



CONTINUOUS PROFESSIONAL DEVELOPMENT (CPD)

LEARNING ACTIVITY RECORD



For your learning activity consider the following questions when completing the Reflective Notes:

Why did I choose this activity for my CPD?

(Focuses on how the activity relates to your learning needs)

What did I learn from this activity or event?

(Focuses on your thoughts at the time of the activity and considers any new learning that took place)

How am I going to apply this learning in my work?

(Focuses on why this may influence future learning or practice)

What am I going to do to further develop this learning and/or meet any gaps in my knowledge, skills or understanding?

(Focuses on future actions and plans for further development, if necessary)

Example

| | | Date | Time/Minutes |
|----------------------------|---|--------------------|----------------|
| Activity | LEARN bladder articles Anatomy & Physiology/male anatomy & physiology Anatomy & Physiology/female anatomy & physiology Bladder/Anatomy & Physiology/urinary bladder function | 18.10.21 | 30 mins |
| Learning objectives | To establish basic knowledge and understanding of male, female urinary system and function of the urinary system | | |
| Reflective notes | Helped give me a basic understanding to enable me to develop my knowledge further. I will use this information when I am starting to teach patients IC. Having this foundation level of understanding I now need to understand what can go wrong with the urinary system. | | |
| Activity | TEACH bladder webinar /Lower Urinary tract symptoms (LUTS) | 10.10.21 | 30 mins |
| Learning objectives | To understand and develop knowledge in: The different symptoms of LUTS How LUTS can affect men and women The management or treatment of LUTS | | |
| Reflective notes | Developed a deeper understanding of how LUTS can affect men and women and I feel confident I can now identify different symptoms. This learning helped me feel more confident in my nursing abilities when caring for a patient with LUTS. My aim is now to be able to research further into the treatment options for LUTS | | |
| | | Total Hours | 60 mins |

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At Wellspect we develop innovative continence care solutions that change people's lives. We are committed to inspire our users to build self-confidence and independence as well as good health and well-being. We have been leading the industry for over 30 years with our product brands LoFric® and Navina™. We create reliable and user-friendly products for bladder and bowel management with as little environmental impact as possible. We passionately strive to become climate neutral and work closely together with users and healthcare professionals who constantly inspire us to improve our products and services in a sustainable way, now and for the future.

Wellspect. A real difference.

For more information about our products and our initiative Advancing Continence Care Together (ACCT), please visit [Wellspect.com](https://www.wellspect.com).

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