

A MODEL OF FRAMEWORK FOR REFLECTION

This form may be photocopied and included in the delegate packs.

PREP offers a framework for a lifetime of continuing professional development. Your portfolio provides a structural format for documenting and reviewing your reflections on your practice.

Now write your own notes using the following prompts:

- What have I learnt from this event that maintains or develops my professional knowledge and competence?

- What do I know or can I do now that I couldn't do before attending this event?

- What can I apply immediately to my practice and client care?

- Is there anything I didn't understand or need to explore further, or read more about in order to clarify my learning?

- What else do I need to do or know to extend my professional development in this area?

- What other professional development needs have I identified?

This may be as a result of reviewing a work situation or incident in the light of the learning gained.

- How might I achieve the above needs?

It may helpful to convert these needs into short, medium and long-term goals in an action plan.

This can be included in your portfolio.

Further reading:

Johns C (1993) *Achieving effective work as a professional activity* in Schober J and Hinchliff S (eds) (1995) *Towards Advanced Nursing Practice* London: Arnold

Hull C, Refern E (1996) *Profiles and Portfolios: A Guide for Nurses and Midwives* London: Macmillan

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