



## Action

### Take part in the learning activity

This is the stage where you state the activity/activities that you have completed to meet the learning need(s). You will also need to summarise what you have learned. Remember to also record anything that you didn't learn which you had expected to learn.

Your CPD records should be kept together in a portfolio which details your professional development and provides evidence of your achievements and application of knowledge and skills.

To ensure that your portfolio is comprehensive, each CPD record should be evidenced i.e. other relevant documentation should be provided. For example:

- **Certificates of attendance at workshops or certificates of completion of distance learning courses.**
- **Records of informal learning should be accompanied by a short résumé e.g. a synopsis of the contents of the book or a more detailed evaluation of your experiences during a period of work-based learning.**
- **Copies of presentation.**
- **Evidence of participation in project based learning.**

## ACTION



I completed the distance learning package and have read through the guidelines issued by the RPSGB and Diabetes UK.

I now know that the service should target patients who -

- \* are over 40 years old
- \* have a first-degree relative with Type 2 diabetes
- \* have hypertension, hyperlipidaemia, or history of MI
- \* are pregnant
- \* are obese
- \* are physically inactive
- \* or are of Asian or African descent

I now know what I need to do to set up this service.

With regards to early indication screening I now know that a person with a test result of 11.1mmol/l or over in a random finger-prick blood test should be referred to their GP practice.

I have discussed the service with my local GP and practice nurse and have received a positive response.

## ACTION



I attended this meeting and have forged new contacts with other healthcare professionals in this rare field.

The conference identified genetic factors and the use of gene therapy as a novel approach for the future.

I have learnt that my hospital's approach to PAH patients is comparable to other secondary and tertiary referral centres in terms of medical and pharmacological management.

I have updated my knowledge on diagnosis, monitoring and drug management. For example, diagnosis involves right heart catheterisation acute vasodilator challenge, echocardiogram and six minute walk.

## ACTION

### What do I need to record?

In your records you should answer the following questions:

**What did I learn in relation to my learning needs? Provide a short summary.**

**Have I completed the activity sheet?**