

Your name

Professional registration no.

e.g. HCPC, NMC, GMC, or employer ID

Date

What I read

Title, where it was published and the link, or the Medipro summary title

Time spent

hours and minutes, including reading the original

My role and setting

e.g. paramedic, offshore medic

1. What were the key findings?

Summarise the main result or recommendation in your own words. Include the figures that matter.

2. How does this relate to my practice?

What do I do now that this touches? Does it confirm, challenge or add to how I work?

3. What will I do differently, or keep doing, as a result?

Be specific. If the answer is "nothing yet, because local protocol governs this", say so and why.

4. How will I know it has made a difference?

What would I expect to see in my practice or for my patients? When will I review this?

Keep this record with your CPD portfolio. For HCPC registrants it supports the CPD standards on keeping an accurate record, relevance to your practice and benefit to service users. Reading alone is not enough: the reflection and the action are the evidence.

Medipro research summaries are for education and CPD only. They are not clinical guidelines. Always practise within your scope and follow your employer's protocols and national guidance such as JRCALC and Resuscitation Council UK.