



## ANZCA and FPM CPD Program

### Critical reflection CPD verification form

As a participant of the ANZCA and FPM CPD Program, I have participated in the Practice evaluation – reviewing performance: Critical reflection activity and completed the following steps.

- The topic for my critical reflection was \_\_\_\_\_
- The resources I used to assist with my reflections were  
\_\_\_\_\_
- I set aside uninterrupted time and found a quiet space in which to undertake the reflection.
- I have worked through a series of questions, as outlined in the *Critical reflection guideline*.
- I have kept a diary/log of reflections for the purpose of fulfilling my CPD requirements.

#### For Practice reflection:

I changed my practice or have a plan for change.  Yes  No  N/A

#### For Own health and wellbeing reflection:

I developed a personal wellbeing plan.  Yes  No  N/A

Total hours: \_\_\_\_\_ Date range: \_\_\_\_/\_\_\_\_/\_\_\_\_ - \_\_\_\_/\_\_\_\_/\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Print name: \_\_\_\_\_