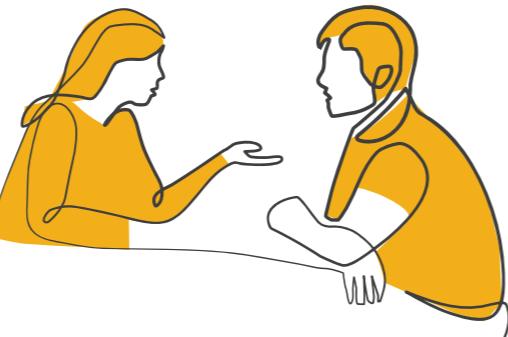


Actions for Engagement

See how each of these engagement prompts might look in practice...

PTO →



Engagement is how learning breathes — into practice, into people, into outcomes.

Purposeful February

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Review one CPD activity from 2024 and note the biggest shift it created.

3

Ask a colleague what CPD they are prioritising this year.

4

Look up one conference abstract list and note a topic gap you want to fill.

5

Block out 30 minutes this week for CPD planning.

6

Apply one small change based on last year's learning.

9

Read one research update related to adherence or behaviour change.

10

Commit to one conference, workshop, or online learning module.

11

Identify an industry partner who could support product understanding.

12

Explain treatment options using fewer, clearer choices.

13

Identify one barrier to CPD and one practical workaround.

16

Contact a professional association regarding CPD requirements or tools.

17

Trial a structured approach to patient education.

18

Reflect on learning that improved your effectiveness this week.

19

Scan titles from recent systematic reviews in lymphoedema or lipoedema.

20

Choose one clinical skill to actively improve over the next six weeks.

23

Add one CPD-related expense to your 2026 budget.

24

Consider your preferred learning style.

25

Check for a guideline or consensus update this quarter.

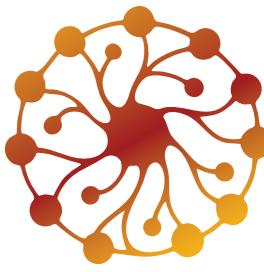
26

Share a useful learning resource with someone else.

27

Trial a short micro-audit focused on one outcome.

Creating space for learning to evolve, connections to form, and practice to continually strengthen.



Engage with intention, learn with purpose, and watch your practice evolve in 2026

MONDAY

2
Recognise that learning about garment alternatives improved clinical decision-making.

TUESDAY

3
Send a short message asking, "What's one course or topic you're excited about this year?"

WEDNESDAY

4
Identify a need to strengthen skills in compression customisation.

THURSDAY

5
Create a calendar event titled "2026 CPD focus check-in."

FRIDAY

6
 *Use BIS results to support personalised care planning, not dictate it*

9
 *Note evidence suggesting therapist confidence influences patient adherence.*

10
Register for an ALA session or save the registration link.

11
Email a representative to request an updated compression comparison resource.

12
 *Present two appropriate options, such as circular-knit or flat-knit.*

13
Acknowledge time constraints and trial 15-minute micro-learning sessions.

16
Download and review the ALA CPD record template.

17
Present three benefits of treatment and one clear patient commitment.

18
Notice that offering fewer choices led to stronger patient engagement.

19
 *Save one relevant article for later reading.*

20
 *Set a goal to increase confidence in limb staging accuracy.*

23
Allocate a monthly education allowance.

24
Identify that live webinars support retention better than reading alone.

25
 *Flag a recent compression consensus statement for review.*

26
Forward an article with a note saying, "Thought this might be useful."

27
Track patient-reported garment comfort over two weeks.

These examples illustrate practical ways engagement may show up in day-to-day practice. Adapt them to suit your patients, setting, and role.



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