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| Date of CPD:  |  | Date of reflection: |  |
| CPD title: |  |
| **Describe the CPD you have completed*** What was the format of the CPD? Did you complete this on your own or with others?
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| **Why did you complete this CPD?*** CPD should be linked to your personal development plan
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| **What were the learning outcomes?*** What knowledge, skills or insights did you gain?
* Did the CPD allow you to achieve the anticipated learning outcomes? If so, how? If not, why not?
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| **How will this CPD impact your professional practice?*** Will you change the way you practice?
* What benefits will this bring for your patients, peers, practice, or organisation?
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| **Has this CPD highlighted any further learning or development needs?*** Consider if learning needs have been highlighted for yourself and for others
* How will you address these needs?
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| **Any further reflections?** |
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