**CPD Portfolio for: (NAME)**

***My learning needs for this year:***

1. Update wound management knowledge to improve patient outcomes
2. Increase knowledge about diabetes management
3. Improve IT skills to assist with the completion of health assessments
4. Expand scope of practice for ear syringing

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| **Date** | **Source or Provider** | **Learning need** | **Action Plan  (What I hoped to get from this activity)** | **Type of Activity** | **Description of topic and result of the activity** | **Reflection on activity and how it applies to my practice** | **Type of evidence** | **CPD Hours** |
| **21/11/17** | World of Wounds | Update wound management knowledge | Have a better understanding of current wound care practice and the most suitable dressings to use for different cases. | **1 day seminar on “Ulcers in the lower leg”** | In-depth coverage of key principles of wound care.  As a result I now feel a lot more confident about what wound care dressing to use for different presentations | Refreshed bandaging technique and understanding of wound bed. | **Certificate of attendance** | **5.5hrs** |
| **22/1/18** | Diabetes Australia | Increase diabetes knowledge | Get a better understanding of what can happen when diabetes goes unmanaged.  Also learn about the latest evidence to help patients improve their quality of life. | **Evening seminar “Management and complications of diabetes” with Diabetes Australia** | This session covered the many complications of poorly managed diabetes. The big take home message was that these complications can often be prevented with regular monitoring by the nurse and GP and by empowering the patient to take responsibility and take charge of their health. | Highlighted complications of wound healing in patients with diabetes. Will incorporate routine foot check every 6 months for these patients. | **CPD certificate** | **2hrs** |
| **5/4/18** | Medical Director webinar | Improve IT skills | Make sure I’m using the software correctly and also pick up tips and ways I can write notes more efficiently. | **Webinar training session on Medical Director software.** | The session covered a lot of new features in the software around how to track and document recalls and reminders.  I will be making some changes to our practice process and manual to reflect how we will now use these features to enhance patient follow up. | Increased knowledge of the program and how to better do a couple of routine tasks | **This reflection of activity.** | **1hr** |
| **23/9/18** | Benchmarque Group | Expand scope of practice for ear syringing | Learn the basics of ear syringing as well as what to look out for when providing this care to patients. | **Benchmarque Group course on ear syringing** | We covered anatomy and physiology of the ear as well as the list of pre-syringing requirements.  It highlighted the importance of making sure patients use the ear wax softening solution before ear syringing.  I am now ready to perform this procedure under supervision. | I know understand the correct technique, assessment and complications of this procedure. | **Certificate of participation** | **6hrs** |
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