



Eviscore Foundation Course

Module 5 – ASSESS

Worksheet 5E: Continuous Learning Log

Estimated Time

10–15 minutes (Initial Completion)

Difficulty

★ ★ ★ Foundation

Learning Objectives

After completing this worksheet, you should be able to:

- Record Evidence-Based Practice activities.
 - Reflect on learning from real clinical cases.
 - Track your professional growth over time.
 - Develop lifelong Evidence-Based Practice habits.
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Why Keep a Learning Log?

Every patient encounter provides an opportunity to learn. Recording your learning helps you:

- Remember important lessons.
 - Improve future patient care.
 - Build confidence in Evidence-Based Practice.
 - Demonstrate continuing professional development.
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PART 1 – My EBP Learning Record

Complete one row for each clinical learning experience.

Date	Clinical Question	Evidence Used	What I Learned

PART 2 – Skills I Practised

Tick all that apply.

- ☐ Asked a PICOTT question
- ☐ Performed a literature search
- ☐ Used PubMed
- ☐ Read a systematic review
- ☐ Critically appraised an article
- ☐ Applied evidence to a patient
- ☐ Discussed evidence with a patient
- ☐ Reflected on patient outcomes

PART 3 – My Learning This Month

New Clinical Topic

One New Skill I Developed

One Question I Still Have

PART 4 – My Future Learning Plan

Over the next month I will:

- ☐ Read one research article each week.
 - ☐ Perform one PubMed search each week.
 - ☐ Critically appraise one article.
 - ☐ Discuss evidence with one patient.
 - ☐ Attend a journal club or teaching session.
 - ☐ Read one clinical guideline.
 - ☐ Other
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PART 5 – My Personal Reflection

Complete the sentence.

The most valuable lesson I learned during the EviScore Foundation Course was...

The Evidence-Based Practice skill I will continue to develop is...

My Lifelong Learning Commitment

I commit to:

- ☐ Asking focused clinical questions.
 - ☐ Seeking the best available evidence.
 - ☐ Critically evaluating research.
 - ☐ Applying evidence with patient-centered care.
 - ☐ Reflecting on every important clinical decision.
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My EBP Journey

Complete the statement.

As an evidence-based healthcare professional, I will...

Course Completion Reflection

Statement	Yes
I understand the 5A process.	☐
I can use PICOTT.	☐
I can search medical literature.	☐
I can critically appraise research.	☐
I can apply evidence to patient care.	☐
I can evaluate outcomes and improve my practice.	☐

Evidence Pearl

Evidence-Based Practice is not a destination—it is a lifelong journey of asking better questions, seeking better evidence, making better decisions, and continuously improving patient care.

Faculty Notes

Suggested Closing Discussion

Ask learners to reflect on these questions:

1. What is the most important EBP skill you gained during this course?
 2. How will you apply the 5A framework in your next clinical encounter?
 3. What habit will help you continue practising Evidence-Based Practice after this course?
 4. How can you encourage colleagues to use EBP in daily practice?
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Suggested Course Completion Activity

Invite learners to write a brief personal commitment.

“One Evidence-Based Practice habit I will start tomorrow is...”

My EviScore Achievement

Competency	✓
ASK	[]
ACQUIRE	[]
APPRAISE	[]
APPLY	[]
ASSESS	[]

Final Personal Commitment

“I commit to using the 5A Evidence-Based Practice process to improve the care of my patients through lifelong learning and thoughtful clinical decision-making.”

Learner Signature: _____

Date: _____

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www.eviscore.com

contact@eviscore.com

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