

CPD is how you stay up to date

You can log **any** activity that helped you keep your knowledge and skills up to date as Educational Activities (EA) CPD.

As 25 hours of your CPD must be Reviewing Performance (RP) and Measuring Outcomes (MO), it can be helpful to record activities in these CPD types where you can.

If you're unsure if an activity includes RP and MO, use the guide below.



Reviewing Performance

Indications it could be RP are that you:

- talked to a colleague about your work
- thought about ways to look after yourself
- used a case / quiz / discussion to stay current
- thought about how what you read / watched / heard matters to your work

If you spent most of your time doing this, then log it as RP.

EA and RP often happens together, so you can **split** your time between the two.



Measuring Outcomes

Indications it could be MO are that you:

- used work data to validate what you do
- used work data to improve what you do
- compared your approach to best-practice guidelines
- implemented a change to your work

If you spent most of your time doing this, then log it as MO.

RP and MO often happens together, so you can **split** your time between the two.

Examples of RP activities:

- professional development plan (PDP)
- GP self-care strategy
- supervision
- mentoring
- practice meetings
- case discussion
- role-plays
- team-care reviews*
- multi-source feedback*

Examples of MO activities:

- outcomes evaluation
- clinical audits (and mini audits)
- quality improvement projects
- M&M meetings, cases conferences
- incident reporting and analysis
- research (as an investigator or participant)
- leading, analysing, writing reports on healthcare outcomes
- team-care reviews*
- multi-source feedback*

*These activities fit into both the RP and MO CPD types, consider **splitting** your time between the two.