



Ag Rialáil Gairmithe Sláinte
agus Cúraim Shóisialaigh

Regulating Health +
Social Care Professionals

Continuing Professional Development Record Templates¹

Registrant Profile *

Senior Radiographer with 10 years work experience, working in a university teaching hospital

**This is for information purposes only and not required for audits*

1. You must read the [audit guidelines](#) document before completing this record for audit purposes and submitting.
2. It is important that all information identifying any third party must be removed from any records submitted. Do not, under any circumstances, provide information that would enable the identification of a service user.
3. Do **not** attach any supporting documentation with this record.

¹ Version issued June 2020



Name:	Jane Doe	CORU Registration Number:	RA98765
Audit period from:	1 November 2019	Audit period to:	31 October 2020
Registration Board	Radiographers Registration Board		

Implement			Evaluate & Reflect	
Date and time spent When did you undertake this learning activity?	Type of Learning Activity What was the name of the activity?	CPD credits Approx. 1 CPD credit for every hour of new or enhanced learning achieved	Learning Outcome What have you learnt through completing this activity? How have your skills and knowledge improved or developed?	Impact on practice How have you integrated this learning into your practice? How has this learning made a difference to your capability and performance in your role?
02.02.2020 1.5	HSELand Children First	1	<p>This course was part of the mandatory training requirements for me in advance of commencing a new role within a HSE department. This course is one of the very useful resources available on HSELand. From undertaking this course I have learned about my legal responsibilities under the Children First Act 2015</p> <ul style="list-style-type: none"> • My role in Safeguarding Children • How to recognise if a child is being abused • The procedure to follow if reporting child abuse • The Role of a designated officer and the role of the Mandated person listed in the Act. • How to safeguard best practice for children 	<p>I am now much more aware of the signs that a child may present with in cases of abuse and now clearly understand my role. I am much more aware of the importance of safeguarding these children. It is also much more apparent how this is relevant to my responsibilities under my Code of Professional Conduct and Ethics complying with the requirements for the protection of children. I now have a good comprehension of the steps involved if any concerns arise and I am familiar with the roles of all of those involved in dealing with such a situation.</p>



<p>10.03.2020 (9-5pm) 11.03.2020 (9-2pm) This course was 12 hours</p>	<p>Adult IV cannulation and Administration course for Radiographers and Radiation therapists</p>	<p>6</p>	<p>I attended this course in order to upskill myself to carry out IV Cannulations and administration of contrast media. On day 1 of this course I was provided with the theoretical background related to intravenous cannulation and injection of contrast media and radiopharmaceuticals. Some of this information was reinforcing previous learning such as enhancing my knowledge of anatomy of the vasculature system of the upper and lower limbs. Subsequently, this was followed on with its application in administration of contrast media and the normal flow of contrast through the most commonly used venous access sites.</p> <p>I learned about the pharmacological and physiological principles of contrast media. I was also provided with the information to allow me to identify when a patient is at risk or has an anaphylaxis or adverse event to contrast media.</p> <p>I learned about the IV best practice guidelines and this incorporated how to establish or implement a protocol for IV cannulation and administration and also the medico legal considerations with IV injections.</p> <p>On Day 2 I learned about the patient safety and infection control precautions associated with IV injection. I then learned all of the practical aspects associated with carrying out injections.</p>	<p>Since undertaking this course I have completed a clinical skills logbook and am now competent in cannulating patients in preparation for CT, MRI and nuclear medicine procedure. This has facilitated me to work more independently and autonomously within each of these departments, which has reduced wait times and overall has led to an improved patient pathway. This provides me with a great deal of self-fulfilment.</p> <p>The course has also provided me with an insight into the use of contrast media in Radiation therapy which was something I was not familiar with and has led me to working collaboratively with my Radiation Therapy colleagues on updating our departmental IV cannulation and administration protocols. Using the course information I have learned a lot from the best practice guidelines and medico legal considerations I feel I have built on previous knowledge as well as gained skills to critically analyse and effectively scrutinise our protocols. This has facilitated me with the knowledge to update these protocols and to ensure they are in accordance with the most up to date evidence based practice working in accordance with my Code of Professional Conduct.</p>
<p>02.01.2020- 03.04. 2020 30 Hours</p>	<p>Radiation dose audit in CT</p>	<p>4</p>	<p>I learned a great deal from completing this audit about diagnostic reference levels (DRL's). I became familiar with how to calculate local DRL's at our site. In doing so I</p>	<p>The first step in integrating this audit into my practice was to provide an education session for the radiographers in the department. I delivered a presentation during a CPD session outlining the</p>



		2	<p>became a familiar with the HIQA guidelines for how to calculate a sample size to generate DRL's for a small patient cohort.</p> <p>I learned a lot about the importance of establishing local DRL's and why it is important to compare them to previous results to identify if there are any trends. By doing this I was able to identify any improvements that could be made.</p> <p>During this audit I improved my knowledge of the new legislation (SI256). Establishing DRL's is now a requirement under Irish law so it was imperative that I was up to date with this legislation.</p> <p>I gained a better understanding of CT exposure parameters and how they contribute to radiation dose.</p> <p>I read several journal articles on ways to reduce radiation dose by adjusting the parameters.</p> <p>I also improved my communication skills during this audit. I wrote a 20 page audit report comparing the results for 2019 with previous results. In doing so I improved my understanding of the audit cycle.</p> <p>Furthermore I gave a presentation to my department on the results of this audit. This also helped improve my presentation and communication skills.</p>	<p>results and actions planned as a result of the audit.</p> <p>I have also created a poster for the department which demonstrates the trends in radiation dose in CT over the past 5 years. This helped my colleagues and I become more dose aware as we could visualise the improvements we had made to radiation dose over the years.</p> <p>From this process I am much more dose conscious. I always strive to compare the predicated radiation to the local DRL before I expose the patient. I can then aim to make any adjustments necessary to ensure the dose is as low as reasonably achievable. I am aware however that sometimes the dose will exceed the local DRL and this is acceptable in some cases once I have optimised the exposure.</p>
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<p>01.05.2020 9 week course 1-2 hours/week</p>	<p>Course: Managing people</p>	<p>9</p>	<p>I completed a course level 6 certificate in managing people. This course was a huge learning opportunity for me outside of the clinical environment.</p> <p>I learned a lot from this course as it covered a wide range of topics concerning the management of people. Three key learning areas for me were managing change, managing conflict and managing performance. These topics were covered across several modules. A detailed explanation of how to implement change in a department was outlined. I feel the strategies suggested to assist in implementing change (e.g. PDSA, Kotter's change model) were relevant and applicable to a health care department. Furthermore, I feel that this module addressed obstacles to change and outlined strategies for dealing with these obstacles.</p> <p>The modules on managing conflict were extremely informative and again I feel it will be very useful information to draw on in the future. I specifically found that understanding the underlying issues that can lead to conflict to be very insightful. I feel that by understanding these factors I will be better able to deal with conflict should it arise. Furthermore, I also gained a better awareness of strategies on how to deal with conflict.</p> <p>Finally, a large emphasis was placed on performance management in this course. I gained a great awareness of the importance of performance management and how it can be</p>	<p>I found this course to be an excellent learning opportunity. I feel that the techniques and strategies outlined in these modules will be very applicable as I develop in my role.</p> <p>The knowledge I gained on this course was hugely advantageous. I use my conflict resolution skills when dealing with complaints.</p> <p>I also established a formalised performance review process in my department. This would not have been possible without the knowledge I gained on this course.</p>
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			used as a motivation tool. The course gave me a good understanding of how to deal with poor performance and why it is important to reward good performance. During this course I was given the opportunity to conduct a mock performance review. This was an excellent, hands on learning opportunity, where I also learned from the experience of others.	
11.07.2020 2 hour webinar	Webinar: Ask Eurosafe Imaging Webinar: Dose saving options in lung CT	0.5	This webinar provided useful tips on dose saving techniques, discussing results from studies from across Europe, and gave me insight into new technology and how it can be best utilised.	I have become more vigilant around techniques which optimise and minimise radiation exposure. An example of this is accurate patient positioning in the isocentre of the CT gantry. This ensures the automatic exposure control (AEC) can accurately calculate the required radiation dose and results in optimum imaging for the patient.



Implement			Evaluate & Reflect	
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01.09.2020 10 hours	An audit on the Use of Abbreviations and the Documentation of Drugs for interventional procedures	2	<p>Through the completion of both of these audits, completed simultaneously, I learned the importance of not abbreviating the drugs used in the procedures, as per the JCI 6th edition stating the prohibition of abbreviations on consent forms. Additionally, drug documentation is essential and these also cannot be abbreviated.</p> <p>My skills at using Excel were improved through this audit, along with the ability to search a specific timeframe on radiology information system (RIS) for the collection of data.</p>	<p>I completed the audit and noted that there was only a 21% compliance within the sampled data.</p> <p>I brought this to the attention of my Radiology Services Manager, my fellow radiography colleagues and also the Interventional Radiologists – through word of mouth and by email.</p> <p>A re-audit took place a few months after the initial audit and indicated greater compliance rates.</p>
01.09.2020- 01.10.2020 12 Hours	Essay as part of postgrad in DXA imaging	6	<p>The essay was entitled ‘ How to optimise the validity of serial DXA scanning in a clinical setting.</p> <p>I performed extensive research of articles and audits for this essay.</p> <p>First I learned about the importance and application of serial scanning.</p>	<p>The knowledge gained from this essay led to many changes in my practise.</p> <p>Firstly I changed some of the Standard Operating Procedures for the analysis of the scans based on learning from the research.</p> <p>I introduced precision error testing for myself initially and then the other radiographers. This is currently halted due to COVID 19, but is a priority to continue when safe to do so.</p>



			<p>I learnt about all of the factors affecting accuracy involving QA and equipment management and cross calibration.</p> <p>I learnt about all of the factors affecting precision including about precision error testing which I was unaware of. I am now familiar with how to perform it and its benefits.</p> <p>I have also learnt the importance of reducing positioning and analysis errors and the effects this can have on the results of serial scanning.</p>	<p>My understanding of how precise serial scanning needs to be because the numbers involved in bone loss or gain are so small, means that I am very conscious of correct patient positioning and analysis and indeed introduced a system of double checking all reports before they are sent out.</p> <p>The knowledge gained from researching for this essay has improved our service in many ways for patients by ensuring accurate and precise results at all times.</p>
13.10. 2020 1.5 hours	Online lecture and practical application	1	<p>The lecture was entitled 'How to don and doff PPE'</p> <p>This lecture was online on HSE Land and was then followed by a practical session.</p> <p>I learnt the importance of putting on and taking off the Personal Protective Equipment (PPE) properly and safely to ensure the safety of myself and other staff and service users.</p> <p>I also learnt the importance of discarding the used PPE safely</p>	<p>The practical session was particularly useful as it demonstrated how tricky it can be to do it correctly, and how much time it requires.</p> <p>In being able to do this safely it helps to protect not only me but patients and other staff from possible spread of COVID 19 in particular but also other infections.</p>
20.10.2020 7 hours	1 day Workshop on Resilience in the Workplace	4	<p>This workshop taught me what resilience is and provided me with some skills and tools to help me be more resilient both at home and at work.</p> <p>It also helped me to look at some lifestyle choices that lend to resilience.</p> <p>I learned the importance of changing myself and my attitudes in order to facilitate change around me.</p> <p>It also enhanced my understanding of self-awareness and its relevance to resilience and how my thinking, intentions and behaviours effect what happens around me.</p>	<p>I found this a really useful workshop particularly working in healthcare at present which is extremely busy and demanding both physically and mentally. The skills I have learned and developed through this workshop are essential, and have helped me to manage stressful situations and stay calm and I know working in the healthcare setting, these skills will assist me as a radiographer in making professional, independent judgements which is part of my responsibility in my Code of Professional conduct. This workshop has ultimately led to more job satisfaction, less stress in my life and a</p>



			<p>I learned a lot about willingness versus wilfulness and this has helped me to understand how I react in certain situations. This course also enhanced my understanding of the importance of sleep and exercise in order to be resilient and manage stress in all aspects of life.</p>	<p>better sleep pattern for me, which is prudent to ensure I can work to my highest achievable standards.</p>
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Review	Plan
What do I want or need to learn in the next 12 months?	What learning activities will I do to achieve this in the next 12 months?
Following on from my Postgrad in DXA imaging I would like to gain more knowledge in Paediatric DXA imaging. There are very few institutions performing Paediatric imaging and so finding it difficult to find expertise.	Attend a Paediatric DXA imaging course run by ISCD, once they are back up and running. Potentially conduct collaborative research in conjunction with Paediatric Consultants in CUH.
Feb 2021 Having completed my logbook for IV cannulation and administration and undertaken a number of cannulations since my training I would be interested in doing further training on accessing Central Venous Access devices(CVAD's) for contrast media administration. This would facilitate administering contrast media via PICC lines as many patients attending the Radiology department now have PICC lines in situ.	I will undertake reading on up to date current literature using best evidence based practice on the safe use of Central Venous Access Devices and the safe administration of contrast media via these devices. I will put myself forward to attend an inhouse training course on Safe use of CVAD's in Radiology. I would also carry out an audit on any difficulties or problems resulting from use of a CVAD for contrast media administration.
June 2021 Having recently commenced student placements in our department I would like to devlope materials to enhance student learning in the radiology department.	I will read up to date literature on having students in clinical radiography settings and methods for enhancing their learning in these environments. I would like to spend some time shadowing our experienced Practice Tutor mentoring students to improve my skills and become more confident in training students. From this I would hope to be more knowledgeable about suitable courses which.I could attend that may improve my knowledge in clinical teaching and supervision.
Feb 2021 Cardiac CT has recently been introduced as a new examination in my department. Although I am confident carrying out these examinations I am keen to develop my skills in this area.	I will purchase a recent publication by a renowned author who specilaises in CT and ensure I am up to date with any developments in Cardiac CT and look at any ways I can improve on my current practices to ensure I am providing an optimal examination for each patient.



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I, the undersigned, certify that the information contained in this Record of CPD Activities is correct in all respects.

Signature

RA98765

CORU Registration Number

12 December 2020

Date

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Total Number of Pages