



## CPD Profile

**1.1 Profession: Dietitian**

**1.2 CPD number: 1234**

### 2. Summary of recent work/practice

As a dietitian my key role is to provide nutritional assessment for all patients referred and to provide individual care planning to promote optimal nutritional status.

I have been qualified since 2006 and work within an NHS University Hospital. During this time, I have been in a rotational post which has included cardiology for 11 months followed by surgery for 13 months. I also provide cover for other clinical areas within my scope of practise on a regular basis.

As a band 5 dietitian, my role involves both acute in-patient and out-patient clinics for a variety of clinical conditions. These require me to consult with a range of health professionals including the all levels of the medical team, catering team and other Allied Health Professionals (AHPs).

I actively participate in additional activities, some of which include regular attendance at department journal club, auditing and producing diet sheets to be used across the Trust (examples provided). I have also volunteered to be the health and safety representative for the operational team I work in.

I deliver ward based education and training sessions for ward based staff and teaching to other AHPs and medical students within the Trust. I also actively participate in placement 'B&C' dietetic student training on a regular basis.

Word Count 210  
(Maximum 500 words)

### 3. Personal statement

#### Standards 1 and 2

Since I have qualified I have kept an up to date portfolio that I have divided into sub sections to reflect and record areas of professional activity and personal development.

Throughout my practice I have endeavoured to undertake a variety of CPD activities which include study days, teaching sessions, audits, student training and journal club all of which are recorded in my portfolio (evidence 1).

Reflecting on these activities both independently and with my supervisor has enabled me to develop professionally, improve my own practice and service delivery to all patients under my care.

From my CPD portfolio I have provided examples of supporting evidence and populated the tables at the end of this profile.

### **Standards 3 and 4**

Within these rotations I have had the opportunity to participate in a variety of learning activities. A selection of examples can be found below:

#### **Example One**

A need was identified to update a variety of current diet sheets within the Trust to ensure the service user is given accurate and up to date information. Through working with a colleague, this was actioned and has aided patient understanding of the importance of nutrition with a variety of clinical symptoms (evidence 2).

Through this activity I have learnt the importance of being practical and concise, using language at an appropriate level for service users and ensuring the information provided was evidence based. This enhanced my knowledge base and developed my skills in undertaking literature reviews. I was very pleased when these were adopted Trust wide.

#### **Example Two**

I have completed a number of audits during my rotations. I gained most from the one I led in conjunction with my supervisor relating to wound healing. From undertaking this particular retrospective audit, I enhanced my transferable skills and awareness in the area of communication, collating information, analysing data and patient confidentiality.

Using a range of IT and design skills I condensed the main points of this audit into a concise visual poster. This was displayed in the Trust's Therapies Poster Showcase. The poster was peer reviewed and I was awarded the 'Participants Choice Award' (evidence 3).

The audit and poster showcase allowed discussion between a variety of AHP's into the importance of nutrition and wound healing and has identified the need for future development within this area; with a view to further improve the care provided to the service user.

#### **Example Three**

I have found my role in student training an enjoyable and rewarding experience. Initially this involved prioritising my own caseload in order to release the time to support the students. I have also learnt the importance of being able to provide emotional support to students. By utilising this skill, I am a more effective student mentor at all levels of student training.

Following successful completion of the clinical educators' course, I identified a range of teaching methods and styles which I have applied to ongoing student training programs. I feel I have developed into a more effective supervisor which is illustrated through positive student feedback. I feel that my students have benefited due to my increased awareness to recognise each individual's learning styles and hence my ability to meet their needs accordingly. From this training, I have since been involved in case load supervision (evidence 4).

#### **Example Four**

A regular part of my remit is to provide education sessions to service users and health care professionals. I found these sessions challenging as I recognised the different learning styles of the participants. Following attendance on a group facilitation study day, I was able to adapt and deliver these sessions more effectively. I have learnt to be flexible to meet the participants learning styles to aid their active participation and learning (evidence 5).

#### **Example Five**

Since I qualified I have been the health and safety representative for my operational team at the Trust. It has been my role to work with a management team to identify and assess risks within the workplace and to ensure optimal safety and security for colleagues at all times.

To ensure safety and reduce risk I have attended clinical governance meetings within our department. The mandatory training sessions on fire safety, manual handling, violence and aggression and mental capacity have all been attended to ensure optimal understanding of all areas to ensure safe and effective practise to meet local and national policies (evidence 6). Within my role, I have ensured that all colleagues within my team have also attended these sessions to reduce work place risks.

Word count 750  
(Maximum 1500 words)

#### 4. Summary of supporting evidence submitted

<b>Evidence Number</b>	<b>Brief Description of evidence</b>	<b>Number of pages or description of evidence format</b>	<b>CPD Standards that this evidence relates to</b>
1	List of CPD undertaken	2 pages, list	1
2	Copy of diet sheets produced	Booklet format	Standards 2, 3 & 4
3	Copy of poster	1 page	Standards 2, 3, & 4
4	Certificate of clinical educators course and student feedback	2-3 pages	Standards 2, 3 & 4
5	Group facilitation study day certificate and reflection	2 pages	Standards 2, 3 & 4
6	Certificates of mandatory training	7 pages	Standards 2, 3 & 4