

Record and reflect on learning

Part of the NASGP AppraisalAid - page 1

AppraisalAid

Based on RCGP Guide to the [Revalidation of General Practitioners](#).

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Date	2018-09-01
Learning	Blog Hearing loss and ear wax

Your reflection

#1	So what did you learn...(write at least 2 learning points)? <ul style="list-style-type: none">• Ear syringing: actually quite debilitating, and ear syringing in practice is better and reduces re-attendance. Perform biannual hearing tests in patients with dementia.
#2	...and why is this important to you? <ul style="list-style-type: none">• I'd been dismissing ear wax as trivial, but can have a significant impact on quality of life.
#3	How do you think this will change what you do? <ul style="list-style-type: none">• I'll be less dismissive of ear wax and more sensitive to offering treatment.
#4	What other learning needs has this learning highlighted? <ul style="list-style-type: none">• I can find out what audiology services are up to in my area.
#5	Record your CPD credits (<i>1 credit = 1 hour learning demonstrated by reflective record</i>) <ul style="list-style-type: none">• 1 credits/hours
#6	Notes for you or your appraiser. <ul style="list-style-type: none">• From Dr Louise Hudman's regular blogs on NASGP https://www.nasgp.org.uk/hearing-loss-and-waxy-ears/

Tips

- Save this in cloud-based file storage like Google Drive, so that you can easily search any learning on the go.
- NASGP has [many hundreds of useful blogs relating to working as a salaried and locum GP](#), nearly all of which lend themselves perfectly to recording and reflection using this template.