

Free Downloads

The TRAMm Model, TRAMm Trackers and TRAMm Trail along with further information about our work is free to download from our website:

www.TRAMmCPD.com

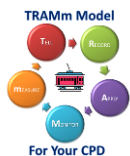
Email: Enquiries@TRAMmCPD.com

Web: www.TRAMmCPD.com

Twitter: [@TRAMmCPD](https://twitter.com/TRAMmCPD)

About Us:

We are Occupational Therapists with a passion for CPD. We are currently undertaking doctoral research beginning to provide underpinning evidence for TRAMmCPD. Ethical approval has been awarded. Updates of our progress and results of our CPD Engagement research is included on our website and in our book.



TRAMmCPD
United Kingdom



HCPC Standards for CPD 2017

1. Maintain a continuous, accurate, and up-to-date record of your CPD
2. Demonstrate your CPD activities are a mixture of learning activities relevant to your current or future practice
3. Seek to ensure your CPD contributes to the quality of your practice and service delivery
4. Seek to ensure your CPD benefits your service users
5. If selected for audit, submit written profile and evidence of own work which meets the above 4 standards

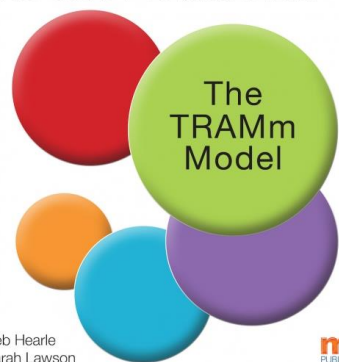
TRAMm Model



TRAMmCPD

A framework for Continuing Professional Development for health and care professionals

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



2nd Edition

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*¹ the impact.

For the latest news and information please see our website:
www.TRAMmCPD.com

¹ 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*, *Apply*, *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 is *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., and Lawson, S., (2020) *A Strategic Guide to Continuing Professional Development for Health and Care Professionals: The TRAMm Model (2nd ed)* Keswick: M&K Publishing

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

- Apple iBookstore
- Amazon Kindle Store