

## REFLECTION ON PROFESSIONAL DEVELOPMENT

Nursing Council requires that nurses attend a minimum of 60 hours of professional development over the past three years. This may include organisational mandatory/essential requirements. As well as listing and describing your continuing professional development, it is important that you have reflected on your learning and its application to your professional practice. Provide an overall statement of your learning describing what you did, what you learned and how each activity affirmed or made a difference to your nursing practice. Reflect on (at least) three educational attendances over the past three years.

*N.B. Education attended should be at an appropriate level for specific practice or related to your practice setting. A signature is required to verify your attendance, or certificate or organisational training record.*

Overall statement of learning:

*E.g. Over the past three years, I have focused my education on increasing my knowledge of Emergency Department procedures. My education has been on triage, Advanced Life Support, and undertaking modules on wound management and musculoskeletal injuries which have assisted me in developing the skills required to work in the ED....*

<b>Date</b>	<b>Activity</b> (Title of session, course, conference, etc)	<b>Explain what you learnt from this activity</b> (you must explain how this activity affirmed or influenced your practice)	<b>Hours Spent</b>	<b>Manager or educator's comments and sign off</b>