

CONTINUING PROFESSIONAL DEVELOPMENT (CPD)

LOG TEMPLATE

Guide to completing CPPD record log. FORM CPPD1

Examples of learning method

- Online learning
- Course attendance
- Independent learning
- Peer discussion

What was the topic?

Please give a brief outline of the key points of the learning activity, what you learnt, and how you have applied what you learnt to your practice.

What are the requirements?

A *minimum* of 10 hours per annum for each modality is required. The remainder to achieve 50 hours should reflect your scope of practice and you should be able to evidence this. CPPD or reflective practice which relates to supervisor or patient feedback may also contribute to your **audit** requirements (see separate). You should retain this record as evidence should JCCP or your statutory regulator request it.

Please provide the following information for each learning activity, until you reach 50 hours of CPD (of which 20 hours must be participatory). For further information, please refer to the Guidance notes.

Dates:	Method	Topic(s):	Modality (or Personal/non-modality)	Number of hours:	Number of participatory hours:
	Please describe the methods you used for the activity (e.g. conference attendance, self-directed learning, review of research, study day)				
16/7/18	CLINICAL MEETING – PEER DISCUSSION	Skype clinical meeting – discussed mesotherapy (redensity I), different filler brands, advanced toxin techniques and some patient cases. Shared knowledge and of my experience in these areas. DL to come to my clinic for a day to observe for her own learning.	Dermal fillers Botox	0.5 1.0	

3/9/18	CLINICAL MEETING	With colleague - Discussed iS Clinical products – did some shared learning about individual serums and indications for different ones	CPSR	1.5	
8/9/18	SELF-DIRECTED LEARNING	AESTHETICS JOURNAL ON-LINE CPD MODULE – USING HA FILLERS IN PRACTICE	Dermal fillers	1.0	
21/9/18	CONFERENCE ATTENDANCE	IAPCAM SYMPOSIUM 2018 - Attended the second International Symposium on Prevention of Complications in Aesthetic Medicine. I believe it is so important to know how to deal with any complications in aesthetic medicine in order to be an excellent practitioner. Patient safety has to be our priority. I learned more about different complications and different opinions on dealing with them. Difference between nodules and granulomas, hyalase protocols, good talk from xxx re mitigating the cost of a complication. Also learned more about MHRA - good talk from them re yellow card system for meds and devices - will definitely use this now as wasn't aware of its place in aesthetic medicine before today.	ALL MODALITIES (Dermal fillers) (Botox) (CPSR)		6.5 (2.5) (2.0) (2.0)
22/9/18	CONFERENCE ATTENDANCE	BCAM ANNUAL CONFERENCE 2018 - This was important to keep up to date with advances in facial aesthetics, meet with and have discussions with colleagues. Learned about advances in dealing with complications - Dr xxx talks are always very good and informative on this subject. Recent advances in dealing with arterial occlusions - I have since amended my protocol in clinic dealing with a VO (increased hyalase dose). Also learned about advances in jawline and neck fillers and muscle modulation with fillers.	ALL MODALITIES (Dermal fillers) (Botox) (CPSR)		8.0 (2.0) (3.0) (3.0)
24/9/19	PEER DISCUSSION/ TEACHING	Visit by Dr xxx to my clinic for the day – shared experience with 12 patients - teaching re cannula techniques, lip techniques, assessing muscles for toxin injections, mesotherapy with redensity I, discussed non-injectable treatments – RF, HIFU, microneedling, LED	Dermal fillers Botox	2.5 2.0	

30/9/18	SELF-DIRECTED LEARNING	AESTHETICS JOURNAL ON-LINE CPD MODULE- AUGMENTING THE CHIN	Dermal fillers	1.0	
3/10/18	SELF-DIRECTED LEARNING	AESTHETICS JOURNAL ON-LINE CPD MODULE- ORAL SKINCARE SUPPLEMENTS	Other	1.0	
4/10/18	CONFERENCE ATTENDANCE	CCR 2018 - Attended the Clinical Cosmetic Regenerative exhibition at Olympia, London - good opportunity to keep up to date with recent advances in aesthetic medicine, as well as catching up with colleagues and exhibitors. Good demo by xxxx and their new dual pack lip filler - am now going to look at modifying my lip techniques.	ALL MODALITIES (Dermal fillers) (Botox) (CPSR)		6.0 2.0 2.0 2.0
14/1/19	CASE REVIEW – QUALITY IMPROVEMENT ACTIVITY	LATE ONSET INFLAMMATORY RESPONSE TO HA FILLER	Dermal fillers	3.0	
21/1/19	CLINICAL MEETING	Discussion re changing brand of filler in view of recent complication. More general discussion re dealing with complications on the whole. Further research into different brands and try to find best and safest one for patients	Dermal fillers	1.5	
14/2/19	SELF-DIRECTED LEARNING	AESTHETICS JOURNAL ON-LINE CPD MODULE- FACIAL DANGER ZONES: AVOIDING SERIOUS COMPLICATIONS IN NON-SURGICAL FILLER INJECTIONS	Dermal fillers	1.0	
14/2/19	SELF-DIRECTED LEARNING	AESTHETICS JOURNAL ON-LINE CPD MODULE- ADIPOSE IN THE AGEING FACE	Dermal fillers	1.0	
10/3/19	SELF-DIRECTED	AESTHETICS JOURNAL ON-LINE CPD MODULE-	Dermal fillers	0.5	

	LEARNING REJUVENATION	MALE VS FEMALE FACIAL	Botox	0.5	
10/3/19	SELF-DIRECTED	AESTHETICS JOURNAL ON-LINE CPD MODULE-	CPSR	1.0	
	LEARNING	PROBIOTICS AND PROBIOTICS IN TOPICAL SOLUTIONS			
5/4/19	SELF-DIRECTED	BASIC LIFE SUPPORT LEVEL 2 ON-LINE COURSE	Other	2.0	
	LEARNING				
15/4/19	CLINICAL MEETING	Anatomy revision session – EW needed to revise for exam and always good to refresh anatomy knowledge! So sat down together to watch you tube video on facial anatomy. Tested each other afterwards	Other	1.5	
18/4/19	SELF-DIRECTED LEARNING	ANAPHYLAXIS ON-LINE UPDATE & POSTER	Other	1.0	
6/5/19	CLINICAL MEETING	Skype clinical meeting with aesthetic colleague, Dr xxx – discussed treating smoker’s lines, hyperhidrosis and managing patient expectations. Good discussions triggering comparison of techniques and products as well as patient communication skills	Dermal fillers Botox	0.5 1.0	
27/5/19	CLINICAL MEETING	Consent – reviewed our current consent forms and discussed how we consent patients and for all treatments, following an article I read re consent and the Montgomery case in 2015. Amendments to be made to current forms and increased awareness of current issues surrounding consent – particularly ensuring patient knows all alternative options for treatment.	Other	1.5	

10/6/19	CLINICAL MEETING	<p>General review for EW – no concerns, excellent patient feedback, recent issues with HIFU machine but hopefully all resolved now. Discussed further training for her which she is keen to do.</p> <p>To look into further courses and training for EW. Ensure checks on HIFU machine are being done regularly and set up log of this.</p>	CPSR	1.5	
24/6/19	CLINICAL MEETING	<p>Clinic procedures – discussed CPR & anaphylaxis protocols, clinical waste, confidentiality, also discussed JCCP's recent article on 'clued up on cosmetic procedures' toolkit launched by DoH</p> <p>Ensure protocols are easily accessible in clinic, new clinical waste bin needed for second treatment room, reminder on confidentiality particularly as have increasing number of patients who are 'well known'</p>	Other	1.5	
		Total Fillers	19.0	12.5	6.5
		Total Botox	11.5	4.5	7.0
		Total CPSR	11.0	4.0	7.0
		Other	8.5	8.5	0
				Total:	Total:
				29.5	20.5