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My CPD log

August 8, 2015

Update module 1757

Urticaria

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 causes and symptoms of urticaria.
- More about the management of urticaria with antihistamines, corticosteroids and topical treatments.
- More about avoiding triggers that cause urticaria, when to refer and reliable sources of information.
- Understand the relevance of knowledge of urticaria 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?

Urticaria is an itchy erythematous rash associated with superficial swelling of the skin. It is more common in children and in women aged 30 to 60 years than men. Acute urticaria affects roughly one in six people and can last up to six weeks, after which it is considered chronic. Urticaria can have a profound effect on quality of life as its appearance and itch can be distressing and can also affect quality of sleep. This article helps me to improve my knowledge of urticaria and to be able to provide advice about its management.

What methods did I use to identify that you 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 urticaria and will be more able to offer advice to patients with confidence.

How important is it? (1 = low, 5 = high)

	1	2	3	4	5
To me	<input type="checkbox"/>				
To the users of my services/products	<input type="checkbox"/>				
To my colleagues	<input type="checkbox"/>				
To my organisation	<input type="checkbox"/>				

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 *Urticaria* (C+D, August 8, 2015, p14, or at www.chemistanddruggist.co.uk/update-plus), annotate it with any extra information and attach it to this sheet as evidence.

Advantages/disadvantages:

2. Read more about urticaria and its treatment at the Urticaria Day website at <http://tinyurl.com/urticaria1>.

Advantages/disadvantages:

3. Find out more about treating urticaria from Clinical Knowledge Summaries (CKS) website at <http://tinyurl.com/urticaria2>.

Advantages/disadvantages:

4. Make sure all members of my pharmacy team are familiar with the causes and symptoms of urticaria, can recommend treatments and know when to refer.

Advantages/disadvantages:

5. Keep a note of my next patient consultation or MUR about urticaria.

Advantages/disadvantages:

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6. Successfully complete the 5-Minute Test at www.chemistanddruggist.co.uk/update-plus.

Advantages/disadvantages:

7. 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 *Urticaria* (C+D, August 8, 2015, p14, or 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 urticaria and its treatment at the Urticaria Day website at <http://tinyurl.com/urticaria1>.

Date completed:

3. I found out more about treating urticaria from Clinical Knowledge Summaries (CKS) website at <http://tinyurl.com/urticaria2>.

Date completed:

4. I made sure all members of my pharmacy team are familiar with the causes and symptoms of urticaria, can recommend treatments and know when to refer.

Date completed:

5. I kept a note of my next patient consultation or MUR about urticaria.

Date completed:

6. I successfully completed the 5-Minute Test at www.chemistanddruggist.co.uk/update-plus.

Date completed:

7. Other action points.

Date completed:

What did I learn?

I have learned the causes and symptoms of urticaria and its management with antihistamines, corticosteroids and topical treatments. I have also learned about avoiding triggers that cause urticaria, when to refer and reliable sources of information. (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