



My Learning

This template can be used to help you record your Continuing Professional Development activity (CPD), structure your thoughts and reflect on what you have learnt and how this may affect your practice.

Date activity completed	Number of hours taken
What was the topic?	
What have you learned?	
How does this relate to your practice?	
How are you going to apply this to your practice?	

What, if anything, surprised you about this learning?

What more do you need to know or learn about this topic?

For registered nurses:

Which part of the Code is most relevant to this activity?

For other health and social care professionals:

How does this relate to your code of practice?