



# CPD: taking time to reflect

**A**lthough it is only April, the end of the current General Optical Council (GOC) CPD cycle is rapidly approaching. By the end of the 2022-2024 CPD cycle, all GOC registrants will need to have completed their minimum CPD requirement.

## FOR DISPENSING OPTICIANS (DOS), THIS IS:

- A minimum of 36 CPD points from each of the four core domains
- Eighteen interactive points within the minimum 36 points
- A minimum of one point in each core domain
- Participation in one peer review
- Creation of a personal development plan (PDP) in your MyCPD account

For contact lens opticians (CLOs) the above also applies, however, 18 points and the peer review must be within the contact lens specialty domain. You will also need to have completed and uploaded a reflective exercise based on the content of your PDP. This will require you to have a discussion with a peer<sup>1</sup>.

## WHAT IS A REFLECTIVE EXERCISE?

One of the GOC CPD scheme requirements is that you conduct a reflective exercise in every cycle. You will have been required, or been given the opportunity, to complete a reflection statement for each piece of completed CPD. These reflections are useful reminders of the learning you have undertaken, and how that learning has impacted on your practice.

Reflective practice has been shown to improve patient care<sup>2</sup>. Discussing and reflecting on your CPD learning experiences with a peer, and then summarising that discussion in a written statement, will embed that learning and help you plan improvements going forwards.

## WHO CAN BE A PEER?

A peer is another healthcare professional such as an optometrist, DO or someone registered with a UK statutory body. For example, an orthoptist or audiologist registered with the Health and Care Professions Council, or a pharmacist registered with the General Pharmaceutical Council. A relative, close friend or employee cannot be considered as a peer so it is worth planning now who to ask. This will ensure that you are both aware of what is required, and can plan to carry out the discussion in plenty of time.

## WHEN CAN I COMPLETE MY REFLECTION?

The window to submit your reflection opens on 1 July 2024. The GOC recommends that the discussion takes

place once you have completed all, or the majority of, your CPD requirements, to ensure a meaningful discussion can take place. Therefore, all registrants should consider having all, or almost all, of their minimum CPD requirements completed and uploaded to the GOC website by 1 July 2024. This allows time to prepare and undertake your reflective learning exercise and complete any further required or planned CPD before 31 December 2024, when all evidence must have been uploaded to the GOC website.

## HOW DO I COMPLETE MY REFLECTION?

You should plan to discuss what you originally wrote in your PDP/s, consider the CPD you have already conducted, and check if any areas need to be complete before the cycle ends. You can also include and discuss other information you may have gathered about your professional practice – such as feedback from your line manager, patient satisfaction data or clinical audit data where available. You must document your discussion; the GOC will have a template online ready to use from 1 July.

As this is the first time it has been a requirement to complete this task, some registrants may feel it is a little onerous and others may be unclear of what to do. However, if you plan who your peer will be, take time to review your reflections over the last three years, and set an appropriate date in the final half of 2024, it is not a huge undertaking.

You can complete the discussion either face-to-face, or arrange an online video conversation. Once you have written your reflection and uploaded it to the GOC website, you can use this information to help you plan your PDP for the forthcoming cycle.

*The next ABDO CPD drop-in session will be held on 24 April from 12-2pm. Find the link on the CPD news page – and don't forget, the ABDO CPD team is here to help. Email [abdocpd@abdo.org.uk](mailto:abdocpd@abdo.org.uk), telephone 01206 743155 or check the CPD pages on the ABDO website.*

## References

1. General Optical Council. CPD: a guide for registrants. Available at: [www.optical.org/media/v5rc4wa1/cpd\\_a-guide-for-registrants\\_v3\\_november-2023.pdf](http://www.optical.org/media/v5rc4wa1/cpd_a-guide-for-registrants_v3_november-2023.pdf)
2. Benefits of becoming a reflective practitioner. A joint statement of support from chief executives of statutory regulators of health and care professionals. Available at: [www.hcpc-uk.org/globalassets/news-and-events/benefits-of-becoming-a-reflective-practitioner---joint-statement-2019.pdf](http://www.hcpc-uk.org/globalassets/news-and-events/benefits-of-becoming-a-reflective-practitioner---joint-statement-2019.pdf)

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