

2018



**CPD**

**-for professional progress**

*We must all grow as practitioners - we all have practices to grow*

# What is CPD?

Continuing Professional Development - CPD - is the means by which people engaged in health occupations keep themselves informed and up-to-date.

CPD activities involve interaction with fellow 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.

CPD helps us to develop ourselves as practitioners – we must all remember that we are ‘in practice’. And ‘*we can earn more if we learn more*’ 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.

## How do we know how much 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 - your first year's CPD. When established in practice, the aim is to accumulate 40 CPD points in a full membership year.

The Alliance conducts a 2½% Annual Audit to ensure that its accredited register members engage with CPD in the expected quality and amount.

## New Diabetes Diploma

This newly-written Diploma course is presented in four modules. Each module requires essay-style responses. The prevalence of diabetes mellitus is rising at an alarming rate in the UK and, with the number of overweight people and the number of people of advanced age, threatens to overwhelm the NHS. Understanding diabetes and the avoidance of its worst consequences is of great importance for those of us working on feet and legs.

*Alliance CPD is presented at the right level for practice*

# How do we know what CPD earns?

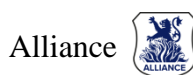
## CPD is awarded according to the following tariff:

	POINTS
Attendance at a complete two-day Alliance Convention (25 points for all-day Saturday, 15 points for Sunday morning)	40
Attendance at a completed 1 day Convention	25
Diabetes – a level 4 Diploma (four modules)	20
Attendance at an Alliance Open Clinical Forum	10
Attendance at a meeting of another professional body	5
First Aid course (3 year certificate)	15
Completion of an Alliance approved initial FHP course (level 4 with 10 days practical)	20
Completion of a major advanced level course: (Biomechanics, Remedial Massage, Verruca Management, Advanced Foot Health Practice)	20
Downloads – completion of exercises from the Alliance website	10
Masterclass Attendance per 3 hour session	10
Study Groups/Workshops: (groups of practitioners meeting to examine topics relevant to practice)	10
Courses/Workshops on topics relevant to practice	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
Other activities can earn CPD.... examples: personal research of relevant topics; book reviews; mentored sessions trials/audits based on your practice; collaborative research with colleagues; lecture preparation; demonstrations; talks; lecturing to colleagues; etc.	variable

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

## **Ideally, CPD should cover a range of activities**

*Key to organiser:*



College of Foot Health Practitioners, Blackheath



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

## CPD FOR PROFESSIONAL GROWTH AND ADVANCEMENT–2018

*Almost any engagement with further learning or interaction with colleagues will add to our abilities, experience and understanding. We benefit by increased confidence, earning ability and job satisfaction. To our patients it means that we can be more helpful, offer more options and deliver better treatment. From our patients we gain greater respect, greater loyalty and more demand for our services. Informed practitioners that demonstrate a professional outlook and behave in a professional manner advance in their practices and grow in stature.*

### ANNUAL CONVENTIONS 2018



The Spring Convention this year is Sat/Sun 12<sup>th</sup>/13<sup>th</sup> May 2018 -all day Saturday, and Sunday morning up to and including Lunch. Attendance at all the lectures of the May Convention merits 40 CPD points.

The Autumn Convention is a one day event on Saturday 20<sup>th</sup> October and merits 25 CPD points.

(Accommodation can be booked for the preceding Friday evening at either Convention, if required)

Conventions are held at Dunchurch Park Hotel & Conference Centre, Near Rugby, CV22 6QW. Quality speakers deliver up-to-the-minute and well-researched presentations. The programmes are well supported by a wide range of trade stands and suppliers.

– see Alliance website [www.thealliance.com/events](http://www.thealliance.com/events) for programme details

### OPEN CLINICAL FORUMS 2018



OCFs explore aspects of our work and show how we can develop and broaden our practices:

– *pre-booking is necessary for these events.*

<b>Yorkshire Region OCF</b>	Dubrovnik Hotel, Bradford	Sat 8 <sup>th</sup> Sept
<b>N. Wales OCF</b>	Oriel Country House Hotel, St Asaph, N Wales	Sat 3 <sup>rd</sup> Nov

### ADVANCED COURSES



Advanced Foot Health Practice	6 modules
The Verruca Course (incl. cryotherapy)	6 modules
Biomechanics and Orthotics	10 modules
Remedial Massage of the Lower Limb	10 modules
Diabetes Diploma	4 modules

*completion of each of the above courses gains 20 CPD points*

*Completion of any three of the above Advanced Courses in addition to your initial qualification will give you that superior ‘edge’ in your practice and the Alliance will recognise this achievement by the award of a Fellowship. Alliance Fellowship is a recognition of the extra effort put in to learning and is an acknowledgement of seniority within the profession.*

***Fellowship is earned by study and recognises the extra learning undertaken***

## MASTERCLASSES 2018



Masterclasses are each of 3 hours duration.

*am sessions are 10.00 – 1.00, pm sessions are 2.00 – 5.00.*

Assessment of the Foot (am)	Protection of the Foot (pm)	Wed 28 <sup>th</sup> Feb
Diabetes – why the concern? (am)	Doppler (pm)	Thurs 8 <sup>th</sup> March
Assessment of the Foot (am)	Protection of the Foot (pm)	Wed 25 <sup>th</sup> April
Verruca Management (am)	Ingrowing Toenail Technique (pm)	Thurs 26 <sup>th</sup> April
Verruca Management (am)	Ingrowing Toenail Technique (pm)	Wed 27 <sup>th</sup> June
Diabetes – why the concern? (am)	Doppler (pm)	Thurs 28 <sup>th</sup> June
Verruca Management (am)	Ingrowing Toenail Technique (pm)	Thurs 4 <sup>th</sup> Oct
Diabetes workshop (am)	Doppler (pm)	Wed 28 <sup>th</sup> Nov

*(10 CPD points per 3 hour masterclass)*

## CPD DOWNLOADS FROM ALLIANCE WEBSITE



Cellulitis; Compound Tincture of Benzoin; Deep Vein Thrombosis; Peripheral Neuropathy; Role of Silver Nitrate; Clinical Maintenance of the Ingrowing Toenail; Cutting and Abrasion; Nail drills-wet or dry?; Peripheral Vascular Disease; Toenails - Function and Management; Stabilisation of the Pelvis; Warfarin; First MPJ Action; Plantar fascia; *Wound healing, Diabetic ulceration (new 2017)*

*(each completed paper merits 10 CPD points)*

## ESSENTIAL BASIC LIFE SUPPORT



# First Aid 3 year certificate      hands-on at the College      Wed 31<sup>st</sup> Oct

# Online course leads to 3 year certificate      -link from Alliance website  
*(each course merits 15 CPD points)*



## PUBLICATIONS



Domiciliary Practice; Foot and Leg Assessment; Insoles, Orthotics and Chairside Appliances; Nail Clippings; Cuttings and Parings; Paddings and Dressings; Safe Drill Technique; What You Need to Know About Verruca; Falls in the Elderly.

## MENTORING/One-to-One tuition/any topic

John at the College

book 0121 559 0180



*-not all CPD has associated cost*

## **PAPERS, ARTICLES, REPRINTS** (*John's papers*)



List available from the College of Foot Health Practitioners.... all at 50p per printed side  
*topics in detail – know-how to help you clinically*

Text Book: The Lower Limb for the Lower Limb Practitioner

-by John Falkner-Heylings, BSc (Podiatric Medicine), Podiatrist

*-wire spiral-bound, soft back, approx. 250 pages*



## **SUBMISSION OF JOURNAL ARTICLES**



Clinical articles are always welcome, book reviews, letters, warnings to colleagues,  
technical information, research, hints and tips *all count for CPD (if published)*

## **NO COST/LOW COST CPD**



Finding things tight...? CPD can be raised by no-cost/lo-cost activities...

Write for the Alliance Journal - published articles merit CPD award

Research relevant topics of direct interest to yourself

Conduct trials/audits based on your own client bank

Promote the occupation/mount an event to the public or study with your colleagues

*demonstrate what you have done and be credited for your effort*

**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 CPD portfolio.**

**Alliance CPD is at the right level for direct inclusion in practice.**

**Students are encouraged to attend any Alliance event.**

**Non-Alliance members are always welcome to attend any Alliance event.**

*If it's relevant to what we do, it merits recognition as CPD*

*-to register your CPD simply tell us what you've done*

# 80,000-strong workforce an 'untapped resource' to tackle public health challenges

A report published 1 November 2017 by the Royal Society for Public Health (RSPH) and the Professional Standards Authority has revealed the extent to which practitioners on accredited registers – an 80,000 strong workforce including counsellors, acupuncturists, and sports therapists are able to contribute to addressing the growing public health crises in the UK.

The report, which is based on a survey of more than 4,500 practitioners in the accredited registers (AR) workforce, found both a willingness and ability to promote the public's health through healthy lifestyle conversations and effective signposting with patients. However, despite the vast majority of the AR workforce (89%) considering their job role to include "promoting the public's health", three quarters of them (74%) feel under-utilised in doing so. Other key findings of the report include:

- AR practitioners typically build trusted long-term relationships with their patients and so are naturally well placed to have healthy conversations: many already provide support on mental wellbeing (64%), signposting to healthier lifestyle services (36%), and advice on physical activity (29%)
- The main barriers identified to contributing further included difficulty in staying up to date with the range of local services for effective signposting, concerns that conversations could make patients feel uncomfortable, and the relative inaccessibility of the workforce to the public.

The key recommendations of the report include:

- Public health teams to create and regularly update a list of services bringing all local signposting information together, and disseminate this to AR practitioners
- AR practitioners to have authority to make direct NHS referrals, in appropriate cases, thereby reducing the administrative burden on GP surgeries
- Accredited registers to consider introducing a standardised health assessment tool to be used with new patients

## **Shirley Cramer CBE, Chief Executive of RSPH and Chair of the Government's Advisory Group, People in UK Public Health, said:**

"The public health challenges facing the UK today are deep-seated, varied, and of increasing cost to the NHS. It's vital that we continue to make progress on such health priorities as obesity and smoking, but to do this we must increase the capacity of those willing to support the public's health. The AR workforce has a willingness and is well placed to join the wider public health workforce, and numbering 80,000 is now twice the size of the UK's core public health workforce.

- We know that AR practitioners typically take a holistic approach to wellbeing, and develop long term and trusted relationships with their patients, putting them in an ideal position to have lifestyle health conversations with them. The AR workforce accounts for thousands of interactions with members of the public every day: we are calling for these practitioners to be given the right support, so that we can unleash their full potential to improve the public's health."
- **Harry Cayton, Chief Executive of the Professional Standards Authority, said:**
- "The AR programme is now well-established within the regulatory framework, providing independent assurance of registers covering a diverse and engaged workforce. There is huge potential for this workforce to contribute to individual wellbeing and public health objectives, such as weight loss, stopping smoking and taking exercise.
- It is vitally important that GPs, nurses and other healthcare professionals who work in the community are aware of the potential for the AR workforce to further contribute to promoting the public's health so that they are able to make better use of this existing resource."

***-this could become an important part of our remit***





Every practitioner should build their own Personal Portfolio that can be used as an introduction to GPs and Nursing Home Managers.

The Portfolio should consist of a display file containing copies of your:

- business name and details
- up-to-date CV
- qualification diploma
- accredited register membership certificate and logo
- NCFE certificate of modules completed
- Alliance membership certificate
- practice insurance certificate
- basic life support certificate
- evidence of recent CPD activity.

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A larger, less portable file kept at home should be used to collect material, hand-outs, summaries, reflection and evidence to support all of the CPD you have undertaken. This will be needed if and when you are selected for audit.

The Registrar,

The Alliance of Private Sector Practitioners,

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