Ag Rialáil Gairmithe Sláinte agus Cúraim Shóisialaigh
Regulating Health + Social Care Professionals

Continuing Professional Development

Record Template[1]

Registrant Profile

This registrant has over ten years' experience as a radiation therapist and is currently working as a Deputy Radiotherapy Service Manager.

Please note this record contains over 30 credits for illustrative purposes. The required number of credits for CPD Audit is 30.

1. Please quote your individual CORU Registration Number in all correspondence with CORU.
2. You must read the audit guidelines document before completing this record for audit purposes and submitting.
3. The Review and Plan section must be completed after each 12-month period.
4. Your record must include 30 points per 12-month period and the total amount per period must be completed in the relevant section.
5. It is important that all information identifying any third party must be removed from any records submitted. Do not, under any circumstances, provide information that would enable the identification of a service user.
6. Do **not** attach any supporting documentation with this record.
7. A typed signature is not deemed complaint. If you have no access to a printer, please send a picture of your actual signature.

[1] Version issued September 2023

Name:	Jane Doe	CORU Registration Number:	RT0001234
Audit period from:	01.11.22	Audit period to:	31.10.23
Registration Board	Radiographers Registration Board		

Implement			Evaluate & Reflect	
Date and time spent. When did you undertake this learning activity?	**Type of Learning Activity** What was the name of the activity?	**CPD credits** Approx. 1 CPD credit for every hour of new or enhanced learning achieved	**Learning Outcome** What have you learnt through completing this activity? How have your skills and knowledge improved or developed?	**Impact on practice** How have you integrated this learning into your practice? How has this learning made a difference to your capability and performance in your role?
04/11/22 1 hour	The Fundamentals of GDPR	1	The "Fundamentals of GDPR" course, a mandatory component of my pre-employment training, significantly enhanced my understanding of the responsibilities under GDPR laws for HSE staff. This module was composed to elevate our awareness regarding these responsibilities and focused on refining our skills in processing and securing data.	The incorporation of the information retrieved from the "Fundamentals of GDPR" course into my role as a radiation therapist prompted many changes to my role such as: Holistic Data Management Implementation: The course's comprehensive insights directly influenced a paradigm shift in how I handle patient data in my professional practice. It has significantly upgraded the manner in which patient information is securely managed,

			The course brought about significant improvements in my skills and knowledge, including: Improving my proficiency in Incident Recognition and Response: Equipped with the necessary knowledge, I can now swiftly recognize and respond to incidents of incorrectly processed personal data, commonly known as data breaches. This preparedness is critical for immediate and effective actions to safeguard data integrity. Thorough Grasp of GDPR Responsibilities: This module provided a comprehensive understanding of the extensive obligations mandated by GDPR laws concerning data management especially in the Irish healthcare framework. It laid a solid foundation for compliance and security measures. Empowerment in Assisting Service Users: The course equipped me with the expertise to guide service users in accessing their personal data upon request e.g. when requesting open disclosure. This capability	ensuring compliance and instilling patient trust. Streamlined Incident Response Protocols: Through this course, I have also established proactive and structured protocols for recognizing and addressing potential data breaches. This readiness ensures a timely response, effectively minimizing the impact of any incidents on patient data confidentiality. Elevated Patient Engagement: with my improved ability to guide service users in accessing their personal data, I can now empower patients to exercise their rights, fostering a more open and transparent patient-therapist relationship.

			ensures their rights to access and control their data are honoured.	
30/11/22 1 hour	Equality and Diversity	1	This course has deepened my comprehension of Diversity, Equality, and Inclusion (DEI) in the workplace. I've learned about the importance of recognizing and respecting individual differences, be it in terms of cultural backgrounds, abilities, or perspectives. It has emphasized the significance of embracing diversity and promoting fairness and inclusivity in all aspects of professional life. Through this course, my skills have developed in terms of effectively fostering an inclusive environment. I've gained practical strategies for promoting equal opportunities and ensuring a respectful workplace culture. e.g. Implementing physical changes in the radiation therapy department to accommodate patients with disabilities, ensuring they have equal access to treatment. Furthermore, I've honed my ability to engage with colleagues and patients from	The integration of the "Equality and Diversity" course into my role as a radiation therapist has led to very beneficial actions such as: Embracing Inclusive Patient Care: As a radiation therapist, I have incorporated a more inclusive approach in patient care. For instance, ensuring information and resources are accessible and understandable to all patients, irrespective of their background, language, or abilities. This might involve providing materials in multiple languages or diverse formats to accommodate various needs when explaining treatments/side-effects. Cultivating an Environment of Cultural Respect: by identifying some of the most commonly reported contributing factors to inequality identified through this course, I have now gained a greater understanding of some of the difficulties individuals with disabilities can face in the clinical settings due to lack of accessibility or some of the difference in cultural and religious beliefs that

			diverse backgrounds, fostering better communication and understanding. The course has greatly improved my cultural competence. I now have a deeper appreciation for different cultural backgrounds, which is particularly important in the healthcare sector where we serve a wide range of patients. I've developed the knowledge and skills necessary to provide more culturally sensitive and respectful care. This course has instilled a strong commitment to Diversity, Equality, and Inclusion principles in my professional life. It has shown me the value of advocating for these principles, both in my interactions with colleagues and in the patient care I provide.	can arise especially in the clinical setting such as the lack of physical contact between male and female individuals in certain cultures. As a result I now have a better ability to establish open and respectful discussions with patients, honouring their cultural beliefs and preferences in treatment plans. For instance, patients who may request being treated by female only staff due to cultural needs and preferences. Therefore by educating myself and my colleagues around these topics and incorporating culturally sensitive practices into our care plans, we can now create an environment that respects and adapts to various cultural needs and preferences.
09/01/2023 1 Hour	Journal club: Patient-Reported Outcomes During and After	1	This journal club provided a platform for multidisciplinary discussions, including radiation oncologists, radiation therapists, specialist nurses, medical physicists, and dosimetrists, which enriched my perspective on how patients' experiences	The insights gained from the PROSPECT Trial Journal Club have already started influencing my practice as a radiation therapist. Understanding the value of patient-reported outcomes and the consideration of non-effectiveness benefits in treatment decisions

	Treatment for Locally Advanced Rectal Cancer in the PROSPECT Trial (Alliance N1048) Ethan Basch et al		during treatment can influence decision-making and treatment planning. The analysis of PROSPECT allowed for a deeper comprehension of the complexities surrounding rectal cancer treatments. Understanding the nuances and implications of specific treatment modalities—such as the comparison between FOLFOX and CRT—expanded my grasp of the diverse therapeutic approaches available for rectal cancer. Additionally, the trial's design and approach illuminated the significance of patient-reported outcomes in understanding treatment impact, not merely from a clinical perspective but also through the lens of patients' experiences. Moreover, this experience emphasized the importance of ongoing and forthcoming trials in rectal cancer, highlighting the evolving landscape of treatment strategies. Understanding the implications of these trials in shaping future treatment guidelines and personalized patient care reinforced the necessity of staying updated and adaptive in clinical practice.	has made me more attuned to patients' individual needs and preferences. In my daily interactions with patients, I am now more proactive in discussing the potential impact of different treatment modalities on their quality of life. I engage in open dialogues, helping patients weigh the pros and cons of various options. Being more attentive to acute and long-term treatment-related side effects has improved my ability to anticipate, mitigate, and manage potential adverse reactions, contributing to enhanced patient safety and comfort during their oncological journey. Additionally, the PROSPECT trial highlighted a crucial aspect related to the creation and reversal of intestinal diversions. This knowledge has prompted me to discuss this topic more comprehensively with patients. By understanding the rates and implications of these diversions, I can provide patients with a clearer picture of how treatment might affect their daily lives, including potential interruptions in chemotherapy cycles.

			Overall, The PROSPECT trial exploration significantly broadened my horizons, providing me with a deeper understanding of rectal cancer treatment paradigms, patient-reported outcomes, and the complexities in evaluating treatment efficacy and toxicity. This experience enhanced my critical appraisal skills and has instilled in me a more comprehensive approach to integrating evidence-based practices into my clinical endeavours.	Ultimately, my participation in the PROSPECT Trial Journal Club has enhanced my capability as a radiation therapist. It has strengthened my ability to facilitate informed discussions with patients, empowering them to be active participants in their treatment decisions. This, in turn, contributes to a more patient-centred approach to care and, I believe, better overall outcomes for our patients.

07/02/23 2 hours	Online course- Teaching and Learning for Clinical Teachers (TLCT)	2	5 units were covered in this course consisting of : • Core Principles of Teaching and Learning in the Clinical Learning Environment • Feedback in the Clinical Learning Environment • Equality, Diversity and Inclusion in the Clinical Learning Environment • Student Engagement and Promoting a Culture of Belonging in the Clinical Learning Environment • Fundamentals of Work Based Assessment The course introduced me to the core principles of teaching and learning in the clinical environment. It has significantly broadened my pedagogical understanding, specifically within the context of healthcare education. In particular some of the units which stood out were:	I have implemented various teaching strategies derived from the course, adapting my approach to align more effectively with the diverse needs of students in the clinical setting. For instance, I've diversified my teaching methods to accommodate different learning styles, fostering better student engagement and understanding. Favouring more practical demonstrations and physical imagery to facilitate learning e.g. I carry out weekly presentations on complex treatment plans currently undergoing treatment and encourage students to analyse the case, discuss potential challenges, and propose solutions collaboratively. This fostered engagement by linking theoretical knowledge to real-world scenarios, stimulating thoughtful discussions among students. The course's emphasis on feedback strategies has refined my ability to provide constructive and meaningful feedback to students. An

			Feedback in the Clinical Learning Environment: Through this unit I learned effective strategies for providing constructive feedback has been transformative. I've honed my ability to offer feedback that is not only constructive but also tailored to individual learning styles. This has created a more supportive and open communication channel between myself and the students, fostering an environment where feedback is viewed as a valuable tool for growth rather than criticism. Fundamentals of Work-Based Assessment: The insights gained into work-based assessment have equipped me with practical tools for more effective assessment practices. I've integrated these fundamentals into my teaching methodology, ensuring that assessments accurately reflect students' progress in a clinical setting. This has elevated the fairness and accuracy of assessment	example of a recommended feedback model was the "Pendleton model" for example which I have since adapted to ensure students receive clearer guidance and support in their clinical learning experiences whilst also clarifying any shortcomings or areas that may be improved upon. I have actively integrated principles of equality, diversity, and inclusion into my teaching environment. This has led to a more inclusive and respectful culture that values diverse perspectives, enhancing the overall learning experience for students from various backgrounds. Finally, by incorporating some of the methods recommended through this course I was able to enhance student engagement and a sense of belonging, I've been able to create a more interactive and supportive learning environment within the clinical setting, encouraging active participation and fostering a sense of community among students.

			practices, contributing to a more comprehensive evaluation of students' capabilities. Finally, Equality, Diversity, and Inclusion was particularly beneficial in gaining a more in depth understanding about equality, diversity, and inclusion in the clinical learning environment. It has shaped my approach to fostering an inclusive and respectful space, ensuring all students feel valued and supported in their learning journey.	
15/03/23 9 hours	UPMC: Bon Secours radiotherapy cork SABR course ("Nuts and bolts" workshop based approach)	9	This course delved into detailed aspects, covering various facets of stereotactic ablative radiotherapy such as: Implementation Insights which introduced me to the practical implementation of SABR, including crucial details about immobilization for SABR and the CT workflow specific to this advanced radiotherapy technique.	The detailed understanding of SABR implementation has influenced the development of more robust and precise protocols within our hospital. Specific adjustments have been made in immobilization techniques and CT workflow to ensure adherence to the best practices learned from the course. Understanding the challenges highlighted in the course, particularly concerning motion

			Challenges in SABR: It extensively highlighted the challenges encountered in SABR, such as managing motion and the critical nature of precise dosing due to the steep dose gradient achieved with SABR. I learned more about how setup errors or any motion of the target during treatment can lead to under-dosing of the target or affect normal tissues, elevating the risk of treatment-related toxicity. Benefits from Clinical Trials: The course effectively communicated the benefits of SABR supported by clinical trials and research studies. It provided insights into the efficacy and advantages of this approach in treating various pathologies, strengthening its clinical application. Significance of SGRT and IGRT in SABR Implementation: It emphasized the importance of Surface Guided Radiation Therapy (SGRT) and Image Guided Radiation Therapy (IGRT) when introducing SABR treatment in a new hospital. These technologies play a pivotal role in ensuring	management and dosing precision, has led to the implementation of more rigorous QA/QC (Quality Assurance/Quality Control) measures. I am now required to conduct these new measures as part of daily Quality assurance tests to minimize setup errors and enhance precision during SABR treatments. Understanding the significance of SGRT and IGRT in SABR has driven us to emphasize and integrate these technologies when rolling out SABR in our hospital. With a more comprehensive understanding of the benefits demonstrated in clinical trials, I myself have also now started to develop a new SABR workflow and treatment protocol which will be used to facilitate training and informing staff in the near future when rolling out SBRT procedures.

			accurate and precise delivery of radiation, particularly in SABR scenarios.	
12/04/22 – 13/04/22 (Both 7 hour sessions) 14 hours total	Site visit: St. Vincent's hospital	14	The site visit to St. Vincent's Hospital was an invaluable CPD event that provided me with first-hand insights into the radiation therapy workflow. This opportunity allowed me to closely work with and observe radiation therapists treating patients, particularly to understand their workflow. Some of the key learning points from this experience include: Observing Workflow Practices, Exposure to Advanced Equipment, Learning Similar Treatment Techniques. Working alongside the radiation therapists allowed me to gain a comprehensive understanding of their daily routines and workflows. Observing their practices, patient interactions, and treatment delivery procedures provided a practical view of how our future department in Galway University Hospital could function effectively.	The first-hand experience of observing workflows and equipment operation influenced our planning process prior to treatment of patients in our department. This encompassed refining workflow and operational strategies to improve both efficiency and patient care. From a treatment planning perspective, leveraging the knowledge and observations made during my visit to St. Vincent's Hospital, I could apply this clinical understanding to optimize and replicate similar plans, for example, by incorporating specific gantry angles, to prevent unnecessary delays during treatment and identifying cases in which floor angles can be used and provided more benefit for patients. Observing the implementation of technologies like SGRT and advanced treatment techniques provided insights into best practices for quality assurance. With this new clinical and theoretical knowledge, I

			Witnessing the utilization of technology such as hexapod systems, Elekta linear accelerators, Cone Beam Imaging, Volumetric Modulated Arc Therapy (VMAT), and Surface-Guided Radiotherapy (SGRT) was immensely beneficial. Understanding the operation and application of this advanced equipment in a clinical setting prepared me for the implementation and operation of similar technology in our upcoming department. Furthermore by gaining hands-on experience with the elekta treatment units I developed a greater understanding of and improved some of the physical skills and theoretical knowledge that can be used to optimise workflow when working with such equipment.	refined some of our daily QA protocols to maintain high treatment standards before our facility became operational. This ensured that training for future RTs was standardized and measurable. Through extensive practice with VRT, a notable refinement was observed in my patient setup and immobilization skills. This heightened clinical awareness allowed me to identify and address setup issues that previously posed challenges during treatments. These refinements significantly changed my personal practice allowing me to become more time efficient and as a result markedly improved patient comfort by reducing treatment times resulting from minimized setup issues whilst also again streamlining departmental workflow.

Implement			Evaluate & Reflect	
Date and time spent. When did you undertake this learning activity?	**Type of Learning Activity** What was the name of the activity?	**CPD credits** Approx. 1 CPD credit for every hour of new or enhanced learning achieved	**Learning Outcome** What have you learnt through completing this activity? How have your skills and knowledge improved or developed?	**Impact on practice** How have you integrated this learning into your practice? How has this learning made a difference to your capability and performance in your role?
30/05/2023 1 hour	Webinar : Psycho-oncology services – a vision for the west	1	The webinar focused on providing holistic care across the cancer care continuum, starting from diagnosis through survivorship, recurrence, and end-of-life care. It emphasized a spectrum of services catering to the psychological and social needs of patients and their caregivers. Through this webinar, I learned the importance of emotional support at all stages of the cancer journey, from diagnosis to treatment and beyond which broadened my understanding of how emotional support significantly impacts a patient's well-being.	The knowledge I gained from the webinar has influenced my practice by prompting me to integrate a more holistic and patient-centred approach to emotional support when I interact with patients. This change has enhanced my capability to address the psychological needs of patients as I am now able to identify emotional challenges more effectively through the use of recommendations mentioned during this webinar for example the “NICE guidelines” to identify some common mental health problems in patients who may also have learning disabilities and develop strategies to support patients in coping with their feelings, thereby improving their overall well-being.

			The webinar educated me on the intricacies of psychiatric assessments and formulating tailored care plans. This information has improved my ability to identify patients who may have underlying psychiatric issues effectively or who may benefit from potential therapies or services offered by the psycho-oncology team. The webinar also delved into understanding the pivotal role of caregivers. I learned about strategies to support and educate them, enabling a more comprehensive and compassionate approach to supporting both patients and their caregivers.	After becoming more aware of the services offered by the psycho-oncology services in the west of Ireland, I updated our referral protocols/pathways within the department to reflect the appropriate workers and to incorporate a list of any of the new services that patients could avail of such as emotion focused therapy.
12/06/2023 3 hours	Rayos Contra centre online lectures on "Radiotherapy contouring"	3.0	During this session, I watched videos specifically focused on Breast Contouring and Contouring Regional Lymph Nodes. Additionally, I dedicated time to read the ESTRO Consensus guidelines on Target	From this information session, I was able to, with clinical evidence, discuss the implementation of such guidelines and contouring methods with the specialist breast radiotherapy team. After careful deliberation and evaluation of these resources with the team, I was able to obtain approval to

	Watched: YouTube videos; Breast contouring regional nodes Read: ESTRO Consensus guidelines on TVD for elective radiotherapy of early stage breast cancer		Volume Delineation (TVD) for elective radiotherapy of early-stage breast cancer. After deriving information from both the videos and articles, I gained a greater understanding of the updated recommendations based on clinical evidence regarding the optimal contouring of breast tissues and organs at risk, such as distinctive landmarks indicative of borders of the breast and the use of margins when outlining tumour volumes and OARs, etc	incorporate the updated ESTRO Consensus guidelines into our breast contouring protocols to ensure that our practice aligns with the latest evidence-based recommendations. This integration enhanced the precision and quality of our breast cancer radiotherapy treatments and allowed us to follow a standardized approach when planning these treatments. Consequently, this will enable us to share information with other cancer centres and participate in both national and international clinical trials. The detailed insights from the lectures and guidelines have substantially improved my ability to contour breast tissues and regional lymph nodes with greater accuracy. This precision directly impacts treatment planning and ensures a more targeted and effective approach in radiotherapy sessions for breast cancer patients. This continuous professional development contributes to ongoing growth, allowing for the adoption of the latest techniques and guidelines, ensuring that patient care remains at the forefront of our practice.
01/07/23 – 04/07/23 4 days	Elekta Training:	14	Comprehensive Apps training delivered by Elekta, focused on use of the new Versa HD linear accelerators. Through this training I gained a greater understanding of:	The integration of these learnings into my professional practice has enhanced my capabilities and performance in numerous ways. I noticed a marked improvement in my operational skills and

	Linear accelerator and systems training		Machine Operation and Safety Procedures: Understanding the foundational principles of linear accelerator operation, including stringent safety protocols, emergency shutdown procedures, and interlocks to guarantee the safety of both patients and operators. Treatment Planning Software: Learning the intricacies of operating the treatment planning software specific to the linear accelerator significantly improved my proficiency in creating precise treatment plans and effectively navigating the software whilst also learning to optimize beam angles for accurate dose delivery, thereby refining my treatment planning capabilities. Calibration and Quality Assurance (QA): In-depth training on calibrating the linear accelerators, encompassing beam quality assurance checks, output calibration, and routine machine QA procedures to ensure accurate and precise dose delivery. The in-	adherence to safety protocols, through which I am now able to ensure more precise and secure linear accelerator operation. From the knowledge obtained through the training I am now extremely proficient in calibration, daily QA procedures and troubleshooting machine related issues. Using this knowledge I also started to train new staff members within the department to carry out these procedures which overall has contributed to a major reduction in workflow related issues. As a result of the training, my understanding of the treatment planning software and machine capabilities with respect to this software, has facilitated the creation of optimized treatment plans through open discussion with the treatment planning members resulting in enhanced beam modulation and delivery techniques for more accurate and targeted treatments. Finally upon completion of this training I am now highly competent in using VersaHD linear accelerators and am have become proficient in the of such machinery to treat cancer patients of various disease sites.

			depth training on calibration and QA procedures amplified my knowledge in maintaining accurate dose delivery and ensuring optimal machine performance. Patient Positioning and Immobilization: Understanding techniques for accurate patient positioning, immobilization, and utilizing the linear accelerator's on-board imaging systems for image guidance, such as cone-beam CT and MV/kV planar imaging. Beam Modulation and Delivery Techniques: Comprehending different beam modulation and delivery techniques available on the linear accelerator, such as IMRT, VMAT, and SRS, for precise and targeted treatments. Clinical Workflow Integration: Integrating the linear accelerator into the clinical workflow, focusing on integration with our current patient information system (Mosaiq).	

			Troubleshooting and Maintenance: I also learned how to address common errors that might arise during treatment delivery and performing basic maintenance procedures to ensure the linear accelerator's optimal performance. New Technological Advancements: finally I acquired some knowledge on the latest technological advancements, upgrades, and new features introduced by the vendor for the linear accelerator, with insights on leveraging these innovations for improved patient care.	

Review	Plan
What do I want or need to learn in the next 12 months?	What learning activities will I do to achieve this in the next 12 months?
I am currently stationed in CT planning and have recently started discussing the introduction of SABR in our department, my aim for the next few months is to improve my CT planning skills and improve my ability to contour structures, so that I may be able to ensure that our patients receive the optimal treatment.	I will begin studying and utilising digital atlases such as those found on econtour.org when contouring on practice patient datasets. I will begin to accumulate a list of nationally used guidelines, protocols and literature pieces to help finalise protocols for our new department. I will do so by contacting and conferring with other radiotherapy departments across Ireland and carrying out individual research to discuss at future planning meetings etc. Similarly I will also look to enrol in the Online Postgraduate Diploma in Advanced Radiotherapy Practice but this time the "Treatment planning strand" which means I will be able to apply carry this knowledge and information forward to help with my new role. Finally I will also start discussing these cases in further details with members of the radiotherapy treatment planning team to ensure that workflow and that the methods being used when contouring disease and tissue are optimised.
In the coming year I also aspire to learn about different uses of AI in the clinical setting further and refine my expertise in leveraging artificial intelligence (AI) tools within our radiotherapy department.	I will enrol in an artificial intelligence course delivered by UCD titled "GradDip Artificial Intelligence for Medicine & Medical Research" which will allow me to gain a more in depth understanding of the

	potential benefits that can be drawn from AI and apply it to our needs in radiotherapy. I will also reach out to other radiotherapy institutions internationally so that I may be able to identify ways in which AI is currently being used to facilitate the experience of both patients and healthcare staff.

I, the undersigned, certify that the information contained in this Record of CPD Activities is correct in all respects.

Jane Doe
Signature

09/11/2023
Date

RT0001234
CORU Registration Number

46
Total Number of CPD Credits