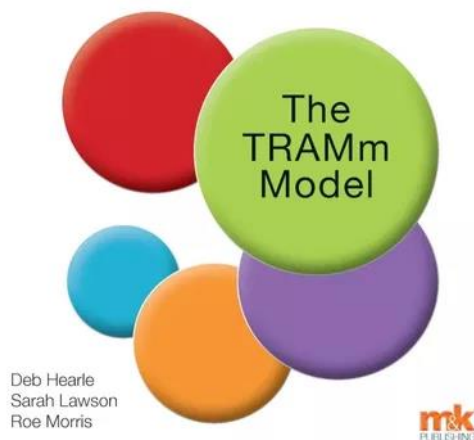


A Strategic Guide to Continuing Professional Development for Health and Care Professionals:



Our book

TRAMmCPD

Continuing Professional Development (CPD) is a personal and subjective journey, as well as a professional responsibility and mandatory requirement. In order to be effective you need to **Tell** others, **Record** and apply what you have learnt through your CPD **Activities**, **Monitor** your progress and **measure** the impact.

*Please note that the lower case 'm' is used to denote measure purely to differentiate it from Monitor. It has no significance in terms of importance

The TRAMm Model

TRAMm - **Tell**, **Record**, **Activities**, **Monitor** and **measure**. A dynamic, interactive model which encourages interaction and provides a clear framework for maintaining and recording your CPD.

TRAMm Tracker

An adaptable, effective tool for recording, monitoring and measuring your learning and CPD. Providing a continuous journey towards fulfilling the HCPC CPD Standards.

TRAMm Trail

Strategically plan and record in a little more depth the most significant pieces of your CPD.

TRAMmCPD

The TRAMm Model, TRAMm Tracker and TRAMm Trail, collectively known as TRAMmCPD, provide health and social care professionals with a framework to facilitate the journey through Continuing Professional Development (CPD).

Information about the TRAMm Model, TRAMm Trackers and TRAMm Trail are free to download from our website: www.TRAMmCPD.com

TRAMmCPD helped me to organise everything I had gathered in the last 2 years, it helped me to panic less about being part of the HCPC audit process” Band 6 Occupational Therapist

Book available

Hearle, D., Lawson, S., Morris, R. (2016) *A Strategic Guide to Continuing Professional Development for Health and Care Professionals: The TRAMm Model*. Keswick: M&K Publishing

Available from major retailers, also available in eBook format from worldwide distributors such as:

- Apple iBookstore
- Amazon Kindle Store
- Kobo

If you are a member of the Royal Occupational Therapists (RCOT) you are also able to view the book on the RCOT website - ebooks.