

With three months left in the 2023 CPD year, here's a simple plan to meet this year's requirements.

You already do valuable CPD in your workday so ensure you claim the hours.

Record these practice-based activities for **Reviewing Performance (RP)** CPD hours:

- Practice meetings
- Case discussions with colleagues
- Reviewing peer/patient feedback
- Medication reviews

To meet your **Measuring Outcomes (MO)** CPD requirements why not complete a mini audit on a topic relevant to your scope of practice? You only need 5 patients to claim 6 MO CPD hours ([find out more here](#)).

Or [watch this video](#) to discover how to record your own quality improvement activity.

Want to complete an approved Measuring Outcomes CPD activity? Visit [myCPD](#) and use Browse and search to find the right MO activity for you.

Need more guidance? Use the 3-month planner on the right to meet your required CPD hours by completing self-paced activities that are all included in your RACGP membership.

Looking for AJGP and check? [Follow these tips.](#)

Steps to approach your annual CPD requirements

Plan your path forward

Identify your day to day activities

Log as you go using the myCPD app or myCPD home

Aim to complete at least one CPD rich activity each month

Check your CPD progress regularly

Reach out to the CPD team for assistance

Pick activities you value and enjoy

Share CPD tips with your colleagues

Reflect on what you've learnt and valued most

October

Complete one AJGP Clinical Challenge (search **AJGP Catalogue 2023**) on **gplearning**. You'll earn 10 CPD hours (5 EA | 5 RP) on completion.

Topics include:

- Cognition
- Infertility
- Breathing

Repeat this step in November and December and you'll accumulate 30 hours of CPD within 3 months!

Select a **mini audit** to complete.

November

Members can log in to **gplearning** to complete one check unit from the **check catalogue** this month and next, to add 20 CPD hours (10 EA | 10 RP).

Topics include:

- Aesthetic conditions
- Smoking cessation
- Travel health
- Iron deficiency (here's a **short audit** on this topic)

December

Complete your **AJGP Clinical Challenge** and **check** unit for the month.

Ensure your practice-based CPD and any other self-directed CPD activities are logged.


Complete the annual reflection in your **Professional Development Plan (PDP)** and submit this to claim up to 5 RP hours by the end of the year.

Looking for AJGP and check?

Check and **AJGP** are now consolidated catalogues set up by calendar year (2022, 2023 etc). This is a change from the previous system where each month's publication came in a course of its own; the current years catalogue will grow as each month's activity is released. To enrol in **check** and **AJGP**, you can either:

- go to the LMS Dashboard, scroll down to the Content Quick Search and click on **AJGP** or **check**
- go to the Browse tool and search for **AJGP** or **check**

The results you get back will default to showing the **AJGP** and **check** courses *you have not yet enrolled in*.*


If you have previously enrolled in the annual catalogue, then you can find the course listed in your 'Courses I'm Enrolled In' section of the LMS dashboard or by using the  Select a Course option in the top navigation.

Note: You will receive CPD hours *when you complete each months activity* - you do not have to complete the whole annual catalogue in order to receive CPD.

For gplearning assistance

Watch this video on navigating gplearning

Or contact our gplearning help desk

 gplearning help desk

 [1800284789](tel:1800284789)