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| --- | --- | --- | --- | --- | --- |
| Goal | Action Plan | Achievement date | Evidence | Review Date | Related competency |
| Improve remote and team working communication by learning about project management toolsI want to better understand of the differences between sympathetic and empathetic communication styles, and techniques to improve communication where there are verbal language barriers   | E-learning course to explore what makes projects successful, followed by learning about different project management tools, followed by implementing one for CSP placement projectI will complete an e-learning course on communicating with empathy, then apply my learning to clinic observations during my placement?Conflict resolution | 4.8.2116.9.21 | <https://cpd.csp.org.uk/view/blocks.php?id=365648><https://cpd.csp.org.uk/view/view.php?id=369764>  | 31.8.2122.10.21 | NHS KSF Core 1 - Communication |
| Familiarise with stakeholder engagement and evaluation | Assess learning needs of target audience for Long COVID resource by use of survey and focus groups for identifying learning needs and evaluating end productTeaching – AECCUC Clinic tutor role?Manipulation seminar for other students? | 16.7.21 | <https://cpd.csp.org.uk/view/view.php?id=366651>  | 27.8.21 | NHS KSF Core 2 – Personal and People Development |
| To better understand my responsibilities surrounding collecting, interpreting, and using personal dataTo help manage risk, competency, and fitness to practice by improving my ability to cope with stress in the workplace | I will complete an e-Learning GDPR course, then implement this knowledge by applying it to the data collection, processing and handling element of the Long Covid Project on my CSP placement.I will utilise resources from Mind to create a Wellness Action Plan, and a summary of ways to improve resilience and assertiveness  | 27.7.21 11.9.21 | <https://cpd.csp.org.uk/view/view.php?id=364935> <https://cpd.csp.org.uk//view/blocks.php?id=369115>  | 16.8.3122.10.21 | NHS KSF Core 3 – Health, Safety and Security |
| When referring service users to non-MSK services, such as back to their GP or to secondary care specialities, I would like to be able to reduce the number of clinical contacts and waiting time required, by being able to order the correct blood test whilst the service user is waiting to be seen | I will take part in a seminar on Blood Tests in First Contact Practice run by the MACP and reflect on my learning | 18.6.21 | <https://cpd.csp.org.uk/view/view.php?id=360389> | 23.6.21 | NHS KSF Core 4 – Service Improvement |
| I would like to improve my confidence in recognising malignant and benign skin lesions, and encourage others to do the sameI would like to improve my understanding of clinical frailty, and understand how this ties in with MECC and improving service user’s outcomes | Attend a dermatology basics lecture aimed at MSK clinicians, reflect on learning, and create resource collection for others to accessI will complete the Frailty Tier 1 e-learning for healthcare module, reflect on my learning, and create an e-portfolio webpage to demonstrate this | 13.7.219.7.21 | <https://cpd.csp.org.uk/view/view.php?id=363707><https://cpd.csp.org.uk/view/view.php?id=363140>  | 31.8.2131.8.21 | NHS KSF Core 5 – Quality |
| To develop my ability to arrive at ethical decisions when faced with dilemmasTo reflect on my own experiences of suffering from disabling fatigue, in a way that helps me to empathise and improve my management advice for service users suffering from similar symptomsI would like to learn more about unconscious biases, how they affect clinical practice, and how to mitigate themI would like to improve my understanding of adult safeguarding, what constitutes neglect or abuse, and who best to raise concerns to | I will familiarise myself with Human Rights toolkits, and apply them to real clinical case studies, and reflect on how this may affect my future practice.I will complete an e-Learning course on recovery and rehabilitation from Covid-19, and reflect on the use of planning, prioritising and pacing activitiesI will watch a Ted Talk about challenging unconscious biases, and apply this knowledge to clinical practice by reading a BMJ journal articleI will research high quality online resources and consult the Hourglass charity | 11.4.2125.5.2112.8.2115.9.21 | <https://cpd.csp.org.uk/view/view.php?id=350634> <https://cpd.csp.org.uk/view/view.php?id=357494> [https://cpd.csp.org.uk/view/blocks.php?id=366318#](https://cpd.csp.org.uk/view/blocks.php?id=366318) <https://cpd.csp.org.uk/view/view.php?id=369506>  | 23.6.2123.6.2131.8.2122.10.21 | NHS KSF Core 6 – Equality and Diversity |
| Improve my ability to recognise non-MSK causes for back pain or joint painI want to improve my understanding of emotional lability, the behaviours it may result in, and how to make service users with emotional lability feel more comfortable during appointments | I will take part in the “MSK Masqueraders” seminar run by the MACPI will research high quality hospital information resources and listen to a psychiatry podcast by patients with lived-experience of emotional lability | 6.3.2114.9.21 | <https://cpd.csp.org.uk/view/view.php?id=350633> <https://cpd.csp.org.uk/view/view.php?id=369441>  | 23.6.2122.9.21 | NHS KSF Specific 1 – Assessment and Treatment Planning |
| Improve my ability to interpret the relevance of findings on spinal MRI scans | I will research the diagnostic and clinical relevance of Modic changes via scientific journals and online resources | 16.6.21 | <https://cpd.csp.org.uk/view/view.php?id=360386>  | 23.6.21 | NHS KSF Specific 2 – Intervention and Treatment |