

CPD unplanned learning form – community pharmacy

1. Describe an unplanned event or activity that enabled you to learn something new or refresh your knowledge or skills.

During a medicines usage review a patient mentioned he had recently been experiencing an increased incidence of palpitations and missed heart beats. The patient was approaching 50 years, did not smoke, took moderate exercise and was not overweight. He had no previous cardiac history. His blood pressure was within the normal range. He explained that the problem came and went but had recently got worse and thought it might be linked to stress at work. He took amitriptyline daily for prophylactic management of migraine and cluster headaches and had recently increased the dose to manage the headaches. I recalled that amitriptyline might have cardiac side effects but decided to do some further research to confirm.

Online literature search:

- PJ 15th October 2014. Thomson, C and Wright, P. "Long QT syndrome"
- BMJ 29 Jan 2013:346:F288. Castro, VM et al. "QT interval and antidepressant use: a cross-sectional study of electronic health records"

The references confirmed that amitriptyline could cause long QT syndrome, symptoms including palpitations and that were dose related. I contacted the patient, informed him of my conclusions and suggested that he should be referred to his doctor for a more thorough assessment.

2. Give an example of how this learning benefited the people using your services.

This CPD benefited the patient directly. He visited his GP and was referred to a cardiologist. He was found to have some abnormalities with his ECG and was diagnosed with ectopic heartbeats, which may not necessarily have been caused by the medication but could have been exacerbated. The patient is now under the care of the cardiologist and was grateful for the advice I provided.

There is a description of the activity you took part in that enabled new learning

There is a description what you have learnt

There is a description how you have applied the learning

There is a description how the learning – once you have applied it – has benefited the people using your services, illustrated with an example