



## Continuing professional development (CPD)

Continuing professional development, summary of what you need to do:

- Discuss at each appraisal
- Focus on your personal learning
- Reflect on your scope of practise
- Reflect on what you do
- Should be outcome focused
- Should be needs based
- Appraisal and clinical governance

CPD is the cornerstone of revalidation and should be discussed at each appraisal.

CPD should be developed and undertaken as part of your personal development. You should identify your professional needs and competencies and should take account of the needs of patients and the healthcare system when planning your CPD.

The RCGP suggests that you are required to undertake a minimum of 50 credits of CPD per year, (essentially 1 credit = 1 hour, although if the educational activity has "impact" this would be worth 2 credits per hour).

The vast majority of GPs will undertake significantly more than this. The GMC does not define a specific number of hours but does require you to engage, record and reflect on the activities you undertake.

You should complete a variety of learning events or actions which could include:

- Attending a lecture or conference
- Reading a medical journal
- E-learning
- Teaching
- Case based discussion
- Clinical audit

CPD is not only about filling gaps in knowledge but is also about maintaining your skills.

You will need to demonstrate you are keeping your skills and knowledge up-to-date in all aspects of your work especially where you have more than one role.

Thank you to Wessex LMC who kindly agreed to share this information with us.