

CPD new year re-set

with Claudia Anderson
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What we'll cover

HCPC CPD requirements

What counts as CPD

Your CPD portfolio

Building CPD habits

RCOT support for you

Scenario poll – readiness for audit

Fast forward to early August and imagine you've just seen you've been selected for CPD audit.

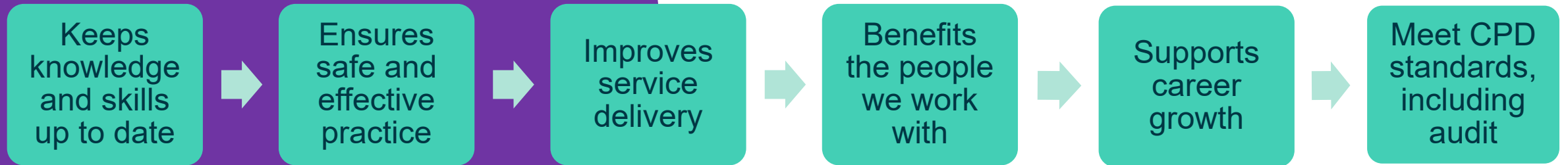
Now, rate how ready you feel on a scale of 1-5:

1 = No thank you, I'm not ready at all!

5 = I've got this, I'm more than ready!



The why behind CPD



Meeting CPD standards

- Carry out regular CPD and keep a record in a way that's most convenient for you
- Carry out different kinds of learning activities (relevant to your current or future work)
- Think about how your CPD might improve your practice and benefit your service users
- Take part in an audit if HCPC ask you to

What counts as CPD?

‘CPD activity is any activity from which you learn or develop professionally, though you should ensure that these complement your practice and enhance the service you provide’ ([HCPC, 2024](#)).

- CPD categories include work-based learning, professional activities, formal education or self-directed learning.

A little bit about audit



2.5% of registered occupational therapists are selected at random (newly registered are exempt for first cycle)



Current audit cycle is 01 November 2023 - 31 October 2025



The HCPC CPD standards are what we are being assessed against



Your CPD portfolio is designed around the CPD standards and makes the audit process easier

Completing a CPD profile

1. Summary of recent work / practice (up to 500 words)
2. A dated list of your CPD activities
3. A personal statement (maximum 1,500 words)
4. Supporting evidence for your CPD profile

CPD and audit resources



[What you need to know about CPD audit webinar](#)



[Our dedicated webpage](#)



Look out for HCPC CPD week taking place 3 - 7 March 2025



HCPC webpages: [CPD standards](#), [what counts as CPD](#), [the CPD audit process](#)



If you're selected for audit, we'll bring you together with other members for peer support

Your CPD portfolio



Your CPD portfolio

- A single place to capture lifelong learning and development, no matter your role or career stage.
- Record activities, learning, reflections and evidence on the go.
- Meet the [HCPC CPD standards](#) – helping you to feel as prepared as possible for future CPD audits.
- Included in RCOT membership package
- Provided by CPDme.



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Emma Grover

Emma Grover

Building CPD habits

- Recognise the CPD you do as part of your everyday
- Think about how recording your CPD works for you
- Use technology to support you
- Save the link to your portfolio as a favourite on your desktop browser and/ or download the free app for quick and easy access at work, home or on the go
- Find a CPD buddy
- Aim for progress over perfection
- Reflect on your growth over time

Supporting your professional development



Supporting your professional development

- Sign up to our next maximise your membership event.
- Look out for RCOT Communities – coming soon!
- Apply for ambassador and volunteer roles.
- Reach out to our Professional Advisory Service (PAS).
- Make the most of CPD activities as part of RCOT membership.

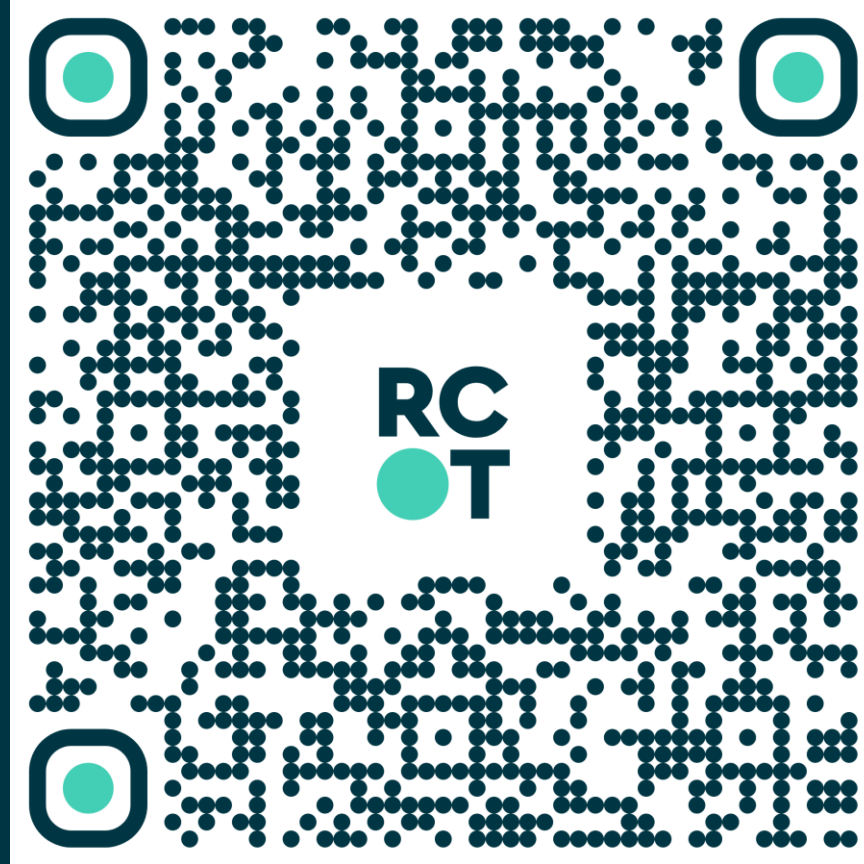
Reflection

What 1-3 things will you do to keep up or improve your CPD habits after coming to this session?

This activity counts as part of your CPD. Log into your CPD portfolio to add an entry.



Sign up to RCOT membership today!



Q&A

If we haven't been able to answer your question today, please get in touch
hello@rcot.co.uk

