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My CPD log

January 17, 2015 Update module 1735

Obesity in young children

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. This log can be used as evidence for your learning portfolio.

My name

Date

Reflect

What do you want to learn?

- More about the causes of obesity in children and young people, including genetic and lifestyle factors.
- More about differential diagnoses and complications of obesity that may occur.
- Understand the relevance of knowledge of obesity in young people 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 practice of pharmacy and to your own scope of practice?

Obesity is a rising problem for the NHS and it is predicted that there will be a further 11 million obese adults in the UK by 2030. In 2011, around three in 10 children and young people aged two to 15 years were either overweight or obese in England. This article helps me to improve my knowledge of obesity, to be able to recognise it and provide advice about its management to parents and those affected.

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

Personal interest and reading.

Plan

By when will you need to have achieved this learning?

Why is this learning important to you and your practice?

I will have improved my knowledge of childhood obesity 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 you	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To the users of your services/products	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To your colleagues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To your 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 Obesity in young people (C+D, January 17, p16, or at www.chemistanddruggist.co.uk/update), annotate with any extra information and attach to this sheet as evidence.

Advantages/disadvantages:

2. Find out more about obesity and its treatment on the NHS Choices website at <http://tinyurl.com/obesity111>.

Advantages/disadvantages:

3. Read the *Eight tips for healthy eating* advice on the NHS Choices website at <http://tinyurl.com/obesity112>.

Advantages/disadvantages:

4. Find out more about national physical activity guidelines from the government website at <http://tinyurl.com/obesity113> and Change4Life website at <http://tinyurl.com/obesity114>.

Advantages/disadvantages:

5. Find out more about commissioning of pharmacy weight management services on the PSNC website at <http://tinyurl.com/obesity115>.

Advantages/disadvantages:

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6. Keep a note of my next patient consultation concerning obesity in a child or young person.

Advantages/disadvantages:

7. Successfully complete the 5 Minute Test accompanying this article.

Advantages/disadvantages:

8. Other action points.

Advantages/disadvantages:

Act

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

1. I read the C+D Update article Obesity in young people (C+D, January 17, p16, or at www.chemistanddruggist.co.uk/update), annotated it with any extra information and attached it to this sheet as evidence.

Date completed:

2. I found out more about obesity and its treatment on the NHS Choices website at <http://tinyurl.com/obesity111>.

Date completed:

3. I read the *Eight tips for healthy eating* advice on the NHS Choices website at <http://tinyurl.com/obesity112>.

Date completed:

4. I found out more about national physical activity guidelines from the government website at <http://tinyurl.com/obesity113> and Change4Life website at <http://tinyurl.com/obesity114>.

Date completed:

5. I found out about commissioning of pharmacy weight management services on the PSNC website at <http://tinyurl.com/obesity115>.

Date completed:

6. I kept a note of my next patient consultation concerning obesity in a child or young person.

Date completed:

7. I successfully completed the 5 Minute Test accompanying this article.

Date completed:

8. Other action points.

Date completed:

What did I learn?

I have learned about the causes of obesity in children and young people and the impact it can have on their lives. I have also learned about its management and advice I can give to both parents and patients.

Evaluate

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

Fully Partly Not at all

1. If you ticked fully or partly, give an example of how you have applied or how you will apply what you have learned to your practice?

2. If you ticked fully or partly, what have been or what will be the benefits to your practice?

3. If your learning has not been fully achieved, describe what it is you still have to learn:

4. If your learning has not been achieved, explain why:

What do you 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
- If this entry is complete, tick here