iatroX

CPD reflection worked example

Illustrative worked example

Learning title

Reviewing a learning need in atrial fibrillation

Professional context (optional)

UK doctor working in general practice

Activity date

9 November 2026 (illustrative)

Actual time spent

25 minutes (illustrative; record your own actual time)

Activity and sources

Read relevant NICE atrial fibrillation guidance, completed self-assessment questions and considered how to apply the learning. Source: NICE NG196, https://www.nice.org.uk/guidance/ng196.

Why did I choose this learning?

I wanted to make my approach to discussing stroke-prevention options more consistent after identifying uncertainty in my knowledge.

What did I learn?

I consolidated the need to connect risk assessment, patient preferences and documented follow-up in a shared decision. I also identified a gap in my understanding of medicine-specific cautions, which I plan to review using current prescribing information.

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How will this influence my practice?

I will prepare explanations more deliberately, make agreed follow-up explicit and revisit the relevant source when I remain uncertain. I will check whether my documentation makes the reasoning and agreed plan clear.

Next action and intended impact

This week: revisit the relevant guidance and medicine references. At my next peer discussion: review my approach to explaining benefits and harms. In four weeks: check whether the documentation reflects the changes I intended.

Review date or trigger

Four weeks after this activity, or earlier after discussing the learning with a colleague.

Follow-up: what actually changed?

To complete at review: What changed? What evidence supports that? What remains uncertain?

Supporting evidence (optional)

Guidance reference, question-session learning points and notes from peer discussion.

Development plan or framework link (optional)

My development objective: explain clinical decisions clearly and document agreed follow-up.