

# Course Aims and Objectives

* What did you learn (or confirm) from the activity that was helpful or relevant to your daily work and patients?
* Did you identify any changes/updates needed in your daily work, and if so, what? How did you make these changes?
* If you didn’t identify changes needed, what did the activity confirm for you, that you may already know or be doing?
* What was the benefit to your work and/or your patients in carrying out this activity?

**Reflection**

Reflection is an important part of CPD. Reflection involves thoughtfully considering experiences, practices, and outcomes to identify areas for improvement and enhance the quality of patient care. More information on reflection can be found on our website.

We confirm the information provided on this certificate is full and accurate.