

CPD – what is CPD?

CPD means Continuing Professional Development. This is the means by which people engaged in health occupations keep themselves informed and up-to-date. Not to develop yourself professionally is to act in an unprofessional way, and lack of updating could put your patient to risk.

CPD activities involve interactions with other workers, or engagement with material that is relevant to what we do occupationally. Activities such as attending lectures, seminars and courses all count as CPD. So does any study, research or learning activity done individually, or with colleagues.

CPD helps us to develop ourselves as practitioners – we must all remember that we are ‘in practice’. And *‘the more we learn – the more we earn’* is absolutely how it is.... top-earning practitioners are always those who have done more than the minimum training and have developed themselves professionally. This is how senior colleagues become senior and earn their respect.

Not all CPD activity costs money. We can write and submit an article for the Journal, for instance. Clinical articles are always particularly welcome because of their direct educational value to fellow clinicians. Personal research into a topic, reading to find information, writing a book review, preparing a presentation, or just meeting to discuss a topic with colleagues, all count for CPD. But it needs to be properly recorded, and the Alliance needs to be told of it.

However, attending a Masterclass or listening to lectures that are put on at venues around the country (often in 4 star hotels) and sharing a meal with friends and colleagues can be stimulating, motivating and enjoyable, and can help you to see your way forward.

How do we know how much CPD to do?

The Alliance has a points system for guidance. The points system helps to define the minimal amount of involvement considered necessary so that any individual not involving themselves sufficiently can be identified as a higher insurance risk posing a greater risk to clients and the threat of higher premiums to other members. By engaging in CPD we keep our insurance strong and our premiums low. If you are just qualifying, your first course will give you 20 points towards your first year’s CPD. When established in practice, the aim is to accumulate 40 CPD points in a full membership year.

Alliance CPD is presented at the right level for practice

How do we know what CPD earns?

CPD is awarded according to the following tariff:

	POINTS
Attendance at a two-day Alliance Annual Convention (Spring and Autumn) (20 points for all-day Saturday, 10 points for Sunday morning)	30
Attendance at an Alliance regional Open Clinical Forum	10
Attendance at a meeting of another professional body	5
Basic Life Support/CPR/First Aid course (could be online from the Alliance website)	15
Completion of an Alliance approved initial FHP course	20
Completion of a major professional post graduate course: (Biomechanics, Remedial Massage, Verruca Management, Advanced Foot Health Practice)	20
Downloads – completion of exercises from the Alliance website	10
Masterclasses - Attendance per 3 hour session	10
Practice-Building Workshops: (subjects as they occur)	10
Publication of submissions to the Alliance Journal (note that only those articles actually accepted for publication are awarded CPD, and that points awarded depend upon clinical content and value to colleagues)	variable*
Any course or activity related to practice, or to professional development	...variable*
Other activities can earn CPD.... examples: personal research of relevant topics; book reviews; trials/audits based on your practice; collaborative study with colleagues; lecture preparation; demonstration or lecturing to colleagues; etc.	variable*

*points awarded depend upon the extent/depth/value/time/effort expended upon the activity

All claims for CPD must be submitted to Alliance Head Office and be accompanied by evidence to support the claim (copies, receipts, certificates of attendance, certificates of completion, etc.)

Ideally, CPD should cover a range of activities.

All Alliance CPD is available to non-members of any background, any discipline. The Alliance has a points system for the convenience of its own members but Alliance CPD is certificated on completion and can form part of any practitioner's CPD portfolio.

It's not about collecting points – it's about developing yourself as a practitioner