

Nursing IN PRACTICE

CPD CERTIFICATE OF REFLECTION

This certifies that:

Name:

**has attended/completed the following
learning & training initiative**

Title of article:

Number of study hours:

Date:

A Framework for Reflection

It is important for lifelong learning that you try to capture what you have learned from any educational initiative that you have undertaken. One way of doing this is to reflect on the experience using a structured framework. Please use the questions below to help you assess what you have gained. Once completed, keep your reflections, together with the relevant documentation, in your personal professional portfolio.

Now write your own notes using the following prompts:

- **What have I learnt from this event that maintains or develops my professional knowledge and competence?**
- **What do I know or can I do now that I couldn't do before attending/completing this educational initiative?**
- **What can I apply immediately to my practice and client care?**
- **Is there anything I didn't understand or need to explore further, or read more about in order to clarify my learning?**
- **What else do I need to do/know to extend my professional development in this area?**