

Enhanced CPD: Reflection

Reflection is an important part of CPD and should form part of your personal development plan (PDP). Please reflect on what you have learnt, your experience and how it applies to your role. In particular consider:

1. What did you learn (or confirm) from the activity that was helpful or relevant to your daily work and patients?
2. Did you identify any changes/updates needed in your daily work? If so please give details.
3. How will you make these changes and by when?
4. How can you demonstrate that you have implemented these changes as a result of the course?
5. If you didn't identify any changes needed, what did the activity confirm for you, that you may already know or be doing?
6. What was the benefit to your work and/or your patients in carrying out this activity?
7. Do you feel that the activity met the General Dental Council's ECPD development outcomes? If not, please explain why.
8. Any other comments, thoughts or feelings?

This is just one way of documenting reflective practice, there are many others, which you may find more applicable or appropriate. Gibbs reflective process and CPD Me app are just two examples.

It is important that you keep this certificate for your records - the General Dental Council (GDC) may request details of the courses you have attended. Please complete the reflection questions to comply with the GDC verifiable requirements.