

New Personal Development Plan for 2016/2017

(For GP appraisee)

How do you identify your learning needs for your PDP?

I choose learning needs when I think I have a knowledge gap and also I chose topics with a degree of pragmatism for example if there is something I need to learn to inform my work with the LMC. Having said that this year's topics are all personal clinical learning needs.

Which method(s) of learning do you prefer?

A variety of methods, courses, small group learning, internet and reading

Learning Needs identified

- Title: Delirium

What do you need, or would you like to change, develop or do differently in the way you practise?

The term 'Delirium' seems to have evolved from what I would term acute confusional state. This however is only my impression and I would like to learn more

What has made you highlight these as areas you need to change or develop?

I am uncertain when the term delirium should be used

How are you going to learn this?

There is a NICE guideline on Delirium and I will start with this

What is your timescale?

3 months

How will you know when you have achieved this?

When I can define what is and what is not delirium and when I can confidently diagnose delirium

Would it be beneficial to share this learning with colleagues, write a guideline based on it, audit your practice in the light of it, or extend its impact in some other way?

No this will be personal learning

- **Title: Hormone Replacement**

What do you need, or would you like to change, develop or do differently in the way you practise?

I would like to know more about the recent updates to the advice about the management of the menopause, especially about HRT.

What has made you highlight these as areas you need to change or develop?

It seems that the drawbacks and potential long term effects of HRT have been overstated and that maybe I should be recommending HRT for patients more often

How are you going to learn this?

I will start with NICE guideline Ng23 Nov 2015

What is your timescale?

6 months

How will you know when you have achieved this?

When I have a better framework for prescribing HRT

Would it be beneficial to share this learning with colleagues, write a guideline based on it, audit your practice in the light of it, or extend its impact in some other way?

Probably unlikely

- Title: Care of the Elderly

What do you need, or would you like to change, develop or do differently in the way you practise?

I would like to look at the management of older people with multiple conditions. I would like especially to look at the concept of over treatment, when medication and investigation is appropriate and when and how to adopt a leave alone approach

What has made you highlight these as areas you need to change or develop?

The population is ageing. I see older people every day in their homes and during surgeries who have several long term conditions. Management of patients with several conditions is complex and challenging. The vision for the new GP contract sees GPs as expert medical generalists leading teams of healthcare professionals. There will be a need to improve my skills before I can see myself as an expert medical generalist

How are you going to learn this?

There is course at NES and this will be a starting point

What is your timescale?

12 months

How will you know when you have achieved this?

I think that my learning on this subject will be ongoing but as a first step I would like to have a framework on which to base my management of patients with multiple conditions

Would it be beneficial to share this learning with colleagues, write a guideline based on it, audit your practice in the light of it, or extend its impact in some other way?

Possibly, not sure