



My CPD

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First Aid Reflection

For the 2019/ 20 CPD year we are asking registrants to reflect on their First Aid skills and knowledge. Please answer the two questions below based on your reflection.

Please provide enough information for us to be assured that you have reflected. We may contact you for further information if you do not provide adequate information to show you have reflected.

Please answer both questions below:

1. To what extent would my own first aid skills and competencies enable me to administer appropriate first aid on a patient should the need arise?

I completed a first aid course in Feb-Mar 2020.

I am always vigilant of any reactions to treatment. Should my first aid skills be required

I feel confident to be able respond quickly and have other trained staff available as well as a defibrillator which we are trained to use.

(Please add between 100 and 2000 characters)

2. What measures have I taken, or do I plan to take, to ensure my current and ongoing skills and competencies are up to date?

Following the completion of the first aid course we have planned in a first-aid refresher course at the 18 month point to ensure that any action required in an emergency situation is spontaneous and without hesitation.

(Please add between 100 and 2000 characters)

If you have completed a First Aid course you can upload evidence here. Before you upload the file, please ensure there are no spaces in the filename, e.g. FirstAidCert100120

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certificate downloaded.

- Allowed file formats are DOC, DOCX, PDF, JPG, PNG, XLS, XLSX
- The maximum file size allowed is 109.77 MB

<u>Learning</u>		<u>Format of Learning</u>	<u>on an/thesis</u>	<u>What prompted you to do this?</u>	<u>Quality of Learning</u>	<u>hrs</u>
<u>CPD in date:</u>						
October 2019	October 2019	UCA Conference - A Place To call Home. My learning cycle was focused on patient safety.	Conference	Others	<p>In addition to the conference itself I found my time was valuably spent with those who use the Thompson drop technique. This has been effective and safe for millions of patient treatments. After a lengthy discussion I came to the conclusion that 'toggle' and 'hammer and nail' are lighter on the spine so are presumably even safer. No change was required at this clinic though I am ever-vigilant.</p> <p>I attended this conference partly to hear the thoughts of the speakers but mainly as an opportunity to speak to like-minded members of the profession about the safety aspects of our various techniques .</p>	10.00
March 2020	May 2020	Air Quality and Airborne Viruses	Reading on the internet	Alone	<p>My learning initially began by researching UV lights prior to lockdown via 6 websites, but went on to include 8 websites on essential oils and a further 2</p> <p>The outbreak of COVID19 prompted me to research this topic as a learning need.</p>	15.00

Learning

6

CPD Yr Date Format of Learning new/with others what prompted Learning? Quality of Learning hrs

on salt. In addition to my clinic abiding by all the mandatory requirements outlined by the profession I have been able to pinpoint further antiviral measures of my own as a result of my learning.

Regular first aid courses are always helpful and provide a realistic environment to gain good practical experience. CPR is only effective in 1% of cases. In discussion we confirmed that the hand-positioning had to be able to thrust superiorly and posterior, isolating the ventricles forcing blood to circulate rather than pound on all four chambers

I was due to attend a course and completed an FAA Level 3 Emergency First Aid at work which includes defibrillator training. This first aid certificate is valid for three years. Also in the light of correspondence from the associations, first aid training was being encouraged.

February 2020 March 2020

I attended a first aid course which took place over 2 dates (28/02/20 and 06/03/20) _

First Aid Course

Others

6.00



Quality of Learning

which would be counter-productive to flow. I feel this course has updated my knowledge so that I could respond quickly in an emergency situation should one arise.

certificate x 2 downloaded
1 x first aid (6 hrs)
1 x conference (10 hrs)