



CPD Record Sheet for one Topic

Name: William Martin Country of practice: Australia College member no: 8888

Briefly describe here the topic you intend to learn more about, and why this is important to you:

While treating a patient I was prompted to see how the treatment for plantar fasciitis has changed since I last studied it as an undergraduate 17 years ago. This condition is not an uncommon problem, but one that has proven resistant at times to my current management plans.

Continue on a separate sheet if required ...

List here learning events / activities you have attended / undertaken in order to meet the learning need described above. Continue on a separate sheet as necessary to list more events / activities relating to this topic.	Date/s	Number of hours claimed
<i>Held discussions with an ex-colleague who undertook her undergraduate dissertation on plantar fasciitis</i>	<i>26/12/14</i>	<i>2</i>
<i>Medline search and review of articles</i>	<i>2/1/15</i>	<i>4</i>
<i>Re-read Caillet 'Foot and ankle pain' and Michaud 'Foot Orthotics'</i>	<i>9/1/15</i>	<i>8</i>
<i>Attended 'Foot orthoses for the chiropractor' – seminar</i>	<i>23/2/15</i>	<i>3</i>
<i>Gave presentation to local chiropractors at a training evening meeting on what I had learnt about plantar faciitis, and led a discussion on this – preparation and presentation.</i>	<i>21/3/15</i>	<i>8</i>
	Total	25

Please turn over to complete the documentation for this topic

Briefly reflect on your learning here by describing, as appropriate:

- Key elements of what you have gained from the learning activities undertaken in this topic area
- How your learning in this topic area may change your practice and/or improve your care of patients
- How your learning in this topic area may improve the broader chiropractic profession
- Any further areas you now feel you would like to know more about as a result of this learning

I have refreshed my understanding of the natural history of plantar fasciitis and the range of treatments employed in its management, particularly the use of supports, cushions and strapping.

I now am more aggressive in the use I make of strapping early in the management of this problem and in the patient education I provide. It is a little early to say whether I feel I am getting better results but my confidence is greater when managing them.

The broader profession may not gain greatly from this learning cycle but I have been able to share some of what I have learnt with my colleagues and was reassured to find that I was not the only one to find this a challenging problem to manage.

When you are satisfied that your current learning need for this topic has been met, and you have completed all appropriate sections above, please sign and date below to close the learning cycle.

Signature: _____ *William Martin* _____ **Date:** _____ *22/3/15* _____

A guide for claiming CPD hours for different learning activities is shown in the table below but this list is not exhaustive. Note that the number of hours claimable is capped for some types of learning to ensure a spread of activity.

Type of learning activity	CPD hours claimable
Lectures or conferences	No limit
Small group discussions	No limit
Observation of professional colleagues	No limit
Journal reading	No limit
Clinical audit	No limit
Lecturing to professional colleagues	No limit
Publication of article in peer-reviewed journal	Capped at 15 per article
Courses leading to relevant professional qualification	Capped at 20 per annum (provided a commensurate number of hours are spent on the courses)
Teaching on a formal undergraduate programme	Capped at 25 per annum (provided a commensurate number of hours are spent on preparation/delivery)
Working on development of the profession either regionally or nationally (eg contributing member of a professional committee)	Capped at 15 per annum