

Get ready for CPD in 2023

How to prepare for the Medical Board of Australia (MBA) changes to CPD

The MBA changes coming into effect for the 2023-25 triennium

The MBA has introduced a [Professional Performance Framework](#) with four main changes that'll affect how doctors undertake CPD. Under the MBA's standards, doctors will:

1. have a **CPD home**
2. record **50 hours of CPD annually** which includes a mix of the MBA's new activity types:
 - a. **Educational activities (EA)** - Activities that expand your General Practice knowledge skills and attitudes, related to your scope of practice.
 - b. **Measuring outcomes (MO)** - Activities that use your work data to ensure quality results; and
 - c. **Reviewing performance (RP)** - Activities that require reflection on feedback about your work

A learning experience can cover a combination of two or more of these activity types. This is referred to as a hybrid activity.

3. complete a **professional development plan (PDP)** each year
4. meet their CPD requirements **annually**
5. refresh their skill in **CPR** every three years.

Your 5-step guide to get ready for the changes

1 Explore your CPD home

As a GP the RACGP is your CPD home and as a member of the college you'll automatically be enrolled in the RACGP's CPD program. To familiarise yourself with the changes:

- visit the [RACGP CPD 2023 Triennium website](#)
- watch a [GP information session recording](#)
- [contact your local CPD team](#) for one-on-one support

2 Identify your CPD in day-to-day practice

In your day-to-day practice you may already be doing lots of CPD that can count towards your hours. [Click to see examples of activities you can record as CPD.](#)

3 Use your PDP to develop your CPD for the year

At the beginning of 2023 you'll log into your myCPD Home and commence your professional development plan (PDP). This is a short and simple template that'll help you identify your goals and plan your learning. We'd encourage you to schedule time to start this early in the year.

4 Revisit the tools to manage your CPD



myCPD Home



Quick Log



myCPD app

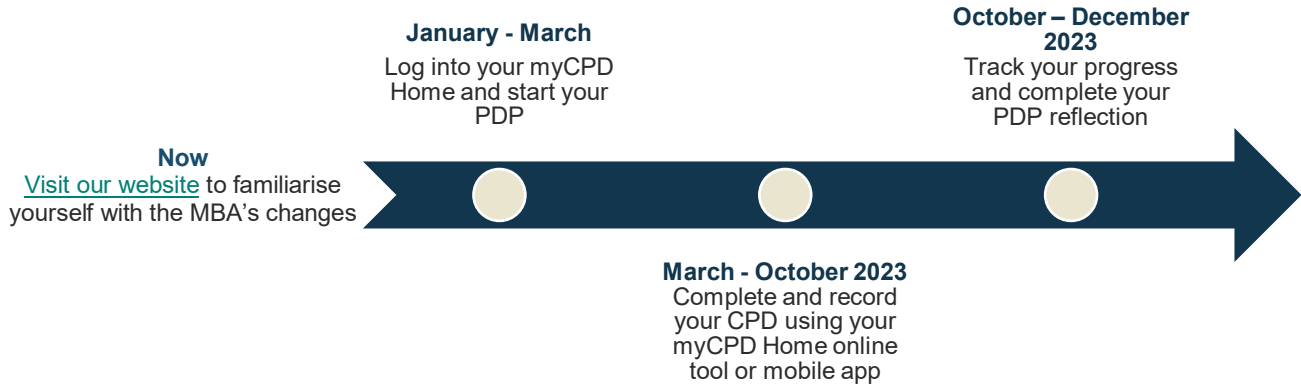
Your myCPD Home and Quick Log will become integral to how you record your CPD in 2023. You'll experience an online tool with new capabilities and functions to enhance how you find, undertake and keep track of your CPD.

You'll also have an RACGP exclusive mobile application that'll help you log your CPD anywhere anytime.

5 Structure your CPD

Here are our recommendations on how to time and structure your CPD across the year.

Timing your CPD across the year



Examples of CPD activities you could record:

Activity	Activity type	Annual total
Professional development plan	Reviewing performance	1 hour Developing, reviewing and updating your plan
Practice meetings - discussions around cases, clinical updates, quality improvement, practice services	Hybrid activity Educational activities Measuring outcomes Reviewing performance	5 hours 5 hours 10 hours 20 hours Approximately 10 meetings per year
Webinars (live or on demand)	Educational activities	5 hours 5 webinars
Journal reading and self-reflection	Hybrid activity Educational activities Reviewing performance	8 hours 2 hours 2-3 articles a month
Developing patient or practice resources (evidencing your adaptation from best practice guidelines)	Measuring outcomes	7 hours Research/reading, development, refinement with peer feedback
Ad-hoc wellbeing check-ins with peers	Reviewing performance	3 hours Regular 15-minute catch ups
Informal mentoring with students / registrars in clinic	Reviewing Performance	10 hours 5 sessions
Online <i>gplearning</i> module (eg Alcohol and other drugs - Treatment Skills)	Hybrid activity Educational activity Reviewing performance	5 hours 1 hour