

# Sample CPD Reflection

This CPD reflection cycle is to be completed to record learning

(I) **Formal learning**, i.e. in college through lectures, tutorials, workshops, laboratories, tutorials, presentations etc.

(II) **Informal learning**, i.e. learning that occurs outside of the University environment but is still organised by the university e.g. placement or hospital or industry visits etc. and

(III) **Non-formal learning** i.e. learning you encounter in 'real-life' outside of the core MPharm curriculum.

It is to document in a reflective manner, scenarios you learned from, how and what you learned from them and how you believe this experience developed you professionally in line with the behaviours, competencies and domains outlined in the Core Competency Framework. Please note that this CPD cycle is not restricted to placements in community or hospital pharmacies or industrial placements. It can be used to document learning from any work experience you believe enhanced your professional development, for example working as part of a team, interacting with customers/colleagues, paying attention to detail and many more of the behaviours in the Core Competency Framework can be accomplished in many different work environments.

Please note that you can complete as many of these CPD cycles as you wish, on each occasion it will be your choice whether you submit them to be included in you overall professional assessment or not.

We would advise you to submit all of your cycles as you can receive feedback on them. This will improve your ability to reflect on what you learned and identify what your further learning needs are.

## Self-Appraisal:

Write about: An area of your practice you have identified to develop. What it is you would like to learn/develop. How you identified this through your own practice.



This has not been evidenced

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# Select the option(s) which most accurately summarises how you identified this learning or development need

Note: More than one option can be chosen

Completing my Core-Competency Self-Assessment Tool

Undertaking a practice audit

Discussion with peers or other professionals

Managing an issue which arose during my work

Receiving feedback about my practice/performance

Self-reflection

A change in my work – e.g. new role/responsibility or new process/guideline

Participating in a live Continuing Education program

Completing a print or on-line Continuing Education program

Reading Literature

Performing research

Teaching, tutoring or preparing for a presentation

Responding to a critical incident

Other



This has not been evidenced

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Write about: What you need to do to improve your knowledge/competence in this area. What steps you will take. What resources or help you will need. How much time it will take etc .

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This has not been evidenced

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## What resources could help you develop in this area ?

Note: More than one resource can be chosen

Live Continuing Education program

Undertaking Higher Education e.g. Certificate, Diploma, Specialist module

Print/On-line Continuing Education program

Attending meeting(s)

Consultation with expert

Discussion with colleagues

Work-based training

Journal / articles

Research / literature

Practicing new behaviours

Other

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This has not been evidenced

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## Action

Write about: What action you actually took to address the area you identified for development. Anything you did additionally/differently to what you had planned?



This has not been evidenced

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## Which of the following best describes the formality of the activity(s) you undertook?

Note: Only option can be chosen

Certified/accredited learning programmes

Learning which is structured, but not accredited

On the job learning



This has not been evidenced

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## What learning resources did you use?

Note: More than one option can be chosen

Live Continuing Education program

Undertaking Higher Education e.g. Certificate, Diploma, Specialist module

Print/On-line Continuing Education program

Attending meeting(s)

Consultation with expert

Discussion with colleagues

Work-based training

Journal / articles

Research / literature

Practicing new behaviours

Other



This has not been evidenced

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Document Your Learning: Write about: What you have learned. Any new knowledge or skills you have attained. Any additional or future actions that arose through the process.



This has not been evidenced

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Evaluate Impact on Practice: Write about: What you have discovered or learned about yourself or your practice through the process. The impact of your actions on your current or future practice. Anything you have learned about yourself in relation to CPD.

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This has not been evidenced

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## How has this learning/development impacted your practice?

Note: More than one option can be chosen

Improved performance in role

Improved process

Improved care for patient

Improved effectiveness or quality of drug therapy

Addressed patient concerns or needs

Saved costs for patient or payer

Encouraged greater clinician engagement on patient care issues

Shared information with colleagues

Modified existing practices

Improved my understanding of the healthcare system

Contributed to the development of pharmacy practice in Ireland

Improved my confidence

Encouraged colleagues to pursue further learning

Confirmed existing practice is appropriate

Other



## Domains:

Please click the Domain(s) that this activity fulfils. Note: More than one option can be chosen

Professional Practice

Personal skills

Supply of medicines

Safe and rational use of medicines

Public health

Organisation and management skills

## Domain 1: Professional Practice

Please tick the competencies that this activity fulfils. Note: More than one option can be chosen

Practices patient-centred care

Practices professionally

Practices legally

Practices ethically

Engages in appropriate continuing professional development

## Domain 2: Personal Skills

Please tick the competencies that this activity fulfils. Note: More than one option can be chosen

Leadership skills

Decision-making skills

Team working skills

Communication skills

## Domain 3: Supply of medicines

Please tick the competencies that this activity fulfils. Note: More than one option can be chosen

Manufactures and compounds  
medicines

Manages the medicines supply  
chain

Reviews and dispenses  
medicines accurately

## Domain 4: Safe and rational use of medicines

Please tick the competencies that this activity fulfils. Note: More than one option can be chosen

Patient consultation skills

Patient counselling skills

Reviews and manages patient  
medicines

Identifies and manages  
medication safety issues

Provides medicines information  
and education

## Domain 5: Public health

Please tick the competencies that this activity fulfils. Note: More than one option can be chosen

Population health

Health promotion

Research skills

## Domain 6: Organisation and management skills

Please tick the competencies that this activity fulfils. Note: More than one option can be chosen

Self-management skills

Workplace management skills

Human resources management skills

## Specialist Competencies addressed through this Learning Cycle

Please list the specific behaviours from the [core competency framework](#) that you have fulfilled through this learning cycle

ASSESSOR FIELD

1.5.2: Demonstrates the ability to critically reflect on their own practice and skills, to identify learning and development needs

Please select the appropriate descriptor of the students fulfilment of behaviour 1.5.2 based on the completed CPD cycle

Developing

Competent

Competent and Exceeding

Excellent



This has not been evidenced

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ASSESSOR FIELD

### 1.5.3: Takes personal responsibility for engaging in CPD and achieving learning and professional development goals

Please select the appropriate descriptor of the students fulfilment of behaviour 1.5.3 based on the completed CPD cycle

Developing	Competent
Competent and Exceeding	Excellent



This has not been evidenced

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ASSESSOR FIELD

### 1.5.4: Identifies and undertakes appropriate learning activities and programmes that meet identified learning needs

Please select the appropriate descriptor of the students fulfilment of behaviour 1.5.4 based on the completed CPD cycle

Developing	Competent
Competent and Exceeding	Excellent



This has not been evidenced

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## 1.5.5: Keeps knowledge and skills up-to-date

Please select the appropriate descriptor of the students fulfilment of behaviour 1.5.5 based on the completed CPD cycle

Developing

Competent

Competent and Exceeding

Excellent



This has not been evidenced

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