Guidelines for Use of Deliberate Practice

**Deliberate Practice:** A goal-oriented approach used to develop and/or improve all levels of skill acquisition utilizing scaffolding principles to attain clinical judgment and mastery leading to expert performance. The experience must be monitored with immediate personalized feedback provided by faculty, coaches, standardized patients, or electronic devices capable of documenting the performance (haptic).

**Antecedents required for successful deliberate practice**

1. **Learner Characteristics:**
   a. It has to be valued by the learner
   b. Requires previous knowledge, skills and attitudes specific to activity
   c. Requires intrinsic motivation
   d. Requires self regulating during the process
   e. Requires self observation during the process
   f. And requires self evaluation during and after the process

2. **The deliberate practice experience itself**
   a. It is evidence-based based on national standards
   b. Planned with advancement in situational or patient difficulty
   c. Participants are provided with feedback
      i. Continuous
      ii. Personalized
      iii. Timely
   d. Requires disciplined cognitive skills
   e. Requires individualized, dedicated, realistic time for the practice
   f. Deliberate practice requires time on task and active learning
   g. The learning is outcome based and requires mastery
   h. For the best outcome, the ratio of faculty/coach to participant is no greater than 1:20

3. **Implementation of deliberate practice**
   a. Requires monitored repetitive practice
   b. Includes personalized feedback that may lead to more deliberate practice
   c. Deliberate practice is resource intensive
      i. Learner (energy and time)
      ii. Faculty (time)
      iii. Setting (equipment and supplies)
   d. **Outcome assessment of DP**
      i. Requires mastery based on national standards
      ii. Requires the use of a valid reliable tool for measurement
      iii. Requires inter-rater reliability between faculty

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