

# Continuing Professional Development Reflection Activity

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## PART A

Full Name:

Course:

To review the Nursing and Midwifery Board of Australia's (NMBA) guide to CPD requirements and registration standards, please [click here](#).

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## PART B

The following questions should be completed prior to commencing the course.

Using your professional competencies and standards of practice as an evaluation tool, what areas of your practice do you wish to improve or develop?

What do you hope to learn, or gain from this course?

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## PART C

The following questions should be completed following completion of the course.

When did you start the course?

When did you complete the course?

How many hours did you spend completing this course?

How will this short course change your practice?

As a result of this short course, are there any issues that you wish to follow up, or any changes, or improvements that you intend to implement? If so, please outline.

# Continuing Professional Development

## Reflection Activity

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### PART D

The following questions should be completed 3-6 months following completion of the course.

What issue did you follow up, or what action did you undertake in relation to this short course?

What changes/improvements have resulted in these actions?

Did you face any challenges? If so, how did you overcome them?

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

Well done on completing the course and undertaking this effective activity.

Don't forget to keep this record with your professional portfolio, as a record of your learning and reflection on learning. These files will be valuable should you ever be audited by AHPRA.