

## **REFLECTIVE CPD ACTIVITY FORM**

**Name:** Anne Wilcox



**Job Role:** Vascular lab manager

Description: <i>(i.e. SVT AGM 2017, presented at local meeting)</i>	SVT practical examiner 4 <sup>th</sup> Feb 2016
Date(s):	04 / 02/ 2016 Total Days/Hours 1 day
Type of activity:	<input type="checkbox"/> Educational <input checked="" type="checkbox"/> Professional <input type="checkbox"/> Work-based <input type="checkbox"/> Self Directed <input type="checkbox"/> Other _____
Benefits to your practice:	<p>A visit to another vascular lab is a good opportunity to benchmark and bring ideas back to one's own department.</p> <p>We discussed scanning positions as part of the practical assessment and work related upper limb disorders.</p> <p>As a result our department arranged a workshop in Alexander technique for sonographers in April 2016.</p>
Benefits to service user:	Our vascular lab team are now much more aware of good posture and scanning techniques.
Supporting evidence: <i>(can include program certificate, notes, presentation, signed training sheet)</i>	Certificate scanned on to SVT on line CPD record
Additional notes:	

***Please complete reflection form for each activity submitted***