My CPD log

December 5, 2015

Update Module 1771

Obsessive compulsive 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 and symptoms of obsessive compulsive disorder (OCD).
● More about the treatment of OCD with cognitive behavioural therapy (CBT) and selective seratonin re-uptake inhibitors (SSRIs).
● Understand the relevance of knowledge of obsessive compulsive 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?

OCD is an anxiety-related mental health condition, in which sufferers often experience frequent intrusive and unwelcome obsessional thoughts, often followed by repetitive compulsions, impulses or urges. An estimated 12 in 1,000 people suffer from OCD in the UK and as many as 50% of OCD cases are thought to fall within the severe category. Patients may ask for information about the condition in the pharmacy. This article helps me to improve my knowledge of OCD and to be able to provide advice about its treatment to patients and carers.

What methods did I use to identify that I 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 OCD 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	❏	❏	❏	❏	❏
To the users of my services/products	❏	❏	❏	❏	❏
To my colleagues	❏	❏	❏	❏	❏
To my organisation	❏	❏	❏	❏	❏

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 *Obsessive compulsive disorder* (C+D, December 5, p12, 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 OCD from the Royal College of Psychiatrists (RCPSYCH) website at http://tinyurl.com/obsessive1. ❏
Advantages/disadvantages:

3. Read more about cognitive behavioural therapy and what patients with OCD should expect from their therapy on the OCD Action website at http://tinyurl.com/obsessive2. ❏
Advantages/disadvantages:

4. Read more about disorders related to OCD such as trichotillomania, body dysmorphic disorder (BDD) and compulsive skin picking on the OCD Action website at http://tinyurl.com/obsessive3. ❏
Advantages/disadvantages:

5. Find out about reliable sources of information for my patients such as the OCD UK website at http://tinyurl.com/obsessive4 and the OCD Action website at http://tinyurl.com/obsessive5. Find out about local support groups. ❏
Advantages/disadvantages:

6. Keep a note of my next patient consultation about OCD. ❑
Advantages/disadvantages:

7. Successfully complete the 5-Minute Test at www.chemistanddruggist.co.uk/update-plus. ❑
Advantages/disadvantages:

8. 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 *Obsessive compulsive disorder* (C+D, December 5, p12, 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 OCD from the Royal College of Psychiatrists (RCPSYCH) website at http://tinyurl.com/obsessive1.
Date completed:

3. I read more about cognitive behavioural therapy and what patients with OCD should expect from their therapy on the OCD Action website at http://tinyurl.com/obsessive2.
Date completed:

4. I read more about disorders related to OCD such as trichotillomania, body dysmorphic disorder (BDD) and compulsive skin picking on the OCD Action website at http://tinyurl.com/obsessive3.
Date completed:

5. I found out about reliable sources of information for my patients such as the OCD UK website at http://tinyurl.com/obsessive4 and the OCD Action website at http://tinyurl.com/obsessive5. I found out about local support groups.
Date completed:

6. I kept a note of my next patient consultation about OCD.
Date completed:

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

8. Other action points.
Date completed:

What did I learn?

I have learned about causes and symptoms of obsessive compulsive disorder (OCD). I have also improved my knowledge of the treatment of OCD with cognitive behavioural therapy (CBT) and selective seratonin re-uptake inhibitors (SSRIs). (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