Recording Personal Learning CPD Activity for PCS

For CPD categories (1 hour of activity = 1 CPD credit)

What is personal learning CPD?

Personal learning refers to non-interactive learning that relates to your practice, such as reading journals or guidelines, listening to podcasts or watching recorded webinars. ICGP knows that you engage in personal learning every day and has created this guide to assist you in recording it for your CPD.

What to record for your personal learning CPD

- Reading online journals
- Reading guidelines
- Listening to podcasts
- Watching recorded webinars
- Keeping a learning diary documenting and reflecting on your reading
- Preparing for committee or practice meetings
- Carrying out online searches related to your practice

ICGP personal learning supports

- Online journals, including ICGP *Forum* Journal at www.icgp.ie/library
- ICGP Library recommended reading
- ICGP webinar recordings
- ICGP Podcasts
- ICGP Clinical Hub
- ICGP COVID-19 supports
- ICGP Quick Reference Guides

ICGP Quick Reference Guides – a multitude of CPD supports

Remember that you can use some supports in different ways to assist you in meeting your CPD requirements. For example, you can use ICGP Quick Reference Guides (QRGs) as activity across a range of categories:

- *Personal Learning:* reading a QRG
- *Internal:* using a QRG to inform a practice meeting or a practice improvement process
- *External:* attending CPD-recognised workshops to review and discuss new QRGs
- *Research / teaching:* drafting a QRG
- *Audit:* writing or updating a clinical care guideline (sample available here)

How to record your personal learning CPD

Please see below examples of how to record your personal learning to your ePortfolio (**NB** please do not include links in your ePortfolio. Links included below are for your reference only):

- ICGP *Forum* Journal, Volume 38, No 1 February 2021 Topics: COVID-19 related mental health issues, changing landscape of practice during COVID-19, successful teleconferencing during the pandemic.

- ICGP Library Recommended Reading, January 2021 Topics: Quality reporting, deprescribing decisions in older adults with polypharmacy, improving the quality of antibiotic prescribing.
- ICGP COVID-19 Webinar 36 Topics: Vaccine update, vaccine hesitancy.
- ICGP GP Works Podcast #17 Dr Nuala O'Connor, COVID-19 GP Lead
- ICGP Clinical Hub checklist for CDM
- ICGP COVID-19 Q&A Topics: timing of COVID-19 vaccinations for patients on methotrexate; COVID-19 vaccination priority list; quarantine following international travel; resuming vaccination schedule in children following positive COVID-19 result.
- ICGP Quick Reference Guide Care of the COVID-19 Presumptive or Test Positive COVID-19 Patient at Home

Supports

You can access more PCS supports at www.icgp.ie including the following:

- Practice supports
- PCS resources
- Audit templates
- Frequently Asked Questions (FAQs)
- Advice for diverse GP working circumstances

Queries

If you have queries regarding your PCS, you can contact the ICGP PCS helpdesk at professionalcompetence@icgp.ie or 01 6763705