

Examples of types of CPD activity you might choose

This list should give you an idea of the kinds of activity that might make up your continuing professional development.

Work based learning	Professional activity	Formal / educational	Self-directed learning	Other
<ul style="list-style-type: none"> • Learning by doing • Case studies • Reflective practice • Clinical audit • Coaching from others • Discussions with colleagues • Peer review • Involvement in wider work of employer (for example, being a representative on a committee) • Work shadowing • Secondments • Job rotation • Journal club • In-service training • Supervising staff or students • Visiting other departments and reporting back • Expanding your role • Analysing significant events • Filling in self-assessment questionnaires • Project work or project management • Evidence of learning activities undertaken as part of your progression on the Knowledge and Skills Framework 	<ul style="list-style-type: none"> • Involvement in a professional body • Membership of a specialist interest group • Lecturing or teaching • Mentoring • Being an examiner • Being a tutor • Branch meetings • Organising journal clubs or other specialist groups • Maintaining or developing specialist skills (for example, musical skills) • Being an expert witness • Membership of other professional bodies or groups • Giving presentations at conferences • Organising accredited courses • Supervising research • Being a national assessor • Being promoted 	<ul style="list-style-type: none"> • Courses • Further education • Research • Attending conferences • Writing articles or papers • Going to seminars • Distance learning • Courses accredited by professional body • Planning or running a course 	<ul style="list-style-type: none"> • Reading journals/articles • Reviewing books or articles • Updating knowledge through the internet or TV • Keeping a file of your progress 	<ul style="list-style-type: none"> • Public service • Voluntary work • Courses