



Ag Rialáil Gairmithe Sláinte
agus Cúraim Shóisialaigh
Regulating Health +
Social Care Professionals



Clear layout of credits
allocated

Clearly dated
within audit period

Detailed description
of Type of Learning
Activity

| | | | | |
|-----------|--|-------------|--|--|
| 22/6/2023 | <p>On-line lecture</p> <p>HCPC and Podiatry Ireland</p> <p>Local Anaesthetic (LA) Update; Applications Ian Reilly</p> <p>Further reading; Hydrodissection for tarsal Tunnel Syndrome Using Peripheral Nerve Stimulation; treatment protocol Jan 2021 Northamptonshire Healthcare NHS</p> | 1 CPD Point | <p>Learning Outcomes By completing this activity:</p> <ul style="list-style-type: none">• I have a better understand of the reasons Local Anaesthetic (LA) is used in relation to Podiatry; Surgery, Pain control, diagnostic, Joint manipulation and Hydrodissection and how Local anaesthetic is effective in foot surgery without the need for sedation.• I am more aware of the efficacy of LA in controlling localised pain, by injecting into the peripheral nerve. This procedure I understand is commonly used for heel pain, surgery etc.• I understand the Criteria used to calculate the dose for different types of local anaesthetic, depending on the strength, and how to make adjustments for administrating to children.• I understand the factors needing consideration which affect the absorption of the drug. | <p>Integrate learning into practice This learning has given me an improved understanding of the services available for my patients when they present with different issues. I will look at the age profile of patients attending my surgery in the last 5 years as greater numbers are living for longer, with a higher number of frail patients, I can incorporate this learning of the different services for a greater range in age categories attending my clinic, for better outcomes for my patients. As it is becoming more evident that exercise is key to good health, I recognise the importance of this knowledge and the availability of these services to my patients. I will discuss LA uses with my patients and the treatment options available to them outside of my scope of practice. Being able to discuss Local anaesthetic uses with patients will empower them to manage their clinical well-being, and guide them towards their decision making. I have become more aware of the importance of patients receiving guided knowledge, where pre questions will be answered. Many patients will arrive with pre information from different</p> |
|-----------|--|-------------|--|--|



| | | | |
|--|--|--|---|
| | <p>Detailed Learning Outcomes shows what the Registrant has learned and reflects the number of credits allocated to the activity i.e. the amount of reflection increases in line with the number of credits allocated</p>  | <ul style="list-style-type: none">• It highlighted for me how Local anaesthetic systemic toxicity occurs, and analysing the contributing factors, and factors which increase plasma concentration.• We did some revision on the position of planter nerves which will be good for my day-to-day practise awareness.• I obtained enhanced learning on Tarsal Tunnel Syndrome (compression of the Posterior Tibial Nerve) and how it can be treated with Hydrodissection by a specialist. I learned that this treatment involves injecting a fluid medium of Hydrocortisone, sterile water and Ropivacaine mix between the structures or fascial planes. | <p>platforms like 'google', and this sometimes contains misguided and outdated information. Learning LA in relation to its applications in podiatry gives me the opportunity to have correct and the most updated information for my patients.</p>  <p>Registrant is showing in detail, how the learning impacted their practice and how this has made a difference to their performance.</p> |
|--|--|--|---|

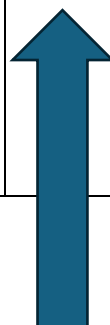
| Date and time spent When did you undertake this learning activity? | Type of Learning Activity What was the name of the activity? | CPD credits Approx. 1 CPD credit for every hour of new or enhanced learning achieved | Learning Outcome What have you learnt through completing this activity? How have your skills and knowledge improved or developed? | Impact on practice How have you integrated this learning into your practice? How has this learning made a difference to your capability and performance in your role? |
|--|--|--|---|---|
| 20.01.2022 | Maintenance of CPD log | 4 | CORU requirement | CORU requirement |

This does not provide any information as to what the registrant has learned. If a CORU required activity is used, it must be new or enhanced learning and must have improved your knowledge in some way.



This does not give any detail on how it has impacted the registrants practice or how it has made a difference in their role.

| Date and time spent When did you undertake this learning activity? | Type of Learning Activity What was the name of the activity? | CPD credits Approx. 1 CPD credit for every hour of new or enhanced learning achieved | Learning Outcome What have you learnt through completing this activity? How have your skills and knowledge improved or developed? | Impact on practice How have you integrated this learning into your practice? How has this learning made a difference to your capability and performance in your role? |
|--|--|--|---|---|
| 01.02.2023 | MSc in Occupational Therapy | 60 | I have learned a lot more through all of my modules. I have a greater understanding of all aspects of my role and have developed my skills and knowledge. | It has made me more confident in my role and has given me more knowledge to do my daily tasks. |



The above example is very common in submissions we receive. If a Registrant allocates a large number of credits to an activity, it will require much more description, explanation and reflection in the Learning Outcomes and Impact on Practice sections.

Some Registrants choose to break down the programme they completed into different modules and allocate CPD credits to each one. This allows them to take time to reflect and explain in adequate detail keeping in mind the number of credits they have allocated to each activity.

| Date and time spent When did you undertake this learning activity? | Type of Learning Activity What was the name of the activity? | CPD credits Approx. 1 CPD credit for every hour of new or enhanced learning achieved | Learning Outcome What have you learnt through completing this activity? How have your skills and knowledge improved or developed? | Impact on practice How have you integrated this learning into your practice? How has this learning made a difference to your capability and performance in your role? |
|--|--|--|---|---|
| 01.02.2023 9am – 4pm | Workshop on Diabetes | 8 | I have gained vast knowledge in how diabetes can affect a patient. | I am now more confident when I encounter a diabetic patient. |



This registrant has allocated 8 hours to the activity as the workshop ran from 9am to 4pm. They have not taken into consideration any breaks they were given or any of their previous knowledge.

Only new or enhanced learning should be considered when allocating credits to a learning activity.

This example of incorrect credit allocation is also very common.