

KEEPING UP-TO-DATE

ICGP LIBRARY & INFORMATION SERVICE

“Clinical governance demands that all those involved in health care commit themselves to lifelong learning in order to keep up to date with the evidence that informs and supports clinical practice.” (The Buttimer Report, 2006)

WHY KEEP UP TO DATE?

Sackett found some 20 years ago that to keep up to date with internal medicine it was necessary to read 17 articles a day 365 days a year. ([BMJ](#), 2010;341)

Scholarship, one of the [Eight Domains of Good Professional Practice](#) devised by the Medical Council of Ireland, states that:

Medical practitioners must systematically acquire, understand and demonstrate the substantial body of knowledge that is at the forefront of the field of learning in their specialty, as part of a continuum of lifelong learning. They must also search for the best information and evidence to guide their professional practice.



METHODS OF KEEPING UP TO DATE

The best method to use for keeping up-to-date will depend on learning needs as well as individual preference and available time. It is recommended that a variety of learning methods should be used. There should be a mix of formal and informal learning and some should be peer-based. You can use the ICGP Professional Development Plan (PDP) template to plan your learning needs for the coming year by setting clear educational goals based on your scope of practice.

- ☒ Check out the ICGP professional competence section of the website for further PCS resources.
- ☒ Many GPs find small group learning beneficial and may find joining a CME group helpful.
- ☒ ICGP Education provide a range of continuous medical education /professional development opportunities to its members including courses, conferences, webinars and e-learning modules.

KEEPING ON TOP OF YOUR READING

□ Choose the top journals in your field of interest and scan the table of contents .e.g. BMJ, DTB, Family Practice, etc. Check out ICGP Online Journals for a range of general-practice related journals for ICGP members.

☒ Look out for summary services to ensure you are up-to-date with the latest articles .e.g. 'Recommended Reading' & 'Educational Articles for General Practice' Current Awareness Services from the ICGP Library, the Clinical Review Service in Forum and Journal Watch from NEJM, etc.

☒ Sign up to a personalised specialty site in your field .e.g. Medscape, irishhealthpro.com or Med Ed Portal.



CREATING ALERTS

□ **Search Alerts** – Signing up for MyNCBI in PubMed allows you to set up search alerts on specific topics and get the results delivered directly to your e-mail. Most databases nowadays allow you to create your own space online such as TRIP offers MyTRIP, etc. Download the App Read by QxMD to help you keep up to date in your area.

☒ **Google Alerts** allows you to monitor the web and set up alerts on any topics.

☒ **Journal Alerts** - Most journals allow you to sign up to their table of contents listing and send it direct to your e-mail.



USING WEB 2.0 TOOLS

□ **RSS Feeds** – RSS (Really Simple Syndication) is a data format to keep track of frequently changing web content. Most websites now have RSS feeds available and users register for an aggregator like My Feedly which keeps track of all the feeds.

☒ **Podcasts** - A podcast is an episodic series of spoken word digital audio files that a user can download to a personal device for easy listening. Thousands of audio programmes are free to listen to and most are available via smartphone apps through Spotify, Soundcloud, Apple, etc. **GP Works** is the podcast produced by the ICGP for and by general practitioners.