

Record of Learning and Development

“Reflective Account Form” (adapted from Gibbs 1998)

This is one of a number of forms which can be used to evidence your learning. Using a reflective tool is a good way to formalise and to record your learning. Your reflection can be used to evidence continuing professional development, meeting performance objectives for KSF, or demonstrating achievement of professional standards to support revalidation. This template is adapted from Gibbs model (1998, 1998) but you might prefer to use other models that you are familiar with.

Title

Date From

Date To

Description

① **Further Information** What Happened?

Feelings

① **Further Information** What were you thinking and feeling?

Evaluation

① **Further Information** What was good and bad about the experience?

Analysis

① **Further Information** What sense can you make of the situation?

Conclusion

① **Further Information** What else could you have done?

Action Plan

① **Further Information** It is arose again, what would you do? Are there any development needs that could be identified in your PDP?

**How is this
relevant to
the Code
(NMC 2015)
or HCPC
CPD
Standards?**

① **Further Information** *Please select one or more themes and add in any relevant comments.*

Themes: *Prioritise people, Practise effectively, Preserve safety, Promote professionalism and trust.*