

ePortfolio Review Sample Cycles

Please note that these cycles have been created for demonstration purposes only. They are not intended to be indicative or directive. They do however provide examples of some of the different approaches that people take when planning and recording their CPD.

SAMPLE CYCLE 1

Cycle title: Engages in health promotion activities (CCF)

Pharmacist: Mary

Cycle created on: 15 April 2026

Self Appraisal	<p>How you identified the learning need this CPD cycle relates to?</p> <p>When self-assessing against the CCF, I noted health promotion as an area I should focus on. I decided to look into what I could do in the area to develop my skills.</p> <p>Select the option(s) which most accurately summarises how you identified this learning or development need.</p> <p><input checked="" type="checkbox"/> Completing self-assessment against the Core Competency Framework</p>
Develop a Personal Plan	<p>What you need to do to improve your knowledge/competence in this area. What steps you will take. What resources or help you will need. How much time it will take etc.</p> <p>I plan to look at the various areas of health promotion relevant to my practice and try to narrow it down to one or two to focus on for now. I would hope to find something practical that I can implement in my pharmacy that will give a tangible benefit to my patients. A friend does smoking cessation counselling so I will start with that.</p> <p>What resources could help you develop in this area?</p> <p><input checked="" type="checkbox"/> Work-based training <input checked="" type="checkbox"/> Journal / articles <input checked="" type="checkbox"/> Research / literature</p>
Action	<p>What action you actually took to address the area you identified for development. Anything you did additionally/differently to what you had planned?</p> <p>I read through some articles on smoking cessation and how to carry out motivational interviews. I have decided to work on that in the longer term as I feel I need to be able to give it more time than I have currently in order to roll the service out properly. I hope to do the training and be ready to offer the service from January.</p> <p>I also read through an article on weight management services and decided to run a 'Know your BMI' day in the pharmacy. I contacted the INDI for leaflets on the food pyramid and healthy heating. I trained the staff on how to manage requests and we marketed the day on social media. We ran the day and had good interest with 32 people coming in to us. I spoke to each of them and signposted them as appropriate. I recommended review with GP for two patients due to concern about some of their symptoms.</p> <p>Which of the following best describes the formality of the activity(s) you undertook?</p>



	<input checked="" type="checkbox"/> Learning which is structured, but not accredited What learning resources did you use? <input checked="" type="checkbox"/> Journal / articles <input checked="" type="checkbox"/> Research / literature
Document Your Learning	What you have learned. Any new knowledge or skills you have attained. Any additional or future actions that arose through the process. <p>I learned that smoking cessation and motivational interviewing is quite complex, and I will need to dedicate some time to becoming adept at counselling this cohort.</p>
Evaluate Impact on Practice	What you have discovered or learned about yourself or your practice through the process. The impact of your actions on your current or future practice. Anything you have learned about yourself in relation to CPD. <p>I found this has had a significant impact on my practice going forward. Having run the 'Know your BMI' day I am now more confident in how to approach health promotion activities. I feel as though both I and the team learned a lot. I will prepare for and run a smoking cessation service next year. I plan to run further 'Know your BMI' days but have a locum on to allow me to focus solely on the health promotion and give more time to each patient. I was surprised at the symptoms some people were ignoring. I think the motivational interviewing course will be helpful to all areas of health promotion, not just smoking cessation.</p> <p>How has this learning/ development impacted your practice?</p> <input checked="" type="checkbox"/> Improved care for patient <input checked="" type="checkbox"/> Improved my confidence

Domain	Competencies
<input checked="" type="checkbox"/> Public health	<input checked="" type="checkbox"/> Engages in health promotion activities

SAMPLE CYCLE 2

Cycle title: Fertility Medicines

Pharmacist: Sophia

Cycle created on: 23 March 2026

<p>Self Appraisal</p>	<p>How you identified the learning need this CPD cycle relates to?</p> <p>The local GP surgery has expanded their services to include a family planning clinic. We are now getting more prescriptions for fertility medicines, as well as a large number of enquiries around pre-conception supplements and fertility monitors. This is an area that I have little experience in. I need to learn more about this therapeutic area in particular how to counsel the patients on their medicines and provide additional support and advice around pre-conception planning.</p> <p>Select the option(s) which most accurately summarises how you identified this learning or development need.</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Managing an issue which arose during my work <input checked="" type="checkbox"/> Self-reflection <input checked="" type="checkbox"/> A change in my work - e.g. new role/responsibility or new process/guideline
<p>Develop a Personal Plan</p>	<p>What you need to do to improve your knowledge/competence in this area. What steps you will take. What resources or help you will need. How much time it will take etc.</p> <p>I am going to attend an upcoming IPU academy event on Fertility Medicines. I will read the relevant sections in the BNF and also do a literature search.</p> <p>What resources could help you develop in this area?</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Live Continuing Education program <input checked="" type="checkbox"/> Research / literature
<p>Action</p>	<p>What action you actually took to address the area you identified for development. Anything you did additionally/differently to what you had planned?</p> <p>I attended the IPU academy training event and read the chapter in the BNF. I read a good article in one of the pharmacy journals on family planning.</p> <p>Which of the following best describes the formality of the activity(s) you undertook?</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Learning which is structured, but not accredited <p>What learning resources did you use?</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Live Continuing Education program <input checked="" type="checkbox"/> Research / literature

Document Your Learning	<p>What you have learned. Any new knowledge or skills you have attained. Any additional or future actions that arose through the process.</p> <p>The IPU academy training programme gave me a good overview of the treatments used as part of IUI, IVF and ICSI cycles. The chapter in the BNF allowed me to learn about the medicines, dosing and also side effect profiles. The journal article gave me a basic understanding of pre-fertility support which included information on basal body temperature thermometers, conception support supplements and fertility monitors. Whilst I feel I now have a basic level of knowledge on the key counselling points, I would love to learn more, as it is an area that really interests me. I have planned to meet with the family planning nurse at the surgery, who says she is happy to help me plan my development in this area.</p>
Evaluate Impact on Practice	<p>What you have discovered or learned about yourself or your practice through the process. The impact of your actions on your current or future practice. Anything you have learned about yourself in relation to CPD.</p> <p>I feel much more confident now about the commonly prescribed fertility therapies. I know where to access information on more complex regimens, should I need it. I also met some new colleagues at the IPU training academy who are working in similar practice areas, and we have exchanged numbers so it will be great to know that I can check in with someone if I need to.</p> <p>How has this learning/ development impacted your practice?</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Improved care for patient <input checked="" type="checkbox"/> Improved effectiveness or quality of drug therapy <input checked="" type="checkbox"/> Addressed patient concerns or needs <input checked="" type="checkbox"/> Shared information with colleagues <input checked="" type="checkbox"/> Improved my confidence

Domain	Competencies
<input checked="" type="checkbox"/> Pharmacy Care	<input checked="" type="checkbox"/> Provides patient consultations and counselling <input checked="" type="checkbox"/> Reviews and manages medicines <input checked="" type="checkbox"/> Leads for safety <input checked="" type="checkbox"/> Provides medicines information and education
<input checked="" type="checkbox"/> Public health	<input checked="" type="checkbox"/> Engages in health promotion activities

SAMPLE CYCLE 3

Cycle title: Polypharmacy (CCF)

Pharmacist: Michael

Cycle created on: 7 May 2026

Self Appraisal	<p>How you identified the learning need this CPD cycle relates to?</p> <p>I identified this need by assessing myself against the PSI Core Competency Framework and realising that I'd like to improve my competency in the Pharmacy Care domain.</p> <p>Select the option(s) which most accurately summarises how you identified this learning or development need.</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Completing self-assessment against the Core Competency Framework (CCF) <input checked="" type="checkbox"/> Self-reflection
Develop a Personal Plan	<p>What you need to do to improve your knowledge/competence in this area. What steps you will take. What resources or help you will need. How much time it will take etc.</p> <p>I plan to complete a Polypharmacy and Medicines Review training Programme.</p> <p>What resources could help you develop in this area?</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Live Continuing Education program, Attending meeting(s) <input checked="" type="checkbox"/> Discussion with colleagues
Action	<p>What action you actually took to address the area you identified for development. Anything you did additionally/differently to what you had planned?</p> <p>I undertook a Polypharmacy and Medicines Review training Programme which outlined the challenges that come with polypharmacy and how to manage them.</p> <p>Additionally, I attended a webinar on polypharmacy.</p> <p>Which of the following best describes the formality of the activity(s) you undertook?</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Learning which is structured, but not accredited <p>What learning resources did you use?</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Live Continuing Education program <input checked="" type="checkbox"/> Attending meeting(s)
Document Your Learning	<p>What you have learned. Any new knowledge or skills you have attained. Any additional or future actions that arose through the process.</p>



	<p>Polypharmacy is often defined as the regular use of five or more medicines. I learned that it is on the rise and is set to increase further over the coming years. I have learned to be aware of prescribing cascades and the importance of thoroughly investigating the indication for any new medicines. Additionally, certain demographics are more susceptible to the negative effects of polypharmacy and thus extra care must be exercised with these patients.</p>
Evaluate Impact on Practice	<p>What you have discovered or learned about yourself or your practice through the process. The impact of your actions on your current or future practice. Anything you have learned about yourself in relation to CPD.</p> <p>I find that I am using the STOPP/ START Criteria more often in my consultations with older patients.</p> <p>Furthermore, we are hoping to roll out medicine review consultations as an extra service in the near future.</p> <p>How has this learning/ development impacted your practice?</p> <ul style="list-style-type: none"><input checked="" type="checkbox"/> Improved care for patient<input checked="" type="checkbox"/> Improved effectiveness or quality of drug therapy

Domain	Competencies
<input checked="" type="checkbox"/> Pharmacy Care	<input checked="" type="checkbox"/> Reviews and manages medicines <input checked="" type="checkbox"/> Leads for safety

SAMPLE CYCLE 4

Cycle title: Stress relief

Pharmacist: David

Cycle created on: 10 May 2026

Action	<p>What action you actually took to address the area you identified for development. Anything you did additionally/differently to what you had planned?</p> <p>Watched a recorded IOP webinar on optimism</p> <p>Which of the following best describes the formality of the activity(s) you undertook?</p> <p><input checked="" type="checkbox"/> Learning which is structured, but not accredited</p> <p>What learning resources did you use?</p> <p><input checked="" type="checkbox"/> Attending meeting(s) <input checked="" type="checkbox"/> Consultation with expert <input checked="" type="checkbox"/> Discussion with colleagues</p>
Document Your Learning	<p>What you have learned. Any new knowledge or skills you have attained. Any additional or future actions that arose through the process.</p> <p>Three key take-aways – deep breathing exercise, gratitude diary and realising my support network – colleagues, family and friends.</p>
Evaluate Impact on Practice	<p>What you have discovered or learned about yourself or your practice through the process. The impact of your actions on your current or future practice. Anything you have learned about yourself in relation to CPD.</p> <p>I have a new strategy for dealing with stress and have noticed the improvement in work. By taking the time out to do the deep breathing exercise and using the resources I have to help me, I am much more effective at work, spending time on high priority issues.</p> <p>How has this learning/ development impacted your practice?</p> <p><input checked="" type="checkbox"/> Improved performance in role <input checked="" type="checkbox"/> Improved care for patient <input checked="" type="checkbox"/> Modified existing practices <input checked="" type="checkbox"/> Other</p>

Domain	Competencies
<input checked="" type="checkbox"/> Personal	<input checked="" type="checkbox"/> Establishes and maintains collaborative working relationships
<input checked="" type="checkbox"/> Public health	<input checked="" type="checkbox"/> Engages in health promotion activities
<input checked="" type="checkbox"/> Organisation and management skills	<input checked="" type="checkbox"/> Manages self

SAMPLE CYCLE 5

Cycle title: Antimicrobial Stewardship

Pharmacist: Eimear

Cycle created on: 2 February 2026

Action	<p>What action you actually took to address the area you identified for development. Anything you did additionally/differently to what you had planned?</p> <p>I watched the webinar ‘Let’s talk antimicrobial stewardship in advance of European Antibiotics Awareness Day’ offered as part of the IIOP ‘In Conversation With...’ webinar series. It has been a long time since I undertook any additional learning on the topic of antimicrobial stewardship and I realise it is a significant public health issue that affects my patients.</p> <p>Which of the following best describes the formality of the activity(s) you undertook?</p> <p><input checked="" type="checkbox"/> Learning which is structured, but not accredited</p> <p>What learning resources did you use?</p> <p><input checked="" type="checkbox"/> Print/On-line Continuing Education program</p>
Document Your Learning	<p>What you have learned. Any new knowledge or skills you have attained. Any additional or future actions that arose through the process.</p> <p>I was surprised to learn that around 5 million deaths worldwide in 2019 were caused by antimicrobial resistance (AMR) and antimicrobial use is the key driving force for AMR. There are guidelines available through the HSE website relating to many different aspects of antimicrobial use including Conditions and Treatment, Antimicrobial Stewardship, Safe Prescribing, Antimicrobial Use in Residential Care Home Facilities including Nursing Homes and Tips on Penicillin Allergy.</p> <p>During the webinar, there was a discussion about the Antimicrobial Stewardship guidance and it was highlighted that there is a section in this entitled ‘Role of the Pharmacist in Antimicrobial Stewardship’. The points that were discussed included the pharmacist’s role in ensuring that antimicrobials are used only when appropriate and to work with prescribers, patients and carers to ensure that antimicrobials are given by the right route, right dose, right frequency and at the right time.</p> <p>We also have a role in reminding patients and carers to return any unused antimicrobials to the pharmacy so that we can appropriately dispose of these medications. I also learned about the Pharmacist Antimicrobial Stewardship (PAMS) Network which I can sign up to through the IIOP website. The network aims to support pharmacists across all sectors to work towards the common goal of promoting</p>



	responsible use of antimicrobials in all patients and limiting the emergence of antimicrobial resistance. There is a discussion forum and resources section on the PAMS Network page that I can access.
Evaluate Impact on Practice	<p>What you have discovered or learned about yourself or your practice through the process. The impact of your actions on your current or future practice. Anything you have learned about yourself in relation to CPD.</p> <p>After attending this webinar, I have noticed that I am much more confident in knowing where to find information on antimicrobials. I am going to download and review the guidelines from the HSE that are particularly relevant to my practice as a community pharmacist. I have also signed up to the PAMS network and I have started to interact with other pharmacists on the discussion forum. I have found that attending the webinar has been particularly helpful in my day to day practice, especially knowing where to look for up-to-date information on dosing and indications.</p> <p>How has this learning/ development impacted your practice?</p> <ul style="list-style-type: none"><input checked="" type="checkbox"/> Improved care for patient<input checked="" type="checkbox"/> Improved my confidence

Domain	Competencies
<input checked="" type="checkbox"/> Pharmacy Care	<input checked="" type="checkbox"/> Provides medicines information and education
<input checked="" type="checkbox"/> Public health	<input checked="" type="checkbox"/> Participates in population health initiatives