

## CONTINUING PROFESSIONAL DEVELOPMENT (CPD) REFLECTIVE DIARY

<b>Date</b>	<b>Title</b>	<b>Category</b>	<b>Type</b>	<b>Credits</b>	<b>Key learning points</b>

**Credits:** 1 Credit = 1 hour of learning activity (maximum 6 credits in one day)

**Category:**

- a. External: Outside own hospital setting
- b. Internal: Inside own hospital setting
- c. Personal: Reading journals & texts, writing articles, information searches

**Type:**

- a. Clinical: CPC, clinical courses etc
- b. Non-clinical: Talks on discipline, customs of service, M.Sc. course et

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