Evaluating your CPD activities form – example

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| Name | CPD year | Registration ID | Signature | Date |
| Jennifer Naismith | 1/12/2011 – 30/11/2012 | xx | Jennifer Naismith | 18/11/2011 |

|  |  |
| --- | --- |
| Provider: | Number of CPD hours claimed for this activity: |
| N/A | 2 |

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| **Learning activity was planned/~~unplanned~~** *(delete as appropriate)* |
| Description of activity  Local group meeting with three other osteopaths – Helen Dale, Craig Easton, Suneesha Sondhi. Topic – treatment of spondylolisthesis  Case presentations and sharing of treatment approach. |
| **My learning objective related to this activity** *(n/a if activity was unplanned)*  Update my knowledge and skills in the diagnosis, clinical examination and treatment of spondylolisthesis and referral options. |
| **What experience did I gain from this?** *(What did I get out of it? What went well? What would have improved my learning?)*  Discussion with group refreshed my clinical knowledge and diagnosis, and identified sources of recent research on spondylolisthesis. One of the group had contact with a local neurosurgeon with an interest in this area who was amenable to communicating with local osteopaths. Learned new treatment techniques that could be applied to the lumbar spine using minimal force.  It was good to be able to share knowledge with colleagues in an open way and to be able to admit not knowing all the answers. The group aspect seemed to enhance the osteopathic practical approach that would have been lacking if I had just studied this area on my own. |
| How have I applied this to my professional work as an osteopath?  My interest was generated by having three patients with spondylolisthesis in the last four months. This learning has helped my management of them. I have discussed one patient’s problem with the local neurosurgeon. This has also helped my work as a Clinic Tutor at the Victoria University osteopathic program. Overall, I feel more confident managing the treatment of patients with this condition. |
| What further learning do I need in this area?  This activity identified recent research papers on spondylolisthesis which I will obtain and read. |