

ARH basic guide to Continuing Professional Development (CPD)

Why does CPD matter?

Sensibly managed Continuing Professional Development (CPD) can help you to realise your true potential, both personally and as a practitioner. By undertaking CPD, you demonstrate a responsible, professional approach to the maintenance and enhancement of the principles of best practice. This in turn can help you to achieve a high standard of patient care.

Another benefit of CPD is that it can contribute to developments within our profession, thereby raising the status of homeopathy in the wider context. Ideally, CPD *supports* you on your professional journey at the same time as allowing you to *develop* as an individual.

Below are a few key points which should help you to formally record your CPD activities. We have included a basic CPD record sheet to help you to build a log or portfolio of the CPD you undertake. Also, we have given some examples of CPD activities - but please bear in mind this is *not* a comprehensive list.

Always try to maintain a *simple, flexible* approach to your CPD. As individuals, you may identify a wide variety of CPD needs which in turn can be met in many different ways, so be *creative* and *experiment* with a wide range of activities.

Recording CPD

- What activity was undertaken? Why, and what was it meant to achieve?
- What was gained from the activity? Did it achieve its original objective, and/or was anything extra or unexpected learned?
- Can learning from the activity be usefully applied in practice?
- Did the activity create any problems or highlight any areas that need further development?
- Learn from mistakes as well as successes, thereby reflecting upon your experience.

Types of CPD activity

- Exchanging professional knowledge with colleagues; researching a case or pathology.
- Attending formal learning events such as conferences, workshops, etc.
- Teaching, supervising, mentoring or undertaking supervision/being mentored.
- Research, or engaging in academic studies that reinforce or extend current knowledge, skills, understanding and competence.
- Technology-based learning and media.

Quality versus quantity

The ARH does not stipulate the amount of time which you should spend upon your CPD. For CPD to be meaningful, as opposed to just a tick box exercise, we believe that the quality of the CPD activity, and how it meets your own particular learning needs, is more important than the time you spend on that activity. Ultimately, only you can determine which CPD activities have been most useful to you, and what else you might need to do in order to further enhance your skills as a homeopath.

ARH CPD Record Sheet

Details of the activity

Why did I undertake the activity, and when?

What did I expect the activity to achieve, and what did I learn from the activity?

Did I learn anything unexpected from the activity?

In what way was the learning useful, and can I apply it in my practice?

Did I experience any problems undertaking the activity?

Issues for further consideration