

**CPD Record Sheet for one Topic**

Name: John Smith Country of practice: Eire College member no: 9999

Briefly describe here the topic you intend/ed to learn more about, and why this i/was important to you:

I need to understand more about the principles of evidence-based practice (EBP) so that I can be sure I am evaluating published evidence appropriately and, thereby, providing the most up-to-date modes of care for my patients. The process of critical, systematic review interests me and I am keen to learn more.

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>EBP for beginners course</i>	<i>28/2/15</i>	<i>6</i>
<i>EBP follow-up seminar</i>	<i>2/4/15</i>	<i>6</i>
<i>How to critically evaluate published works – Healthy Events Seminar, Dublin</i>	<i>9/5/15</i>	<i>2</i>
<i>EBM Journal – Vol 3, Issues 1-4</i>	<i>-</i>	<i>2</i>
<i>Understanding Clinical Research Methods Course, London</i>	<i>21-23/5/15</i>	<i>10</i>
<i>Talked with Dr Jones DC about how he uses these techniques in his office</i>	<i>20/6/15</i>	<i>2</i>
<i>Web search on ‘changing clinicians’ behavior through EBP’ and reading resulting information</i>	<i>22/8/15</i>	<i>1</i>
	Total	29

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

As a result of undertaking the learning listed above, I am now confident to critically and objectively evaluate publications in my field and use published evidence effectively to aid my clinical decision making. This, in turn, assists me in providing the best possible care for my patients.

I was impressed with the way some colleagues use the internet to access up-to-date information quickly and I have added broadband to my clinic so I can do this from my rooms there.

I now wish to learn more about using internet searches and IT in general.

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: *J. Smith* **Date:** *25/8/15*

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