

## Self-Accredited CPD

The following courses are appropriate for self-accredited CPD, according to the standards set forth by the Royal College of Emergency Medicine and the Royal College of the Committee on Accreditation of Continuing Medical Education.

Name of Course	Date(s)	Recommended CPD Credits
Teaching Manchester	10-12 October	22.5
St.Emlyn's LIVE	9 October	8
P3 (1 day only)	10 October	7.5

We recommend that you use the following **self-reflection tool** to include in your portfolio of evidence for each course attended:

The Key Areas to Cover in Reflection are:
What was the learning need or objective that was addressed?
What was the outcome of the activity (try to link this to one of the GMC Good Medical Practice domains). <ul style="list-style-type: none"><li>• How have your knowledge, skills &amp; attitudes changed?</li><li>• Have you identified any skills, attitude, &amp; knowledge gaps?</li><li>• How will this activity improve patient care or safety?</li><li>• How will your current practice change as a result of this activity?</li><li>• What aspects of your current practice were reinforced by this activity?</li><li>• What changes in your teams/department/organization's working were identified as necessary?</li></ul>
Next steps <ul style="list-style-type: none"><li>• Outline any further learning or development needs</li><li>• How do you intend to address these needs - use SMART objectives.</li></ul>