



CPD Reflection Activity

This form is made up of three parts which require full completion

Your Details

Full Name

Email Address

Part A

Mode of learning activity

(Course, Webinar etc)

Title of learning activity

Date of learning activity

Duration of Learning Activity

Using your professional competencies and standards of practice as an evaluation tool, think about why you are undertaking this learning activity and answer the following questions:

1. Describe how you think this activity will assist your learning needs and goals. Consider what areas of your practice you wish to improve or develop.



2. Identify what you hope to learn and/or gain from this activity.

PART B

The following questions should be answered upon completion of the learning activity. Consider the immediate impact of the activity on your understanding and knowledge related to the topic, then complete the following:

1. Provide a description of the activity

2. Were your pre-activity learning objectives met?
If yes, please elaborate on how.

3. What impact has this learning activity made on your skills and knowledge and how will it affect your clinical practice of upper limb therapy as an AHT?
In other words, what can you do now that you could not do before, or what do you know now that you did not know before?

4. What will you do with the information that you have gained through the activity?



Part C

The following questions should be completed approximately 3 to 6 months after completing the learning activity. Do not forget to come back to this section to see what your intended goals were after completion of the activity and determine whether you have met them.

1. Did you make a practice change, or set a goal to learn more following completion of this activity?

2. What action did you undertake?

3. Do you need to learn more?

4. Were there any barriers (professional or personal) preventing you from putting your learning into practice? How did you overcome them?



5. Please comment on any plans to monitor and re-evaluate the outcomes of the changes implemented.

Date of Completion