

CPD Exemplar Cycle: Community Pharmacist Unscheduled Cycle

Cycle Name: Epilepsy

Unscheduled

This learning activity is within my current scope of practice ✓

This learning activity is relevant to the safe and effective practice of pharmacy ✓

All criteria are essential and must be completed successfully for the cycle to meet the required standard.

Reflection

1. I identified the following specific learning need(s) ...

n/a

2. I wanted to learn about this because (give context for learning activity / activities) ... (500 word maximum)

n/a

Planning

3. I plan/planned to complete the following learning activity/activities to meet the identified learning need(s). (Please describe the learning activity/ activities and the planned completion date(s)).

n/a

Action

4. In meeting the identified learning need(s), I completed the following learning activity/activities

I read an article in the Pharmacy in Focus magazine (Issue 2, 2021). Epilepsy: A Summary by Melissa Kerr PhD, MPharm.

Activity: I read an article in Pharmacy in Focus, Issue 2, 2021, Epilepsy: A Summary by Melissa Kerr PhD, MPharm

Hours: 0.15

Start date: 21/05/2024

End date: 21/05/2024

Evidence Type: Notes/Handouts

Evidence: Self Study

Evidence upload (optional): Copy of article uploaded.

Summary of what has been learned in relation to the identified learning need(s)

During my lunchbreak I came across an article in Pharmacy Focus magazine on Epilepsy. I learnt that epileptic seizures are categorised into 3 main types:

1. Generalised onset – most common and affects 60% of patients with epilepsy. This type of seizure includes tonic-clonic seizures, individuals can become unconscious/body shakes and jerks as muscles stiffen and relax.
2. Focal onset – starts in and affects one part of the brain. Symptoms include an 'aura' that the seizure is beginning. Motor symptoms include visual disturbances, twitching, numbness.
3. Unknown onset – epilepsy triggers can include flashing lights, lack of sleep, stress, alcohol or failing to follow antiepileptic drug regime. Treatment – no cure for epilepsy but 70% of patients can be seizure free with use of antiepileptic drugs. Counselling

points for antiepileptic drugs – Lamotrigine can cause bone marrow failure. Signs include skin rashes, bruising, infection – advise the patient to be vigilant and report. Carbamazepine can cause blood and liver disorders. Patients should seek medical attention if they have fever, rash, mouth ulcers, bruising. Levetiracetam – avoid in patients with mood disorders as 10% of patients experience irritability, aggression and depression. Sodium Valproate – should not be given to females of child-bearing age unless pregnancy prevention programme is in place – risk of birth defects and also causes increased appetite and hair loss.

Evaluation

5. Having met the specific learning need(s) identified, my practice has changed or will change as follows: (500 word maximim)

I have applied my new learning by counselling patients taking antiepileptic drugs. I ensure that I speak to patients when dispensing prescriptions for Lamotrigine to ensure they are aware of the signs and symptoms suggestive of bone-marrow failure, I explain that the symptoms include skin rashes, bruising or infection and that they should seek prompt medical advice if they notice any of these. I also advise the patients to read the patient information leaflet to ensure they fully understand all the other side effects of their medication. When dispensing prescriptions for Sodium Valproate I check to ensure that it has not been prescribed for females of childbearing age. I have not come across any prescriptions that fall into this category yet, but if I do, I know to contact the prescriber to ensure they are aware of the birth defect risks and to ensure there is a pregnancy prevention programme in place before dispensing to the patient.

6. I confirm that the identified learning need(s) has/have been fully addressed in the CPD cycle

Your selection of 'direct' or simulated/future' evaluation (tick box below) must reflect the application of your learning described in (5) above.

This CPD cycle has been directly evaluated within my current practice and environment (minimum of 75% of cycles submitted) ✓

Community ✓

Pharmacy Prescriber
Primary Care / Practice
Training
Hospital
Industry
Academia
Other

I have recently returned to practice (within the last 12 months): NO

I have recently changed my scope of practice (within the last 12 months): NO