



Nutrition and Hydration Week Continued Education and Professional Development

FAQ's

Q: What is Continued Professional Development (CPD)?

A: Continuing Professional Development (CPD) is a way for professionals to maintain and enhance their knowledge and skills. On-going CPD is essential to support you in your current role as well as helping you with career progression. CPD is all about upgrading knowledge, skills and capabilities to remain effective and compliant.

Q: How can CPD benefit me?

A: CPD can help you take a planned and structured approach to continuous learning throughout your career. CPD can also help you:

- Perform better in your current job
- Gain a competitive advantage over peers
- Achieve greater choice, employment mobility and earning potential
- Boost your self-confidence
- Develop your professional capability and enhance your reputation

Some professional groups, such as nurses, need to demonstrate up-to-date practice and professional development in order to gain revalidation and registration within the profession. Provisional guidance from the Nursing and Midwifery Council identifies a requirement for a record of CPD as one of the required elements of revalidation.

Q. How can CPD benefit organisations?

A: The organisation you work for can benefit from your commitment to Continuing Professional Development. These benefits can include:

- Higher workplace performance
- Higher skilling of staff
- Improved morale and staff motivation
- Development that can be linked to the needs of the organisation
- Unlocking of talent and potential within the organisation
- Demonstrating to employers your commitment to professionalism

Q: What types of activities can I include as CPD?

A: Some examples include workshops, conferences, seminars, college courses, journal clubs, online courses, teleconferences, and webinars.

As part of the Nutrition and Hydration Week Continued Education and Professional Development Framework we have provided some examples of the type of activities you can include and how you can link these to Nutrition and Hydration Week to get you started.

Q: How much CPD do I need to do?

A: That may depend on the requirements of your profession (see Q2 How can CPD benefit me?) or on your organisation. The aim of our framework is to support you meeting those requirements and to help you develop new skills and knowledge.

For us there are no rules about the amount of CPD you should record, but you should clearly demonstrate how you have developed and what you are now able to contribute that you couldn't before.

Q: Does learning outside work count?

A: Absolutely. If you do something or learn something outside work that provides a new perspective, adds to your confidence or improves your interpersonal skills inside work, it counts. It's not what you learn, so much as how you can use it.

Q: Can I include in-house training as part of CPD?

A: Yes. If you attend an in-house training or participate in an online CPD session at your workplace relating to nutrition, hydration, management, healthcare, hygiene, food safety or related topics these can all count towards your CPD.