

SELF REFLECTION LOG

Name: _____

AHPRA Registration number: NMW _____

Use this log to reflect on your nursing and /or midwifery practice. The reflective process is an effective tool, which allows individuals to understand and identify the impact and /or the consequences of their own practice. You may attach additional pages as necessary.

Through this process, learning needs are identified and integrated into a Self-Directed Continuing Professional Development Learning Plan for the next 12 months (separate attachment provided).

1. Describe the incident/s which led to the complaint?

What happened? What was your role in this incident? (Consider how your behaviour, action or inaction may have contributed to the incident.)

2. Based on your reflections described in section 1, what area/s of practice could you improve?

Areas for improvement will identify your learning needs. Examples include: medication administration, documentation, assessment and care planning, and communicating with peers and supervisors.

3. If faced with a similar situation, as described in section 1, what would you do?

4. Describe how the incident has affected you:

- **personally, and**
- **professionally**

Have you talked to anyone about the incident?

How have you found the experience of receiving a complaint against you?

Do you have a support network?

Have you received support from your workplace?

Are you still working in the workplace where the incident occurred?

5. What input have you received from your managers and peers about your practice?

*Consider asking your manager/s and /or peers for advice as to your learning needs.
Include any feedback you have received from patients.*

6. Since the incident, what have you done to improve your practice?

What self-directed learning have you done since the incident?

This includes in-services, attending courses, engaging in performance management plans, reading policies and research papers

7. Based on your own reflection and the input you have received, what are you going to do to improve your practice.

What do you need to learn to improve your practice? What learning needs have been identified through practice reflection and peer input?

To demonstrate to the Council how you will achieve your learning needs, you are requested to provide a learning plan for the next 12 months. Refer to the document titled “*Self-Directed Learning Plan for the next 12 Months*”.

REFERENCES

- National Board Registration Standards for Continuing Professional Development

<http://www.nursingmidwiferyboard.gov.au/Registration-Standards.aspx>

- National Board for Continuing Professional Development for Nurses and Midwives FAQs

<http://www.nursingmidwiferyboard.gov.au/Codes-Guidelines-Statements/FAQ/CPD-FAQ-for-nurses-and-midwives.aspx>

- Code of Ethics for Nurses and Midwives
- Code of Professional Conduct for Nurses and Midwives
- Competency standards / standards for practice

<http://www.nursingmidwiferyboard.gov.au/Codes-Guidelines-Statements/Professional-standards.aspx>