**CONTINUING PROFESSIONAL DEVELOPMENT**

**REFLECTIVE REPORT**

**Name:**

**AHPC Registration Number:**

**Institution/Organization:**

**Date of Activity:**

**Name of Journal and details:**

**Article Name:**

**Article Author/s:**

**DESCRIPTION OF REPORT (less than 500 words):**

1. **What did you learn? (What?)**
2. **How does that apply in your context? (So what?)**
3. **What ways can this be useful learning for me? (Now what?)**

Adapted from: Rolfe, G., Freshwater, D., Jasper, M. (2001) *Critical reflection in nursing and the helping professions: a user’s guide*. Basingstoke: Palgrave Macmillan.

**Endorsed by:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Signature**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Name of Direct Supervisor**