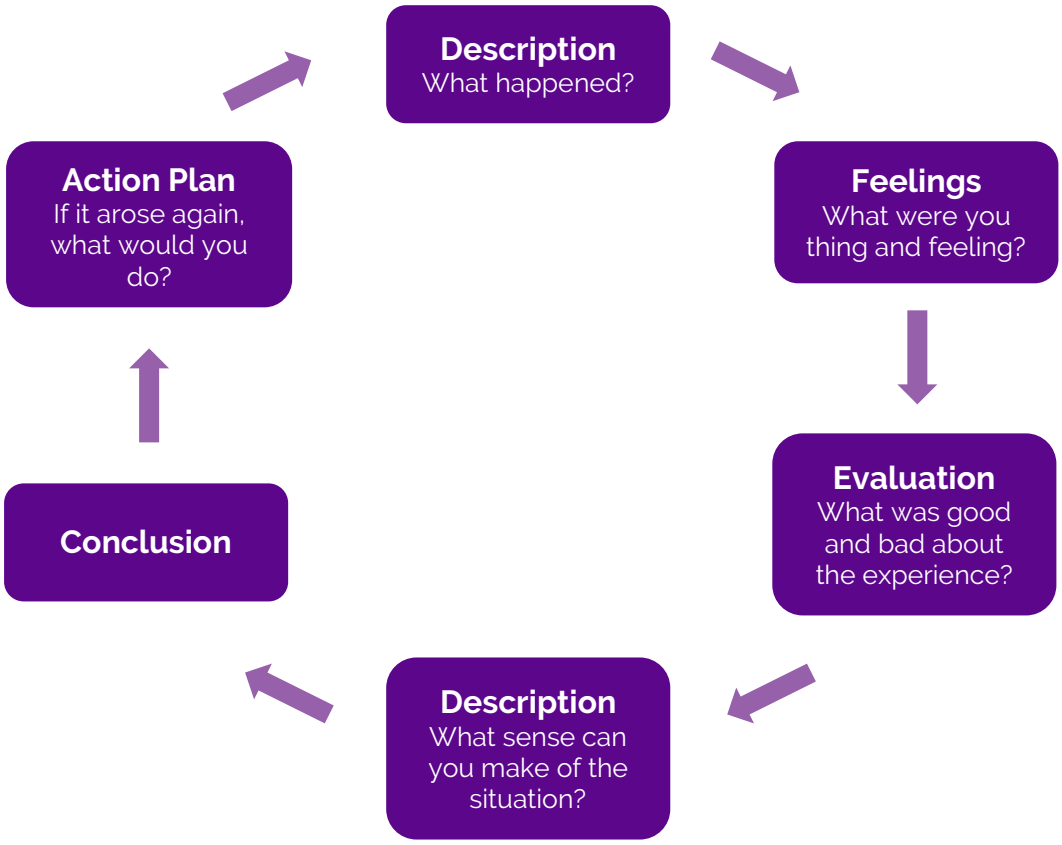
ACM CPD Reflection Activity

Webinar Recording

PART A

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



Structured reflection is the process of thinking about your practice at the time (reflection-in-action) or after the event (reflection-on-action) or before the event (reflection-for-action') and doing something with these thoughts such as writing about them or discussing them with your peers (Teate, Tierney Roth 2014 cited Atkins and Murphy, 1993).

Using the pictured Gibbs (1988) cycle, the questions in this document are aimed at helping you to reflect on your practice and the CPD you have undertaken from three different perspectives:

1. Pre learning: The process of identifying your learning needs by acknowledging what you know, and what you need to know before you start the CPD activity;
2. Immediate post learning: The process of identifying what you have learnt/understood immediately post completion of the CPD activity; and
3. 3-6 months later: The process of identifying what might have changed in your practice following completion of the CPD activity.

You are encouraged to save this file, and refer to it throughout your registration year. You may also like to save it as a supporting file in your portfolio as evidence of your learning and reflection.

Remember this is your reflection: There is no right or wrong way of completing the questions/ sections. You will gain as much from this process as you are willing to put in.

PART B

The following questions should be completed prior to commencing the webinar recording.

Participants Full Name:

Webinar Title:

Webinar Presenter:

Date of Live Broadcast:

Date of Viewing:

Duration of Activity:

Using your professional competencies and standards of practice as an evaluation tool, think about why you are undertaking this course (i.e. self-enrolment or employer enrolment) and answer the following questions.

1. Describe how you think this webinar will assist your learning needs and goals.

2. Identify a minimum of three things that you hope to learn and/or gain from this webinar.

PART C

The following questions should be answered upon completion of the webinar recording.

Consider the immediate impact of the webinar on your understanding and knowledge related to the topic, then complete the following questions:

1. Provide a description of the webinar.

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

3. What impact has this webinar made on your skills and knowledge? In other words, what can you do now that you couldn't before, or what do you know now that you didn't before?

4. What will you do with the information that you have learnt through the webinar?

PART D

The following questions should be completed approximately 3 to six months after viewing the webinar recording. Do not forget to come back to this section to see what your intended goals were after completion of the webinar 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 course?

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. If you have had personal experience around this topic, how might your experience influence your learning/professional practice as a midwife? (i.e. the topic is breastfeeding: how has your personal experience of breastfeeding or infant feeding influenced your practice as a midwife, supporting mothers on their journey).

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