



BC COLLEGE OF NURSES & MIDWIVES

As of Sept. 1, 2020, the British Columbia College of Nursing Professionals (BCCNP) and the College of Midwives of British Columbia (CMBC) amalgamated to create a new regulatory body: **British Columbia College of Nurses & Midwives (BCCNM)**.

The document you are about to access reflects our most current information about this topic, but you'll notice the content refers to the previous regulatory college that published this document prior to Sept. 1, 2020.

We appreciate your patience while we work towards updating all of our documents to reflect our new name and brand.

Contact us

GENERAL INQUIRIES

604.742.6200
1.866.880.7101 toll-free within
Canada only
info@bccnm.ca

REGISTRATION

register@bccnm.ca
registermidwives@bccnm.ca

REGULATORY POLICY & PROGRAMS

practice@bccnm.ca

COMPLAINTS

complaints@bccnm.ca
Fax 604.899.0794





CONTINUING PROFESSIONAL DEVELOPMENT REFLECTIVE EXERCISE

This worksheet has been developed to facilitate and record evidence of reflection for any continuing professional development (CPD) activities that cannot otherwise be formally documented. These activities include but are not limited to print-based or “flat” media, e.g. journal articles, published guidelines, webinars, online rounds or podcasts. Registrants shall complete one worksheet per applicable activity, and retain worksheets for six years following completion in case of random audit.

Registrant Name: _____

CMBC ID: _____

Date Activity Completed: _____

Length of time spent on this activity (minutes and/or hours): _____

Name of Activity (provide full citation if journal article or guideline):

Why did you choose this activity?

What was the most useful/relevant information that you learned?

How will what you learned affect your practice?

How will you share your learnings with clients and colleagues?

What questions are you left with, and how will you address them?