

Summary of CPD activities

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Date activity completed	Description	Type of Activity	Competency Framework	Competency	Benefits to self or own practice	Benefits or impact to service	Supporting Evidence	Time (in hours)
1 January 2025	Reviewing Patient Feedback	Work based learning	0 IPEM Framework	B Professional Practice	At the beginning of each year, we review patient feedback about our service and what we could improve. This one google review for our Clinic stood out to me. My patient mentioned me by name and said the following " 's expertise and professionalism shone through during our scan. was incredibly knowledgeable, thorough, and took the time to explain everything to us in a clear and compassionate manner. attention to detail was remarkable, ensuring that we received accurate and reliable information and did not mind us asking many questions. 's warm and friendly demeanour immediately put us at ease, making the experience even	Reflecting on feedback from patients has helped me understand what constitutes as good service from a patient perspective. Explaining exam details in a compassionate and clear manner should always be prioritised. The positive feedback we get is shared during our monthly newsletter and other Sonographers benefit from seeing what aspects of our service has been appreciated by patients.	Patient Feedback.png	1.0

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					more memorable" This was a reminder that even on busy days, taking the time to explain exam details to the patient makes a difference. Positive feedback is also encouraging on busy days when I have to get through long lists, late patients and complete management work with minimal breaks. This was a great reminder that patients always need to come first.			
30 January 2025	Conference by	Professional activity	0 IPEM Framework	A Knowledge and Understanding, B Professional Practice, C Personal Responsibility and Leadership, D Communication, E Professionalism	Attending this <i>Conference</i> prompted me to think more critically about how emerging technologies are being introduced into healthcare (and particularly how they may affect women’s health services). Hearing Professor from open the event was particularly impactful, as she spoke about the need for diagnostic services to evolve alongside technological change while maintaining patient safety. I also found the session on “Why do we need responsible AI?” interesting, particularly hearing perspectives from Dr	The conference also had practical benefits for the wider service by helping me better understand how responsible AI and digital technologies are being discussed at national policy and NHS leadership levels. For example, the session on AI for Women’s Health included speakers such as from the and Dr	Conference Agenda and Biographies.pdf Screenshot 2026-03-09 201920.png	8.0

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					██████████, who has worked on AI strategy within ██████████, and Dr ██████████ from ██████████, who discussed the importance of ensuring that health information surfaced by digital tools is reliable. It made me reflect on how easily clinicians and patients can be exposed to misinformation through digital systems (something I have increasingly noticed in practice). Another session that stayed with me was ██████████ discussion about gender data gaps, which highlighted how health systems have historically been designed around male datasets. This made me pause and think about how even well-intentioned technologies can unintentionally reinforce inequalities if data is not representative. The conference encouraged me to engage more critically with discussions around digital health tools and to think more carefully about how research evidence, data quality, and ethical considerations should	██████████ from ██████████, who discussed how innovation, data, and technology could support improved health outcomes for women. I was able to personally speak with ██████████ after during the networking event which was insightful. We spoke about understanding how guidelines can become for accessible for practices such as ours. After attending the conference, I shared some of the key insights with colleagues, particularly around the risks of bias in AI systems and ensuring we are using these tools responsibly (as I had noticed many admin assistants had started unofficially using these tools without consideration in their		

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					influence how we use technology in healthcare.	practice) These discussions helped encourage wider awareness within the team about how emerging technologies may influence their own clinical decision making skills and why responsible adoption is important for patient safety.		
4 February 2025	Seminar " [REDACTED] " by [REDACTED] [REDACTED] [REDACTED]	Work based learning	0 IPEM Framework	A Knowledge and Understanding, B Professional Practice	Attending this seminar deepened my understanding of the complexity of monochorionic twin pregnancies and the pathophysiology behind twin-to-twin transfusion syndrome (TTTS). I found the explanation of placental vascular anastomoses and the cardiovascular consequences for donor and recipient twins particularly useful, as it helped me better understand the ultrasound findings we see in clinical practice. It also reinforced the importance of accurately determining chorionicity and labelling twins early in	The seminar also highlighted several aspects that are directly relevant to improving clinical care within the ultrasound service. In particular, it emphasised the importance of early identification of monochorionic pregnancies and consistent labelling of twins, which helps ensure accurate longitudinal monitoring and communication between clinicians. The	Seminar - [REDACTED] [REDACTED].png	1.0

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					pregnancy, as these details directly influence monitoring and management decisions.	discussion around ultrasound staging of TTTS and the role of Doppler assessment reinforced the need for careful and systematic scanning protocols when assessing twin pregnancies. Sharing these insights with my colleagues helped improve awareness of TTTS complications in our service.		
7 February 2025	Seminar: [REDACTED] [REDACTED] [REDACTED] by Prof [REDACTED]	Professional activity	0 IPEM Framework	A Knowledge and Understanding	Listening to Professor [REDACTED]'s work made me reflect on how dynamic the endometrium really is. Her research highlights that successful pregnancy depends on complex molecular communication between the embryo and the endometrium, which must be receptive and properly regulated for implantation to occur.	In my clinical role as a consultant sonographer, I regularly perform endometrial scans where I measure and monitor endometrial thickness and appearance during fertility assessments. This seminar helped me better understand the reasoning behind some of the repeated scans we get for the same patient. Hearing this	Seminar [REDACTED] [REDACTED].png	1.0

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						research reminded me that what we visualise on ultrasound represents a much deeper biological process, where the endometrium is actively responding to hormonal signals during treatment (which vary widely among patients).		
3 March 2025	Talk on Human Fertilisation and Embryology Act	Formal /education	0 IPEM Framework	A Knowledge and Understanding, B Professional Practice	I particularly enjoyed the slide discussing the Human Fertilisation and Embryology Act 1990, which I have attached. The discussion reminded me how tightly regulated reproductive research is in the UK. Reflecting on this helped deepen my understanding of the ethical and legal frameworks surrounding reproductive medicine, which is closely aligned with my clinical and academic interests. This also led me to look up other aspects of the act, such as legislation around consent and storage of embryos, which are closely linked to the work carried out within our services. Many Sonographers have very	This learning is also directly relevant to my professional practice as many of my patients often travel internationally for treatment. Our service conducts the imaging for these referrers. Different countries operate under very different fertility laws and regulatory frameworks, and understanding UK legislation such as the HFEA helps me better contextualise these differences. Having a clearer understanding of these	HFEA talk.png	1.0

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					little information about these regulations. Understanding these regulations helped me have this knowledge, understand the complexity of it and stay within my scope of practice when working clinically.	policies strengthened my ability to practise responsibly within a regulated fertility environment and supported informed discussions within my clinical team.		
16 April 2025	Talk: [REDACTED] [REDACTED] by Dr [REDACTED]	Formal /education	0 IPEM Framework	A Knowledge and Understanding	This talk helped me better understand the pathophysiology behind pre-eclampsia and its effects on the brain and placenta. I learned how placental factors released into maternal circulation may disrupt endothelial function and reduce certain proteins, increasing blood–brain barrier permeability. Reflecting on this deepened my understanding of the systemic impact of pre-eclampsia beyond pregnancy itself, which is something I encounter clinically when scanning patients with hypertensive disorders in pregnancy.	The talk also highlighted how placental dysfunction in pre-eclampsia may affect both maternal brain health and long-term neurodevelopment in offspring through vascular mechanisms. Understanding these underlying processes helped me reflect on the importance of careful placental and fetal assessment during ultrasound examinations in our service, as early detection of complications can influence	[REDACTED] [REDACTED] - Talk.png	1.0

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						monitoring and referral pathways.		
5 May 2025	Talk on Women's Mental Health by Dr [REDACTED]	Formal /education	0 IPEM Framework	A Knowledge and Understanding, D Communication	Learning about women’s mental health within a global health context helped me reflect on how psychological wellbeing is closely connected to pregnancy and reproductive care. The talk highlighted how social, cultural, and healthcare inequalities can influence women’s mental health experiences across different settings.	This talk made me more aware in my own ultrasound practice of the importance of approaching patients with sensitivity and recognising that emotional wellbeing can shape how women experience scans and clinical care. I was reminded that compassionate care is a key component of our service.	Talk Womens Mental health.png	1.0
15 May 2025	Talk: Perinatal Mental Health by Dr [REDACTED]	Work based learning	0 IPEM Framework	A Knowledge and Understanding, E Professionalism	This talk on perinatal health was truly eye-opening. It helped me reflect more deeply on the importance of perinatal mental health and the role healthcare professionals play in recognising it early. I learned that many women experience anxiety or depression during pregnancy, yet these concerns often	In my ultrasound practice I often see women who may appear frustrated, anxious, or overwhelmed, particularly during fertility or pregnancy scans. After this lecture I became more conscious of	Perinatal Mental Health Talk.png	1.0

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					go unnoticed in busy clinical settings. This reminded me that even during routine ultrasound appointments, taking a moment to listen and respond with empathy can make a meaningful difference to how supported a woman feels.	responding with compassion and patience, recognising that emotional distress may be underlying their behaviour rather than simply dissatisfaction with the appointment. This perspective helps support a more patient-centred service and encourages a clinical environment where women feel respected and safe during what can be a vulnerable period of care.		
3 June 2025	Talk on Clinical Impact and Advocacy in Women's Health by Dr. [REDACTED]	Formal /education	0 IPEM Framework	B Professional Practice	This talk helped me better understand the wider challenges surrounding research and advocacy in women’s health, particularly how many conditions affecting women remain under-studied and under-funded. Reflecting on this made me more aware of the importance of recognising women’s health issues across the life course, including mental health, reproductive health, and	The talk also highlighted how improving women’s health outcomes requires collaboration between clinicians, researchers, and policymakers. In my professional practice this reinforced the importance of contributing accurate clinical	Women;s Health Research Talk.png	1.0

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					chronic conditions. It encouraged me to think more critically about how clinical practice and research must work together to improve care for women. This talk bolstered my ambition to contribute as a clinical researcher within my field of Women's and Reproductive Health. I was inspired to encourage more clinical Sonographers to participate in research and think of the impact they make beyond everyday clinical work,	observations and imaging findings, as these ultimately inform research and evidence that shape guidelines and services. Understanding the broader research landscape helped me appreciate how everyday clinical work can contribute to improving care for women at a system level.		
11 June 2025	Talk: Clinical Risk Factors in Labour, talk by Dr. [REDACTED]	Formal /education	0 IPEM Framework	A Knowledge and Understanding	This talk helped me better understand how clinical risk factors in pregnancy are identified and interpreted, particularly factors such as fetal growth restriction, pre-eclampsia, and maternal conditions that may increase the likelihood of complications during labour (see attached slide from the talk). Reflecting on this was useful for my own ultrasound practice, as many of these risk factors are first suspected or monitored through imaging assessments. It reminded	The talk highlighted how risk factors are rarely isolated and must be interpreted within the wider clinical picture, including maternal history and evolving pregnancy conditions. This reinforced the importance of careful documentation and accurate measurements during ultrasound examinations, as these findings can influence	Clinical Risk Factors in pregnancy and labour talk.png	1.0

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					me that when I perform scans, particularly growth scans or Doppler assessments, I am contributing important information that helps clinicians assess and manage pregnancy risk.	how patients are triaged into higher or lower risk care pathways. Applying this awareness within my practice would help improve multidisciplinary management of pregnancies that may require closer monitoring.		
11 July 2025	Talk on Fertility Regulations in the UK by Prof ██████████	Work based learning	0 IPEM Framework	B Professional Practice	I found Prof ██████████'s lecture particularly engaging because he is our former director and closely understand our clinics. His discussion of fertility care, regulation, and evidence-based practice directly relates to the clinical environment I work in. I was especially interested when he referenced the organisation I work for, and discussed how independent ultrasound scanning services are now integrated into modern fertility pathways. His talk brought a lot of credibility to our organisation. Hearing an experienced fertility specialist and former director involved in this service reflect on how these	Prof ██████████'s talk also reinforced the importance of evidence-based fertility care and transparent communication with patients, particularly around interventions or “add-ons” that may not always have strong clinical evidence. This was highly relevant to my role as a sonographer within fertility imaging services, where patients often arrive with information they have found	Talk by Prof ██████████.png	1.0

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					models support patient access helped me appreciate how my own clinical work fits into the wider fertility treatment pathway. This was one of my favourite talks of the year!	online or from other clinics. Reflecting on his discussion helped strengthen my approach to conversations with patients and colleagues, ensuring that imaging findings and discussions around fertility investigations remain grounded in evidence and responsible practice.		
5 August 2025	██████████ 2025 Course ████████████████████ ████████████████████████████████ ████████████████	Professional activity	0 IPEM Framework	A Knowledge and Understanding, C Personal Responsibility and Leadership	Attending this course helped me learn about how AI and machine learning are being applied in healthcare (which is something I increasingly encounter in research and clinical discussions). The sessions covered topics such as large language models and medical imaging applications such as Sonography. It helped me reflect on how these technologies may support clinical decision-making in the future and encouraged me to explore the logic behind these technologies more critically in my own	The course also helped me think about how emerging AI technologies might eventually support healthcare services, particularly in diagnostics and decision support. For example, learning about machine learning applications in medical imaging made me reflect on how such tools could potentially assist clinicians in identifying patterns or	██████████ Course Certificate.pdf	23.0

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					work. for instance, we are using GE machines that apply automated measurements and create growth charts. We receive questions about why these charts sometimes show centiles that are different than hospitals. Understanding variability in the design of these application for different machines helped me better respond to patients who ask this question. I have also understood the value of adopting AI as healthcare workers. There has been talk about AI replacing health workers but attending this conference helped me see the value of understanding the applications for AI for healthcare practice and the need for AI literacy for healthcare workers in our practice.	prioritising cases. I shared some of these insights with colleagues and discussed the importance of understanding these technologies carefully before they are used in clinical environments to ensure they are implemented responsibly and genuinely improve patient care.		
29 August 2025	Clinical Audit As part of my role, I have to conduct a clinical audit for my team across 11 clinics and send a report to the	Professional activity	0 IPEM Framework	B Professional Practice, C Personal Responsibility and Leadership,	The audit included detailed feedback for each Sonographer. Something beneficial for me personally was to see how each Sonographer reports the same findings differently. I was able to learn from Sonographers who were	The service benefited from seeing the variation of reporting patterns across our team. We were able to consolidate our learnings and discuss this as a team. We were able to	Screenshot 2026-03-09 211536.png	16.0

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	Head Office. Although, I am not able to share the report due to internal confidentiality, [REDACTED] and I am able to share some of the reflections from this audit that benefited my own practice and our service.			D Communication	reporting clearly and share the learnings with our team.	particularly improve our reporting language that related to fertility and reproductive health ultrasounds.		
21 October 2025	Information Security and Data Protection Course including UK GDPR	Formal /education	0 IPEM Framework	C Personal Responsibility and Leadership	GDPR awareness: This course made me more aware of how easily patient information can be exposed during everyday work. As a sonographer I regularly access and share ultrasound reports, so it reminded me to be more careful about how patient details are handled. For example, I now pay closer attention when sending reports through clinical systems and make sure information isn't visible on screens when others are nearby. It has helped me be more mindful about confidentiality during routine practice.	GDPR compliance: As part of the management team within our clinic network, the training helped me think more about how data protection applies across the wider service. I've started reminding colleagues about simple things like locking computers when stepping away, avoiding saving patient details outside secure systems, and being cautious when discussing cases in shared	Information security (1).pdf	1.0

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						areas. These small actions help reduce the risk of information breaches and support maintaining patient trust within the service. It also helps us stay compliant with GDPR and CQC.		
15 November 2025	Staff Team Meeting Updates As part of the management team, I develop the materials for our staff meetings and write updates based on what I have seen in our audits. In November 2025, I specifically directed our team to suggest follow-up ultrasounds when they are unsure of the presence of polyps (see screenshot of our meeting minutes attached)	Work based learning	0 IPEM Framework	B Professional Practice, C Personal Responsibility and Leadership, D Communication	I had to research the best practice for reporting uncertainty and suggesting follow up before sharing with other team members. This helped me personally as I learned how to communicate and lead my team in a clear manner.	Within our service our team has now started suggesting follow up ultrasounds when there is a suspected polyp using language such as "An echogenic area in the endometrium with ill-defined margins and some vascularity is noted. Although this appearance may be attributed to heterogeneity arising from this phase of the cycle, a polyp cannot be ruled out and a follow-up ultrasound is advised for reassessment.” This	Screenshot 2026-03-09 210614.png	1.0

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						suggested reporting language was written by me as an example of good communication between us and our clinical referrers. This has been appreciated since the update was discussed with our clinical team.		
21 December 2025	Latest Practice Guidelines by BMUS released. Standards for interpretation and reporting of imaging investigations are also updated to include guidance on AI assisted reporting. After reviewing and reflecting upon the latest guidance, I shared these with our practice team.	Self-Directed learning	0 IPEM Framework	B Professional Practice	Reviewing the updated SoR and BMUS Guidelines for Professional Ultrasound Practice (2025) alongside the updated RCR Standards for Interpretation and Reporting of Imaging Investigations (2025) helped me reflect on the evolving expectations around imaging reporting and governance. I found the new guidance on artificial intelligence particularly relevant given the increasing integration of digital tools within healthcare. The document highlights that “AI-generated content should be clearly identified as such within the report. All AI-derived contributions should be reviewed, verified and approved by	Reviewing these updated guidelines also supported improvements to clinical reporting practice within the service. The guidance highlights that earlier recommendations from the RCR (2018) outlining nine key steps in producing an imaging report have now been superseded by the 2025 Standards for Interpretation and Reporting of Imaging Investigations, which include updated guidance on AI-	2025-SoR-and-BMUS-guidelines-9th-Ed-FINAL (1).pdf ppqi_reporting-standards-guidance.pdf	3.0

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					a named human author, who is responsible for the final report. It is incumbent on the employer to provide adequate training on the use of any AI deployed locally.” As someone working clinically while also undertaking doctoral research in digital health and AI, this reinforced the importance of maintaining human oversight and professional accountability when using emerging technologies in imaging practice. I also reflected on the updated infection prevention recommendations and decontamination processes to ensure we maintain strict hygiene protocols within ultrasound clinics. In addition, the focus on patient communication, informed consent, and safeguarding responsibilities was a great addition to support human-centred patient care. These updated guidelines have helped me reflect upon my own practice.	assisted reporting. This emphasises the importance of clear authorship, structured reporting, and ensuring that any AI-supported outputs are clinically reviewed and validated by a qualified practitioner. Reflecting on this guidance reinforced the need for robust governance and training within our team on using these tools. [REDACTED] has helped me gain the qualifications to help support this within our service team.		