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My CPD log

September 26, 2015

Update Module 1763

Seasonal affective disorder

Continuing professional development

CPD describes any activity you do to keep your practice up to date. The learning you record in this CPD log can be used as the basis for a CPD entry. You can copy and paste the contents of this log into the recording forms at www.uptodate.org.uk. This log can be used as evidence for your learning portfolio.

Name

Date

Reflect

What do I want to learn?

- More about the causes, incidence and symptoms of seasonal affective disorder (SAD).
- More about its diagnosis and management with non-pharmacological strategies such as light therapy.
- Understand the relevance of knowledge of seasonal affective disorder to my particular practice.
- Any other learning objectives relating to my practice. (Write them here)

How is this learning relevant to the safe and effective practise of pharmacy and to my own scope of practice?

It is estimated that SAD affects approximately one in 15 people in the UK, and typically occurs between September and April. Women are more likely to experience SAD than men, particularly during their childbearing years. The symptoms of SAD are similar to depression, but can be distinguished by their recurring nature and the time of year at which they occur. This article helps me to improve my knowledge of SAD and to be able to provide advice about its management to patients.

What methods did I use to identify that you needed to learn this?

Personal interest and reading.

Plan

By when will I need to have achieved this learning?

Why is this learning important to me and my practice?

I will have improved my knowledge of SAD and will be able to provide advice to patients and carers with confidence.

How important is it? (1 = low, 5 = high)

	1	2	3	4	5
To me	<input type="checkbox"/>				
To the users of my services/products	<input type="checkbox"/>				
To my colleagues	<input type="checkbox"/>				
To my organisation	<input type="checkbox"/>				

What might I need to do in order to achieve this learning?

Indicate which activities you choose to do - which will depend entirely on your learning needs - by ticking the boxes below.

1. Read the C+D Update article *Seasonal affective disorder* (C+D, September 26, p20, or at www.chemistanddruggist.co.uk/update-plus), annotate with any extra information and attach to this sheet as evidence.

Advantages/disadvantages:

2. Find out more about SAD on the Patient website at <http://tinyurl.com/sad11>.

Advantages/disadvantages:

3. Read the advice about light boxes for patients with SAD on sad.org.uk at <http://tinyurl.com/sad13> and at <http://tinyurl.com/sad14>.

Advantages/disadvantages:

4. Find out more about cognitive behavioural therapy on the Royal College of Psychiatrists website at <http://tinyurl.com/sad15>.

Advantages/disadvantages:

5. Keep a note of my next MUR or patient consultation about SAD.

Advantages/disadvantages:

6. Successfully complete the 5-Minute Test at www.chemistanddruggist.co.uk/update-plus.

Advantages/disadvantages:

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7. Other action points.

Advantages/disadvantages:

Act

I carried out the following action points (the number of points you choose to do depends on what you feel is relevant to your learning needs):

1. I read the C+D Update article *Seasonal affective disorder* (C+D, September 26, p20, or at www.chemistanddruggist.co.uk/update-plus), annotated it with any extra information and attached it to this sheet as evidence.

Date completed:

2. I found out more about SAD on the Patient website at <http://tinyurl.com/sad11>.

Date completed:

3. I read the advice about light boxes for patients with SAD on sad.org.uk at <http://tinyurl.com/sad13> and at <http://tinyurl.com/sad14>.

Date completed:

4. I found out more about cognitive behavioural therapy on the Royal College of Psychiatrists website at <http://tinyurl.com/sad15>.

Date completed:

5. I kept a note of my next MUR or patient consultation about SAD.

Date completed:

6. I successfully completed the 5-Minute Test at www.chemistanddruggist.co.uk/update-plus.

Date completed:

7. Other action points.

Date completed:

What did I learn?

I have learned about the causes, incidence and symptoms of seasonal affective disorder. I have also learned about its diagnosis and management with non-pharmacological strategies such as light therapy. (Add any other comments here)

Evaluate

To what extent did I learn what I set out to learn at the start of this CPD cycle?

Fully Partly Not at all

1. Ticked fully or partly - here is an example of how I have applied or how I will apply what I have learned to my practice:

2. Ticked fully or partly - benefits to my practice have been or will be:

3. My learning has not been fully achieved - what I still have to learn:

4. My learning has not been achieved - because:

What I intend to do next:

- Nothing, I've learned enough for what I need
- Review this entry to see how I can achieve the outstanding learning
- Start a new CPD cycle about what I still need to learn
- This entry is complete