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### SHEET 1 OF THE CPD DIARY: RECORD OF EXTERNAL CPD

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| **Date[[1]](#footnote-1)**  | **Title of CPD Activity and Reflection** | **Credits**  | **Type[[2]](#footnote-2)** | **Evaluation Rating[[3]](#footnote-3)** |
|  | **Evidence of participation may be requested to confirm credits** |  | C | N |  |
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**SHEET 2 OF THE CPD DIARY: RECORD OF PERSONAL AND INTERNAL CPD**

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| **Date[[4]](#footnote-4)1**  | CPD Activity and Reflection | **Credits**  | **Category[[5]](#footnote-5)2** | **Type[[6]](#footnote-6)3** |
|  |  |  | **Personal** | **Internal** | **C** | **N** |
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**Annual Reflection**

What is the key learning you gained from your CPD activities over the last 12 months?

What impact will your learning over the last 12 months have on your practice / colleagues / organisation / patients?

How will you use this learning to continue to review and improve your practice?

**Federation CPD Requirements for Physicians and COVID-19**

In view of the COVID-19 pandemic, which has resulted in the cancellation of a number of live CPD events, the Federation has stated it will adopt a flexible approach to CPD requirements for the 2019-20, 2020-21, 2021-22 2022-2023 CPD years. The GMC does not require a specific number of CPD credits and the current Federation requirements (50 overall with 25 external) are recommendations only that apply in normal circumstances. From a Federation perspective, during the current pandemic it is of greater importance that Physicians show evidence of appropriate engagement with the CPD process rather than acquiring a specific number of credits. During this time physicians are likely to make greater use of distance learning and personal CPD than usual. We request that appraisers take this statement into account when assessing CPD.

1. Enter start date of activity in format dd/mm/yy [↑](#footnote-ref-1)
2. Enter a tick in the appropriate column, where C=Clinical and N=Non-Clinical [↑](#footnote-ref-2)
3. Indicate your rating as to how well provider met stated learning objectives, where: 1.= very poor, 2.= unsatisfactory, 3.= satisfactory, 4.= very good [↑](#footnote-ref-3)
4. 1 Enter start date of activity in format dd/mm/yy [↑](#footnote-ref-4)
5. 2 Enter a tick in the appropriate column [↑](#footnote-ref-5)
6. 3 Enter a tick in the appropriate column, where C=Clinical and N=Non-Clinical [↑](#footnote-ref-6)