



# Guidance for occupational therapists to continue CPD whilst social distancing

While you are social distancing or self-isolating there are ways you can continue to take part in occupational therapy-related activities and stay connected with the community. We encourage members to continue undertaking CPD activities, if you are able to.

- 1** Use the Career Development Framework to identify your current level of knowledge and skills. You will also find templates including a 12-month plan, identifying CPD with teams and so much more.
- 2** Look for inspiration in the **Learning resources across the pillars** tab where you can select resources to support your learning in Practice, Teaching, Leadership and Research.
- 3** Download one of the **CPD Short Courses**. Each one has a workbook and a presentation, plus space to capture your reflections. You can do them on your own. Or arrange an online meet up with a virtual group of people to share and discuss.
- 4** Consider hosting online a virtual debate session or a brown bag lunch. **The Toolkit for Self-Directed Learning** will guide you through how to do these.
- 5** Think about your CPD portfolio – watch our films and read resources via the **Support with HCPC audit** tab.
- 6** Listen to one of our podcasts.
- 7** Search CINAHL and Medline remotely at the RCOT library to access a wide range of article (tick the box that says 'Linked full text' to refine your search).

## Website links

**Career Development Framework:** [www.rcot.co.uk/cpd-rcot](http://www.rcot.co.uk/cpd-rcot)

**RCOT podcasts:** [www.rcot.co.uk/promoting-occupational-therapy/podcasts](http://www.rcot.co.uk/promoting-occupational-therapy/podcasts)

**RCOT library:** [www.rcot.co.uk/practice-resources/library-resources/about-library](http://www.rcot.co.uk/practice-resources/library-resources/about-library)

