

Reflection record

Reflection is important for continuous learning and development, and a critical part of the revalidation process for UK healthcare professionals. This reflection record is designed to help you reflect on your learning after reading a *Guidelines* summary or *Guidelines in Practice* article, or viewing a *Guidelines in Practice* video.

Date: _____

Which article or video is this reflection record about?

Which aspects of this article or video really made you think?

What ideas arose from your reading or viewing that challenged your current practice?

How have you changed your practice, or what will you do differently in the future?

Have you identified any gaps in your knowledge? If so, how will you address this?

When do you plan to review your progress?
