The RCVS have introduced outcomes focused CPD including a ‘reflect’ element in the ‘Plan, Do, Record, Reflect’ cycle. This new CPD model focuses on the quality, impact and relevance of your CPD. We are being encouraged to begin reflective practice as soon as possible, as it will become compulsory from January 2022. Paragon is here to help you develop your reflective skills.

Reflection involves a systematic and critical analysis of the learning and development you have undertaken, thinking about if and how you will make changes to how you work as a result.

You can upload this document to your 1CPD app as a record of your learning.

We can all reflect by thinking about these 3 questions:

1. How did this **CPD with Sophie Adamantos, Mickey Tivers & Adam Bell** relate to your learning needs and plan?
2. What are the key things you learned?
3. What impact has the CPD had on you as a professional or in your practice? What will you change as a result of this CPD in your approach to similar cases?

Relevant review article: ………………………………..