

Self-directed CPD - format guidance for registrants

There are six different formats for self-directed CPD. These are:

- Registrant-led peer review
- Formal learning
- Distance learning
- Work-based learning
- Academic learning
- Professional activities

The GOC is unable to provide you with specific guidance of what format the CPD you undertake falls into. This is your decision. The descriptions below may help you make your decision.

Registrant-led peer view

This is a discussion of practice-based scenarios or cases among peers. Optometrists and dispensing opticians can be peers. If you are a specialty registrant, you can complete a peer review with your specialty peers and include the specialty domain for this to count towards your requirement. Contact lens opticians can also conduct their peer review with optometrists.

Formal learning

This format is for structured learning where you will be aware of the topic or theme beforehand, and it is usually completed with others. Formats include lectures, seminars, webinars, discussion workshops, skills workshops, visual recognition tests, or conferences. These may be face to face or delivered online.

Distance learning

This format is where you are primarily working on your own using learning materials that can be from a range of media. This may include formal feedback from a tutor or self-assessment of learning. Formats include reading text-based articles or research.

Work-based learning

This format is usually derived from experiences in the workplace. Formats include discussions with colleagues, work shadowing, learning from work-based experiences, coaching others in the workplace, case-based reflective practice

Academic learning

This format includes learning as part of an accredited academic or professional course, module or qualification, completion of formal or further education, conducting research, writing of academic papers or articles.

Professional activities

This format usually involves furtherment or promotion of the profession and its activities. Formats include authoring CPD, student examining or supervising, mentoring, lecturing, volunteering within the optical sector, profession or eye health promotion, such as presentations to a public group, school or representation at a career fair.