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# My CPD log

November 21, 2015

Update Module 1770

## Unexpected bleeding

### 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 unexpected bleeding, advice that pharmacists can give to patients and when to refer them.
- More about conditions such as blood in stools, vomit, urine, semen and sputum, as well as bleeding from the eye, nose and mouth and abnormal vaginal bleeding.
- Understand the relevance of knowledge of unexpected bleeding 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?

Unexpected bleeding can occur from many areas of the body and patients may ask at the pharmacy for advice before visiting their GP. Pharmacists can give advice if over-the-counter treatment is appropriate and refer those who should be seen by a doctor. This article helps me to improve my knowledge of unexpected bleeding and to be able to provide advice to patients and carers.

#### What methods did I use to identify that I 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 unexpected bleeding and will be able to provide advice to patients and carers 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 *Unexpected bleeding* (November 21, 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. Read more about rectal bleeding on the Patient website at <http://tinyurl.com/bleeding1>.

#### Advantages/disadvantages:

3. Find out more about vomiting blood on the NHS Choices website at <http://tinyurl.com/bleeding2>.

#### Advantages/disadvantages:

4. Find out more about blood in urine from the NHS Choices website at <http://tinyurl.com/bleeding3>.

#### Advantages/disadvantages:

5. Revise my knowledge of causes of bleeding between periods on the NHS Choices website at <http://tinyurl.com/bleeding4>.

#### Advantages/disadvantages:

6. Read the information about treating nosebleeds on the St John Ambulance website at <http://tinyurl.com/bleedings>.

#### Advantages/disadvantages:

7. Update my knowledge of any of the other causes of unexpected bleeding that are relevant to my practice. Identify any patients who might benefit from a patient consultation or MUR.

#### Advantages/disadvantages:

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8. Keep a note of my next MUR or patient consultation about unexpected bleeding.

Advantages/disadvantages:

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

Advantages/disadvantages:

10. 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 *Unexpected bleeding* (November 21, 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 read more about rectal bleeding on the Patient website at <http://tinyurl.com/bleeding1>.

Date completed:

3. I found out more about vomiting blood on the NHS Choices website at <http://tinyurl.com/bleeding2>.

Date completed:

4. I found out more about blood in urine from the NHS Choices website at <http://tinyurl.com/bleeding3>.

Date completed:

5. I revised my knowledge of causes of bleeding between periods on the NHS Choices website at <http://tinyurl.com/bleeding4>.

Date completed:

6. I read the information about treating nosebleeds on the St John Ambulance website at <http://tinyurl.com/bleeding5>.

Date completed:

7. I updated my knowledge of any of the other causes of unexpected bleeding that are relevant to my practice. I identified any patients who might benefit from a patient consultation or MUR.

Date completed:

8. I kept a note of my next MUR or patient consultation about unexpected bleeding.

Date completed:

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

Date completed:

10. Other action points.

Date completed:

## What did I learn?

I have learned about unexpected bleeding, advice that pharmacists can give to patients and when to refer them. I have also learned about conditions such as blood in stools, vomit, urine, semen and sputum, as well as bleeding from the eye, nose and mouth and abnormal vaginal bleeding. (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