My CPD log

December 12, 2015

Update Module 1772

Generalised anxiety 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 condition generalised anxiety disorder (GAD), including who is more likely to develop it.
- More about the common symptoms that GAD sufferers face and its management with self-help and pharmacological intervention.
- Understand the relevance of knowledge of GAD 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 thought that around 2-5% of the UK population suffer from GAD, although the true figure may well be higher because many people do not seek help. GAD accounts for as much as 30% of the mental health problems seen by GPs. Sufferers may also ask at the pharmacy for advice, especially about self-help measures. This article helps me to improve my knowledge of GAD and to be able to provide advice about its management 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 GAD 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 *Generalised anxiety disorder* (C+D, December 12, online only at www.chemistanddruggist.co.uk/update-plus), annotate with any extra information and attach to this sheet as evidence. ❏
Advantages/disadvantages:

2. Read more about GAD on the Royal College of Psychiatrists (RCPSYCH) website at http://tinyurl.com/anxiety20. ❏
Advantages/disadvantages:

3. Revise my knowledge of cognitive behavioural therapy from the RCPSYCH website at http://tinyurl.com/anxiety21. ❏
Advantages/disadvantages:

4. Find out about self-help books and courses for people with GAD from the *Reading Well Books on Prescription* scheme at http://tinyurl.com/anxiety22 and the Living Life to the Full website at http://tinyurl.com/anxiety25. ❏
Advantages/disadvantages:

5. Find out about reliable sources of information for patients with GAD such as Anxiety UK at http://tinyurl.com/anxiety26 and Anxiety Care UK at http://tinyurl.com/anxiety27 and about local support groups in my area. ❏
Advantages/disadvantages:

6. Keep a note of my next patient consultation about GAD. ❏
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 *Generalised anxiety disorder* (C+D, December 12, online only 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 read more about GAD on the Royal College of Psychiatrists (RCPSYCH) website at http://tinyurl.com/anxiety20.
Date completed:

3. I revised my knowledge of cognitive behavioural therapy from the RCPSYCH website at http://tinyurl.com/anxiety21.
Date completed:

4. I found out about self-help books and courses for people with GAD from the *Reading Well Books on Prescription* scheme at http://tinyurl.com/anxiety22 and the Living Life to the Full website at http://tinyurl.com/anxiety25.
Date completed:

5. I found out about reliable sources of information for patients with GAD such as Anxiety UK at http://tinyurl.com/anxiety26 and Anxiety Care UK at http://tinyurl.com/anxiety27 and about local support groups in my area.
Date completed:

6. I kept a note of my next patient consultation about generalisedised anxiety disorder.
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 more about GAD including who is more likely to develop it. I have also improved my knowledge of the common symptoms that GAD sufferers face and its management with self-help and pharmacological intervention. (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