

**SELF-DIRECTED EDUCATION & CRITICAL APPRAISAL EXERCISES**  
**Mandatory for Higher Training (40 hours/6 months)**

Date and number of hours: \_\_\_\_\_

Details of Educational Activity: \_\_\_\_\_

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**Critical Appraisal**

1. What is the relevance of the topic to your practice?

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2. What new information have you learned?

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3. Is the new information applicable to your work?

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4. What are you going to do with the new information?

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5. Overall comments:

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N.B. Please make copies of this form as needed.