

Examples of Reflection / Learning Outcomes

Examples of 'Clinician Reflection'

Reflection on CPD Compulsory Category One – Clinical Practice / Diabetes Education / Counselling		
Describe how your learning from CPD activities in category one:		
1.	Was applied to or changed your practice	<i>Now responding to patient's blood glucose record more respectfully and asking patient for permission before giving advice. Helping client to brainstorm their own solutions rather than trying to impose my ideas. Allowing clients to set the agenda at appointments and prioritising the issues that are important to them.</i>
2.	Improved your knowledge and competence.	<i>Delivering high quality care to patients on Byetta by becoming more knowledgeable about treatment protocols and side effect management.</i>

Reflection on CPD Compulsory Category Two – Management / Administration / Leadership		
Describe how your learning from CPD activities in category two:		
1.	Was applied to or changed your practice	<i>Applied current evidence to best practice guidelines for hypos, and changed the way I treated hypoglycaemia in people with dysphagia.</i>
2.	Improved your knowledge and competence.	<i>Now more knowledgeable about hypo treatment for people with both diabetes and dysphagia, and giving these patients and their carers more appropriate advice.</i>

Examples of Reflection / Learning Outcomes

Reflection on CPD Compulsory Category Three – Research		
Describe how your learning from CPD activities in category three:		
1.	Was applied to or changed your practice	<i>Now disseminating patient information leaflets with the most current information on GI.</i>
2.	Improved your knowledge and competence.	<i>More familiar with process to enter project data into statistical software. Producing good quality evidence through ongoing involvement in QI projects.</i>

Examples of Management Reflection

Reflection on CPD Compulsory Category One – Clinical Practice / Diabetes Education / Counselling		
Describe how your learning from CPD activities in category one:		
1.	Was applied to or changed your practice	<i>I have been using new strategies to manage 'frequent flyers' presenting with DKA based on information presented at the National Conference and discussions with interstate colleagues that attended the conference.</i>
2.	Improved your knowledge and competence.	<i>I'm now more knowledgeable about changes to Child Protection legislation, and more competent using the updated child protection forms when I report incidents.</i>

Examples of Reflection / Learning Outcomes

Reflection on CPD Compulsory Category Two – Management / Administration / Leadership

Describe how your learning from CPD activities in category two:

1.	Was applied to or changed your practice	<i>I've started reporting critical incidents more promptly since attending the Riskman training for managers.</i>
2.	Improved your knowledge and competence.	<i>I have become more familiar with the current evidence based guidelines for type 1 diabetes since I started applying these guidelines to my department's existing policies. As a result of updating these policies, the whole department is working more competently and adhering more closely to best-practice.</i>

Reflection on CPD Compulsory Category Three – Research

Describe how your learning from CPD activities in category three:

1.	Was applied to or changed your practice	<i>Since the audit I have been less inhibited about discussing alcohol use with adolescents with type 1 diabetes and their parents or carers.</i>
2.	Improved your knowledge and competence.	<i>I now have a better understanding of insulin pump commencement processes used in tertiary diabetes centres around Australia. Disseminating this research has improved my academic writing competency.</i>

Examples of Reflection / Learning Outcomes

Examples of ‘Researcher Reflection’

Reflection on CPD Compulsory Category One – Clinical Practice / Diabetes Education / Counselling		
Describe how your learning from CPD activities in category one:		
1.	Was applied to or changed your practice	<i>I’ve adopted the term ‘knowledge translation’ to describe the interaction between my research activities and the end-users of this evidence.</i>
2.	Improved your knowledge and competence.	<i>I’ve increased my awareness of chronic disease management training options for newcomers.</i>

Reflection on CPD Compulsory Category Two – Management / Administration / Leadership		
Describe how your learning from CPD activities in category two:		
1.	Was applied to or changed your practice	<i>I’ve formed partnerships with several rural diabetes services to enhance their research capacity.</i>
2.	Improved your knowledge and competence.	<i>I now have a better understanding of how research findings are adopted by primary healthcare professionals. I’m getting better at helping clinicians adapt research findings to their policies and professional practice.</i>

Examples of Reflection / Learning Outcomes

Reflection on CPD Compulsory Category Three – Research		
Describe how your learning from CPD activities in category three:		
1.	Was applied to or changed your practice	<i>Since completing two units on qualitative research, I've using new methods to analyse and interpret focus group recordings.</i>
2.	Improved your knowledge and competence.	<i>I've developed a better understanding of which grant applications succeed, and I'm completing grant applications more quickly and concisely.</i>