

CPD SUMMARY

OPTOMS/DO'S

Create your Personal Development Plan (PDP) at the beginning of the cycle.

Obtain 36 CPD points in 3yr cycle

- At least 18 interactive points
- At least 18 through GOC CPD providers (rest may be self-directed CPD)
- At least 6 points per year
- At least 1 peer review
- At least 1 point from each domain (1-4)

Complete a Reflective Exercise with peer based on your PDP at the end of the cycle.

AS/SP/IP OPTOMS

Create your Personal Development Plan (PDP) at the beginning of the cycle.

Obtain 54 CPD points in 3yr cycle

- At least 36 points from domains 1-4 & 18 points from speciality domain
- At least 18 interactive points
- At least 18 through GOC CPD providers (rest may be self-directed CPD)
- At least 6 points per year
- At least 1 peer review for speciality CPD
- At least 1 point from each domain (1-4) and the speciality domain.

Complete a Reflective Exercise with peer based on your PDP at the end of the cycle.

DOMAINS

Core	1. Professionalism
	2. Communication
	3. Clinical Practice
	4. Leadership and Accountability
Speciality	5a. Contact Lens Optician
	5b. AS/SP/IP optometrist
Additional	Current risks if required

MYCPD

You will be responsible for logging details of your CPD (inc. points) via MyGOC (MyCPD) site.

- You can log your CPD activities
- View your outstanding CPD requirements
- Provide feedback on CPD attended
- Search for CPD events
- Find templates for mandatory PDP, reflective statements (for all self-directed CPD & peer reviews) and reflective exercise.

When you first log-in during the cycle, you will need to complete a few short questions about your scope of practice and a PDP which identifies: -

- The learning outcomes you wish to achieve
- Plan detailing how you will achieve your learning outcomes
- Time frame for completion of each learning outcome you have identified.

CPD RECORD REVIEW

- Can take place at any time within the 3yr cycle.
- Any fully qualified registrant can be reviewed – you cannot opt out.
- 10% of registrants are randomly selected each cycle
- Reviews carried out by registrant CPD reviewers, appointed/trained by GOC
- If chosen for review, you will receive an email confirmation
- Normally, review is undertaken by looking at your MyCPD records
- Reviewer may either request more info from you or provide an outcome

Outcome	Description
Passed	Records are of good standard. Reviewer may give tips for improvement, but no further immediate action is required.
Requires Improvement	Improvement is required in your CPD record &/or your learning is not appropriate or on track. Reviewer will provide guidance, specific actions and timeframes. You may be subject to a targeted review within 12 months. Depending on extent of issue(s) identified, further steps may be needed and this may include a referral to the Fitness to Practice (FTP) team. Written notification will be given.
Serious Concerns	Serious issues found and will be itemised. Opportunity is given to make improvements. GOC's Director of Regulatory Strategy will review all instances of registrants receiving this outcome. A decision will be made on the necessary next steps. This may involve a referral to the Fitness to Practice (FTP) team. Written notification will be given.

TIPS

- Get started on logging your CPD
- Your PDP is about you – make it relevant to your needs
- Consider how the CPD contributes to your learning needs
- Little and often, spend time keeping your MyCPD up to date
- Complete your reflectance as soon as possible and thoroughly
- Do not leave your CPD to the last minute!!!!