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# My CPD log

August 15, 2015

Update module 1758

Warts and verrucas

## Continuing professional development

CPD describes any activity you do to keep your practice up to date. The learning you record in this CPD log can be used as the basis for a CPD entry. You can copy and paste the contents of this log into the recording forms at [www.uptodate.org.uk](http://www.uptodate.org.uk). This log can be used as evidence for your learning portfolio.

Name

Date

## Reflect

### What do I want to learn?

- More about warts and verrucas, including the different types of warts, their treatment and whether treatment is actually necessary.
- More about advice for preventing the spread of warts and verrucas, both around the body and to others.
- Understand the relevance of knowledge of warts and verrucas to my particular practice.
- Any other learning objectives relating to my practice. (Write them here)

### How is this learning relevant to the safe and effective practise of pharmacy and to my own scope of practice?

Most people are affected by warts at some time in their lives, and about one in 10 people in the UK have warts at any one time. Children under the age of three years are rarely affected, but incidence increases as they get older, with around 15-20% of teenagers aged between 16 and 18 years having warts, and then drops as they move into adulthood. The pharmacy is commonly the first port of call for patients asking for advice about them. This article helps me to improve my knowledge of warts and verrucas and to be able to provide advice about their treatment.

### What methods did I use to identify that you needed to learn this?

Personal interest and reading.

## Plan

### By when will I need to have achieved this learning?

### Why is this learning important to me and my practice?

I will have improved my knowledge of warts and verrucas and will be more able to offer advice to patients with confidence.

### How important is it? (1 = low, 5 = high)

	1	2	3	4	5
To me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To the users of my services/products	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To my colleagues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To my organisation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### What might I need to do in order to achieve this learning?

Indicate which activities you choose to do - which will depend entirely on your learning needs - by ticking the boxes below.

1. Read the C+D Update article *Warts and verrucas* (online only at [www.chemistanddruggist.co.uk/update-plus](http://www.chemistanddruggist.co.uk/update-plus)), annotate with any extra information and attach to this sheet as evidence.

#### Advantages/disadvantages:

2. Find out more about warts and verrucas on the Patient website at <http://tinyurl.com/warts11> and the Clinical Knowledge Summaries website at <http://tinyurl.com/warts12>.

#### Advantages/disadvantages:

3. Revise my knowledge of over-the-counter treatments available from the C+D *OTC Guide to Medicines and Diagnostics*. Make sure I am familiar with how each product should be used and think about which products I would recommend.

#### Advantages/disadvantages:

4. Make sure my counter staff have a good knowledge of the treatment of warts and verrucas and also know when to refer.

#### Advantages/disadvantages:

5. Keep a note of my next patient consultation about warts or verrucas.

#### Advantages/disadvantages:

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6. Successfully complete the 5-Minute Test online at [www.chemistanddruggist.co.uk/update-plus](http://www.chemistanddruggist.co.uk/update-plus).

**Advantages/disadvantages:**

7. Other action points.

**Advantages/disadvantages:**

## Act

I carried out the following action points (the number of points you choose to do depends on what you feel is relevant to your learning needs):

1. I read the C+D Update article *Warts and verrucas* (online only at [www.chemistanddruggist.co.uk/update-plus](http://www.chemistanddruggist.co.uk/update-plus)), annotated it with any extra information and attached it to this sheet as evidence.

**Date completed:**

2. I found out more about warts and verrucas on the Patient website at <http://tinyurl.com/warts11> and the Clinical Knowledge Summaries website at <http://tinyurl.com/warts12>.

**Date completed:**

3. I revised my knowledge of over-the-counter treatments available from the C+D *OTC Guide to Medicines and Diagnostics*. I made sure I am familiar with how each product should be used and thought about which products I will recommend.

**Date completed:**

4. I made sure my counter staff have a good knowledge of the treatment of warts and verrucas and also know when to refer.

**Date completed:**

5. I kept a note of my next patient consultation about warts or verrucas.

**Date completed:**

6. I successfully completed the 5-Minute Test online at [www.chemistanddruggist.co.uk/update-plus](http://www.chemistanddruggist.co.uk/update-plus).

**Date completed:**

7. Other action points.

**Date completed:**

## What did I learn?

I have learned about warts and verrucas including the different types of warts, their treatment and whether treatment is actually necessary. I have also learned about advice for preventing the spread of warts and verrucas, both around the body and to others. (Add any other comments here)

## Evaluate

To what extent did I learn what I set out to learn at the start of this CPD cycle?

Fully                       Partly                       Not at all

1. Ticked fully or partly - here is an example of how I have applied or how I will apply what I have learned to my practice:

2. Ticked fully or partly - benefits to my practice have been or will be:

3. My learning has not been fully achieved - what I still have to learn:

4. My learning has not been achieved - because:

## What I intend to do next:

- Nothing, I've learned enough for what I need
- Review this entry to see how I can achieve the outstanding learning
- Start a new CPD cycle about what I still need to learn
- This entry is complete