

## A framework for reflection

It is important for lifelong learning to capture what you have learned from any educational initiative. One way of doing this is to reflect on the experience using a structured framework. Please use the questions below to help you assess what you have gained. Keep your reflections, together with the relevant documentation, in your personal professional portfolio.

### Now write your own notes using the following prompts

- What have I learnt from this event that maintains or supports my professional knowledge and competence?
- What do I know or can I do now that I couldn't do before attending/completing this educational initiative?
- What can I apply immediately to my practice and client care?
- Is there anything I didn't understand or need to explore further/read more about in order to clarify my learning?
- What else do I need to do/know to extend my professional development in this area?
- Thinking about the four themes of the Code, how does this activity relate to the NMC Code?

Select one to explore:

- Prioritise people.
- Practise effectively.
- Preserve safety.
- Promote professionalism and trust.

### RCN events, conferences and digital learning

The RCN organises an annual programme of events and conferences, including the annual RCN Congress, to support your personal and professional development and to provide a forum to discuss the latest developments in health care.

You can find out about on demand and live streamed content, and events happening in

