Certification Program in Pediatrics.

SAMPLE RESIDENT ILP

Objective 1:

Adopt 3 time management techniques and 1 organization technique during the first half of this residency year.

Strategies:

1. Make a "to do" list each day for handling the things that I need to accomplish for patients and prioritize the list in order of importance.
2. Review this list with my senior resident to make sure that I am appropriately prioritizing the tasks that I need to accomplish.
3. Each weekend make a list of personal things that I want to accomplish over the course of the week and organize them in order of importance to me.
4. Review my personal list mid-week to check off what has been accomplished, add important things that may have emerged in the interim, and reprioritize as needed.

Objective 2:

Develop my teaching skills by incorporating at least two new audio/visual techniques and a feedback form during my presentations

Strategies:

1. Find a good resource on how to prepare a presentation and create useful audiovisual materials.
2. Prepare a talk following these guidelines and present it to my continuity clinic group.
3. Get feedback from my colleagues about the effectiveness of the presentation, and specifically ask for constructive criticism.
4. Use the feedback to create brief discussion topics during the months I am team leader.
5. Commit to discussing at least one of these brief topics per week to improve my skills through ongoing practice.

Objective 3:

Carry out a personal board review study process with daily, weekly, and monthly activities throughout this year

Strategies:

1. On a daily basis, choose one clinical encounter that I felt the least prepared for and read about that disease process in the corresponding section of Nelson that night.
2. Read Pediatrics in Review every month and do the corresponding self-assessment questions for each article.
3. On a weekly basis, review the topic area for three questions that I answered incorrectly on my In-Training Exam.