

Tips for Creating your Reflections

As part of the CPD Registration Requirement you are required to provide a reflection on the CPD activities that you undertake. You can edit your reflections at any CPD certificate that you have completed with the Nursing CPD Institute.

The following are questions that will help you shape your reflection. You don't need to write a thesis, you have identified that the education session you choose to complete is relevant to your Nursing role and practice, the comment simply validates your choice to the board should you be audited.

Your reflection should identify:

- What topic you learnt about
- That you have gained Nursing knowledge
- The benefit of the education is that you can use the knowledge in your present role.

(Even though you may be working in a specialty area, generalist knowledge is still required e.g. pharmacology, wound care, chronic medical condition, nutrition, law, infection control, communicable diseases, immunisation, public health, palliation, pain management, paediatrics, mental health, communication, ethics, professional boundaries etc. The public believes that a Nurse is a Nurse so even though they are in your care for a specific condition they may ask you health related questions about any of the above and so much more. That's why you need to think broadly about your CPD activities...don't limit yourself just to the tasks you perform, think about your role as a Nurse providing holistic care to your client, their family and the broader community.)

Example

The CPD activity that I undertook was to watch a webinar recording titled "Why does the annual cycle of care matter in diabetes?".

So, my reflection that would appear on my CPD certificate would be:

"The topic explored in this session was the annual assessment for the management of a client who has diabetes. I have gained knowledge to assist me provide education to the diabetic clients that I will come in contact with in my role as a Registered Nurse."

Another Example

The CPD activity that I undertook was to complete a read and online quiz titled "Wound Biofilm Management".

So, my reflection that would appear on my CPD certificate would be:

"This session explored the topic of biofilm in wounds and how they impact wound healing. I have gained knowledge to apply to my wound care practice which will enhance the healing of wounds for my clients"

If you are really stuck for words please email us on enquiries@ncpdi.com.au