



PDPs can incorporate a wide range of activities, based on the individual practitioner's scope of practice and professional interests. The Sample PDP below is intended solely as an example. Your PDP may differ significantly.

SAMPLE PROFESSIONAL DEVELOPMENT PLAN

NAME: *Dr Joe Bloggs* MCRN: *01234* PCS YEAR: May 201*9* to April 202*0*

Date PDP form completed: *20/05/19* [log 1 Internal CPD credit]

Date PDP reviewed by Peer Group, or Peer: *30/05/19* [log 1 Internal CPD credit]

Step 1: Identify your Professional Development Aims

Your CPD activities over a PCS year should cover all the Domains of Good Professional Practice.

Goals for the current PCS Year:

- (i) *Improve my knowledge of psychopharmacology*
- (ii) *Assess my management of metabolic syndrome*
- (iii) *Enhance my professional wellbeing*

Longer term goals:

- (iv) *Complete psychiatry related PhD*
- (v) *Develop research article with a view to publication*
- (vi)

Step 2: How do you plan to achieve these goals?

Any given goal may be achieved by activities in a number of different CPD categories.

External activities:

- (i) *Attend BAP conference - July 2019*
- (iii) *Attend mindfulness training - January 2020*

Internal activities:

- (i) *Discuss complex cases with colleagues in Peer Group*
- (iii) *Reflect on and discuss personal issues in Peer Group*



Personal activities:

- (i) Read relevant journal articles*
- (ii) Review guidelines regarding management of metabolic syndrome - September 2019*
- (iii) Use online resources to enhance wellbeing*

Research / Examining / Teaching activities:

- (iv) Source PhD supervisor; develop proposal - August-December 2019*
- (v) Identify topic, do literature search, draw up proposal and approach ethics group re. project for publication - June-October 2019*

Clinical (Practice) Audit activities:

- (ii) Audit my management of metabolic syndrome and compare with identified best practice guidelines - March 2020*

Step 3: Reflect on your PDP (at end of PCS Year)

Did I achieve my goals?

Yes, except was unable to attend BAP conference

Any barriers to achieving my goals?

*Difficulty securing leave to attend conference.
Increased workload presented difficulties in enhancing professional wellbeing.*

Were the Outcomes of my PDP as I expected?

*Greater knowledge of psychopharmacology.
I identified areas for improvement in management of metabolic syndrome in my practice.*

What will I change going forward? (Includes planning for next PDP):

*Discuss issues regarding educational leave with management / ECD.
Introduce checklist sheet for management of metabolic syndrome and re-audit.
Further work on PhD.
Discuss current service resourcing with CD to reduce excessive workload.*