

Quick reflection

What? · So what? · Now what? — a free one-page CPD reflection template for paramedics.

Date of activity	
Activity	<i>What you did, e.g. course, case review, journal article, teaching session</i>
Hours	
Type	<i>Course · conference · online · reading · peer review · supervision · simulation · teaching · cultural · other</i>
Interactive with others? (AU)	<i>Yes / No (Australia needs 8 interactive hours a year)</i>
Culture-focused? (NZ)	<i>Yes / No (NZ needs at least 3 hours focused on culture)</i>
NREMT component (USA)	<i>National / State-Local / Individual</i>
Standard / Domain it links to	<i>NZ: one of the Council's five Domains · AU: a Professional Capability · UK: an HCPC standard of proficiency · USA: a protocol or NCCP topic</i>
How it benefits patients / service users	<i>UK CPD standard 4 asks for this; it strengthens every reflection</i>
Evidence kept	<i>Certificate, attendance record, notes — and where it is saved</i>

What?

What happened or what did you learn? Describe it briefly and factually. De-identify any patients.

So what?

Why does it matter? What did it confirm or change about how you think or practise? How did it affect patients, whānau, colleagues or you?

Now what?

What will you do differently, keep doing, or learn next? Be specific — when and how.