

# SELF-DIRECTED EDUCATION EXERCISES

## Mandatory for HIGHER TRAINING

(Revised on 18 May 2023)

(Minimum 40 hours/6 months, at least 50% for Critical Appraisal Exercises)

Date: \_\_\_\_\_ Number of hours: \_\_\_\_\_

Details of Educational Activity:

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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 practice? *Please delete if appropriate*

Yes *(Please go to Qn 4)*

No/Others *(please elaborate)* \_\_\_\_\_

4. How are you going to apply this new information to your daily practice?

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5. Overall comments:

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