

CPD sample profile

- 1.1 Full name:** Approved mental health professional (AMHP)
1.2 Profession: Social work
1.3 Registration number: ABC123

2. Summary of recent work/practice

I am a mental health social worker, an approved mental health professional (AMHP) and a best interest assessor working in a community mental health team. I work with adults with age-related mental illness; most have dementia, but a significant proportion have late-onset depression, schizophrenia, bipolar affective disorder or psychosis. My key responsibilities are to organise, co-ordinate and contribute to Mental Health Act assessments and to assess what action would be in the best interest of the service users I work with.

3. Personal statement

I update a log of my CPD activities and portfolio of evidence whenever I undertake any activities, formal or informal. As well as logging what activity I undertook and when, I also write a couple of paragraphs that summarise and reflect on the learning that came out of those activities. I work with my supervisor to identify my learning needs, as well as carrying out self-directed learning and the mandatory training that AMHPs are required to do by law.

I have selected five examples of CPD activities I have undertaken in the past two years that show how I have met the [HCPC's CPD standards](#):

- I have attended seven of the eight quarterly forums organised by our mental health trust in the past two years. These bring together AMHPs from teams around the area to talk about difficult cases, with the aim of allowing us to share and gain advice. These peer-led sessions have helped me learn about new ways of handling cases that I was not aware of before, helping me to improve my knowledge and my ability to help the service users I was working on at the time and those I will work with in future. In one case, I felt there was an issue with the service user's capacity to make decisions. The default approach would have been to involve the family, but I was not sure that what the family wanted was in the service user's best interest. I raised this case at a quarterly forum and got lots of suggestions and ideas that enabled me to take a route I hadn't thought of. (Evidence: an anonymised record of the service user's case and the relevant pages from my CPD log with my notes from the discussion.)
- AMHPs are required by law to undertake 18 hours of formal training every year. In the past two years I have attended two separate three-day courses at a university to comply with this, thereby ensuring I am fit to continue practising. Both courses covered the latest

case law developments in mental health and ensured I have an up-to-date understanding of the legal situation, which is vital for my role as a best interest assessor. These courses helped me to make sure that my assessments upheld the rights of service users and were in line with the law. (Evidence: reflective log entry from these courses.)

- Our trust holds multi-disciplinary team workshops each month. At each of these one of the professional groups in our setting – occupational therapists, nurses, doctors, psychologists or social workers - will lead a discussion on a subject related to their field of expertise. These events have improved my understanding of the different professions I work alongside and aided multi-disciplinary working, which in turn improves communication and helps us provide a better, more cohesive service to our service users. (Evidence: reflective notes from a multi-disciplinary workshop I attended.)
- During the past year I have been a practice educator for a social work student. Through supervising the student and reflecting on the process of supervision I have improved my management skills, such as my ability to give constructive criticism, which will be beneficial should I enter a management position in the future. Being a practice educator also required me to become more familiar with the latest social work theories, many of which have changed since I qualified as a social worker 10 years ago. In particular, by working with the student my understanding of how the recovery model of mental health relates to those with dementia, thereby helping me to see how to apply that knowledge in my day to day work (Evidence: record of supervision activities with the student, my notes on my learning about the recovery model and copies of journal articles I read as a result of this CPD activity.)
- In the past two years I attended refresher courses on safeguarding, infection control and lifting and handling. Taking these short courses helped refresh my understanding of these issues, thereby helping me to make sure my actions are keeping service users safe from harm (Evidence: my reflective notes from these three courses.)

4. Summary of supporting evidence submitted (This is a brief example only; you should include any evidence listed in the personal statement above.)

Evidence number	Brief description of evidence	Number of pages or description of evidence format	CPD standards this evidence relates to
1	Anonymised record of the service user's case	8 pages	Standards 3 and 4
2	Pages from my CPD log with my notes from the discussion	2 pages	Standards 2 and 3
3	Reflective log from formal AMHP training courses	4 pages	Standards 2 and 3
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