

## Continuing professional development

Complete this form using a ballpoint pen and CAPITAL letters only

1. First name:

2. Surname:

3. Job title:

4. Place of work:

5. Full title and date of article:

6. Number of article:

7. Permanent address:

8. Postcode:

9. Daytime telephone:

10. I would like my practice profile to be considered for publication in *Emergency Nurse*

Yes  No

Please cut out this form and send it with your practice profile in an envelope no smaller than A4 to:

Practice Profile  
RCN Publishing Company  
Freepost PAM 10155  
Harrow  
Middlesex HA1 3BR

# Practice profile

### What do I do now?

- Using the information in section 1 below to guide you, write a practice profile of between 750 and 1,000 words – ensuring that you have related it to the article you have studied. See the examples given in section 2 below.
- Write 'Practice Profile' at the top of your entry followed by your name, the title of the article, which is **Toxic shock syndrome**, and the article number, which is **EN688**.
- Complete all the fields of the cut-out form below and attach it to your practice profile using a paperclip. Failure to do so will mean that your practice profile cannot be considered for a certificate.
- You are entitled to unlimited free entries. Using an A4 envelope, send for your free assessment to: Practice Profile, RCN Publishing Company, Freepost PAM 10155, Harrow, Middlesex HA1 3BR by **November 1 2008**. Email practice profiles to [practiceprofile@rcnpublishing.co.uk](mailto:practiceprofile@rcnpublishing.co.uk). You must provide the same information that is requested on the cut-out form. Type 'Practice Profile' in the email subject field to ensure you are sent a response confirming receipt.
- You will be informed in writing of your result. A certificate is awarded for successful completion of the practice profile. You are entitled to one retake if you are unsuccessful.
- Feedback is not provided: a certificate indicates that you have been successful. If you wish your practice profile to be considered for publication in *Emergency Nurse*, indicate this on the form.
- Add a copy to your professional portfolio – copies of practice profiles are not returned.

### 1. Framework for reflection

Consider these points before submitting your practice profile.

- What have I learnt from this article and how does it relate to my practice?
- To what extent were intended learning outcomes met?
- What do I know, or can I do, now, that I did not or could not before reading the article?
- What can I apply immediately to my practice or patient care?

- Is there anything that I did not understand, or that I need to explore or read about further, to clarify my understanding?
- What else do I need to do or know to extend my professional development in this area?
- What other needs have I identified in relation to my professional development?
- How might I achieve the above?

### 2. Practice profile example

**Example 1** After reading a CPD article on 'Communication skills', Jenny, a practice nurse, reflects on her own communication skills and re-arranges her clinic room so that she will sit next to her patients when talking to them. She makes a conscious decision to pay attention to her own body language, posture and eye contact, and notices that communication with patients improves. This forms the basis of her practice profile.

**Example 2** After reading a CPD article on 'Wound care', Amajit, a senior staff nurse on a surgical ward, approached the nurse manager about his concerns about wound infections on the ward. Following an audit that Amajit undertook, a protocol for dressing wounds was established, which led to a reduction in wound infections in his ward and across the directorate. Amajit used this experience for his practice profile and is now taking part in a region wide research project.

### 3. Portfolio submission

Checklist for submitting your practice profile

- ✓ Have you related your practice profile to the article?
- ✓ Have you headed your entry with: the title 'Practice Profile'; your name; the title of the article; and the article number?
- ✓ Have you written between 750 and 1,000 words?
- ✓ Have you kept a copy of the practice profile for your own portfolio?
- ✓ Have you completed the cut-out form and attached it to your entry?
- ✓ Have you indicated whether you would like your practice profile to be considered for publication?

