



# Reflection record

Reflection is important for continuous learning and development, and a critical part of the revalidation process for UK healthcare professionals. This reflection record is designed to help you reflect on your learning after engaging with a *Guidelines Live* session.

**Date:**

**Which session is this reflective record about?**

**Which aspects of this session really made you think?**

**What ideas arose from your learning that challenged your current practice?**

**How have you changed your practice, or what will you do differently in the future?**

**Have you identified any gaps in your knowledge? If so, how will you address this?**

**When do you plan to review your progress?**