

Major or External CPD:

This relates to educational activities that take place outside your workplace where you can interact with and learn from others.

You can claim 1 CPD credit for each hour spent on activities such as the examples listed below:

- Academic/Scientific meetings
- Symposiums
- Exam preparation courses
- Workshops
- Seminars
- Courses/Lectures/Workshops leading to a Diploma/Masters
- Online courses or tests where the site provides details of the learning outcome, links to further reading and you can download evidence of participation.

Minor or Internal CPD:

These are activities take place alongside your colleagues and teams within your workplace on topics related to your practice that help improve the standards of your own practice and that of your team.

You can claim 1 CPD credit for each hour spent on activities such as the examples below:

- Journal Clubs
- Grand Rounds
- Multi-disciplinary team meetings (MDT)
- Faculty meetings
- Editorial meetings
- Legal briefings
- Case studies
- Handover meetings

- Workgroups
- Review groups
- Committees

Course Examples:

Training, assessment or re-assessment of practical and other skills carried out at work such as:

- Accreditation or re-accreditation courses for Life Saving/Resuscitation
- Anti-microbial stewardship
- Safe prescribing
- Hand hygiene
- Manual handling

Examples of Online Educational Activities:

- HSELand.ie/HSA Learning.ie, e.g.; online training provided by your employer
- Online courses with topics that relate to your practice in the workplace

Research or Teaching:

Research and teaching are essential in order to improve patient care. Sharing your knowledge with others will help you to consolidate your own learning as well as providing a valuable education opportunity for your colleagues and peers.

You can claim 1 CPD credit for each hour spent on activities such as the examples listed below:

- Thesis supervision
- Preparation to chair an academic meeting
- Contribution to educational programmes or curricula
- Teaching or examining postgraduates

Continuing Professional Development Standards



- Teaching or examining undergraduates (requires some written reflection on how this enhanced your own practice)

You can claim 5 CPD credits for each of the examples listed below:

- First-time preparation and delivery of a lecture, presentation, case study
- First-time preparation and delivery of a poster

Research and Publishing:

1 credit per hour for:

- Participation in a research project which has ethical approval
- Contribution to a published article or paper
- Contribution to national guidelines
- Contribution to textbooks
- Preparation and delivery of an abstract
- Peer-review of articles/publications