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| **British Institute of Radiology**  **Self-reflection for CPD** |  |

The BIR is a multidisciplinary membership organisation connecting all those with a professional interest in imaging science and radiation technology. The majority of our members will be regulated by the GMC or HCPC and will also be members of their respective professional bodies – IPEM, RCR or SCoR. All will be required to undertake CPD/CME and maintain records of their activities for verification or audit purposes.

As part of their CPD/CME some of our members will be required to collect credit points for their professional development whilefor others there is a shift away from point collecting as a measure of CPD and a move towards self-reflection in relation to an individual’s professional development objectives and performance review.

The BIR has decided not to allocate credit points to the educational activities, but will instead be accrediting courses as being of a high academic and educational value, and meeting the BIR educational standards established by the Accreditation Committee.

We will issue a certificate of attendance / participation to each delegate who participates in one of our educational activities and where relevant we will apply for RCR credits for the radiology members. Members undertaking any BIR educational activity will be encouraged to reflect upon the learning undertaken and identify the benefits they have gained in relation to their professional development objectives and use this self-reflection towards their professional / regulatory body requirements. To assist members with their self-reflection we have developed a simple form to complete and file with any certificate and / or other materials relating to the educational activity.

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**What is self reflection?**

Reflective learning enables you:

* To accept responsibility for your own personal development
* To see a clear link between the effort you put into your development activity and the benefits you get out of it, along with benefits to service delivery and/ or service users
* To help see more value in each learning experience, by knowing why you’re doing it and what’s in it for you

How do I reflect on my learning?

* Reflection on your learning enables you to link your professional development to practical outcomes and widens the definition of what counts as useful activity.
* Think about how you will use new knowledge and skills in your future activities, so learning is always linked to action, and theory to practice.

How often should I reflect on my learning?

* Reflection should become a routine part of working life that is more or less instinctive and should occur as soon as possible following the activity

What type of activity?

Reflections should be on a range of types of CPD activity and could include:

* Attending an event or conference;
* Attending a webinar or listening to a podcast;
* Completing some on-line learning;
* Reading a journal article.

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**Instructions:**

Complete the attached form as soon as possible after the event and save it in your CPD file, along with a certificate or other materials relating to the activity.

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| **Name:** | **Date self-reflection completed:** |
| **Activity:**  *(title, description, length, date)* | |
| **Learning:** *(why did you undertake this activity;what were the learning outcomes; what did you learn from this activity)* | |
| **Impact:** *(what knowledge, skills, attitudes competencies have you developed/improved/reinforced; how do you feel this learning has changed or will change your professional practice / service delivery;how do you feel this learning has benefitted (or will benefit) service users)* | |
| **Future:** *(what further learning / development needs do you have as a result of this activity; what type of activity would be most suitable)* | |