

CPD Record Form - scheduled

Scheduled CPD Cycle Entry

Please provide precise and succinct information in each section

REFLECTION

1. I specifically need to learn ... (list specific learning need(s)) [ESSENTIAL*]

2. I need to learn about this because ...

I specifically need to learn the following about Femstrual:

Indications and contraindications

Dosage

Side-effects

When to refer

I need to learn about this because 'Femstrual' is a new product launched which will be stocked in my pharmacy and I need to know more about the product

PLANNING

3. I plan to undertake the following activities to meet my learning need(s) ...[ESSENTIAL*]

4. I plan to complete the activity/activities by ...

I plan to undertake the following activities to meet my learning need(s)

Complete the manufacturer's (insert name) community pharmacy training pack on Femstrual

Speak to the GP in Highfield surgery with a interest in gynaecology

I plan to complete these activities by 04/12/13

ACTION

5. Provide detail of the learning activity/activities in the activity table ...
6. In summary I learnt the following in relation to my identified learning needs
...[ESSENTIAL*]

In summary I learnt the following in relation to my identified learning needs:

1. Femstrual contains 500mg tranexamic acid & is indicated for heavy menstrual bleeding over several cycles in women with regular 21-35 days cycles. It is contraindicated in eg renal insufficiency, thromboembolic disease, on anticoagulants, irregular menstrual bleeding
2. Dosage is 1g tid for max 4 days, increased to max 8 tabs in 24hrs if bleeding heavy
3. Side-effects are GI (discomfort, nausea, vomiting), allergic skin reactions, visual disturbances
4. Refer if bleeding not reduced after 3 cycles, over 45yrs, obesity, diabetes, polycystic ovary syndrome or endometrial cancer

Activity	Date (dd/mm/yyyy)	Time Taken	Evidence
Completed the manufacturer's (insert name) Community Pharmacy training pack on Femstrual	Start Date: 17/11/13 End Date: 20/11/13	1 hr 45 mins	Certificate of completion of online self-assessment questions
Discussed Femstrual with the GP from Highfield Surgery with a special interest in gynaecology	Start Date: 22/11/13 End Date: 22/11/13	30 mins	Personal notes from discussion

EVALUATION

7. Have I fully met my learning needs?
8. I have applied OR I will apply my new learning in the following scenario (provide an example (s)) ...[ESSENTIAL*]
9. It is evident that my original learning needs have been addressed within this cycle.

Revisit the 'reflection' stage and decide if you have fully met your learning needs.

Yes Tick the box

- **I have fully met my learning needs**
- **I have applied my new learning in the following scenario:** I appropriately recommended Femstrual to a patient who presented with heavy menstrual bleeding and counselled on dosage, side-effects and what to do if symptoms did not improve. I also referred another patient who was not suitable for Femstrual because of irregular cycles.

Revisit the 'reflection' stage and decide if you have fully met your learning needs.

