

## ON PAPERS

### Registration Appeals Committee (CPD Appeal)

23 June 2026

**Name:** ARYAL, Sushma

**Registration number:** 208311

**Case number:** CAS-214315-K5F3C6

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**General Dental Council:** Lauren Francis, ILAS (not present)

**Registrant:** Not present and not represented

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**Outcome:** Appeal dismissed

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**Committee members:** Marnie Hayward (Chair, Dental Care Professional)  
Amit Jinabhai (Lay)  
Robin Barber (Dentist)

**Legal Adviser:** Jenny Appleton

**Committee Secretary:** Lola Bird

**At this meeting the Committee made a determination that includes some private information. That information has been omitted from this public version of the determination, and this public document has been marked to show where private material has been removed.**

1. This is an appeal before the Registration Appeals Committee. The appeal is against the decision of the Registrar of the General Dental Council (GDC) to erase Miss Aryal's name from the Register for apparent non-compliance with the statutory Continuing Professional Development (CPD) requirements.
2. The proceedings are being held in accordance with the terms of the *General Dental Council (Registration Appeals) Rules Order of Council 2006*, ('the Registration Appeal Rules'), pursuant to Schedule 4A of the *Dentists Act 1984 (as amended)* ('the Dentists Act').
3. The appeal is being conducted remotely by Microsoft Teams video-link.

**Decision to conduct the appeal in the absence of the registrant and on the papers**

4. Neither party is present today. The Committee accepted the advice of the Legal Adviser that under Rule 4 of the Registration Appeal Rules, an appeal can be conducted without a hearing by way of a meeting.
5. The Committee noted that conducting an appeal on the papers in the absence of both parties is the default position of the GDC, unless an appellant requests an oral hearing. Having considered the documents provided, the Committee was satisfied that Miss Aryal made no such request.
6. The Committee further took into account that in accordance with Rule 5 of the Registration Appeal Rules, notification of this appeal was sent to Miss Aryal by Recorded Delivery and by secure email on 20 May 2026. Miss Aryal was also sent a copy of the appeal papers, including the written case summary provided by the GDC in respect of these proceedings dated 30 April 2026.
7. The Committee bore in mind that there is no requirement within the Registration Appeal Rules for the GDC to prove receipt of the notification. However, it noted that in an email dated 27 May 2026, Miss Aryal acknowledged receipt of the convening notice for this appeal and the relevant papers.
8. The Committee was satisfied on the basis of all the information before it, that it was appropriate to consider today's appeal by way of a meeting in the absence of either party and on the papers.

### **Decision on application to hold part of this meeting in private**

9. The Committee noted the written submission of the GDC in Part A of its case summary that this meeting should be held partly in private. The GDC submitted that:

*“Rule 14(1) of the General Dental Council (Registration Appeals) Rules Order of Council 2006 provides that the Committee shall hear an appeal in public unless they are satisfied that, in the interests of justice or for the protection of private or family life of the appellant or of any other person, the public should be excluded from all or part of the hearing.*

*The Council submits that part of this appeal hearing be conducted in private, as there are matters relied upon by Miss Aryal which relate to her private and [family] life ...”.*

10. Having considered the GDC’s submission and having accepted the advice of the Legal Adviser regarding its discretion under Rule 14(1) to hold a meeting fully or partly in private, the Committee acceded to the application. It was satisfied that it would be appropriate for details relating to Miss Aryal’s private and family life to be kept confidential.

11. The Committee’s consideration of this appeal has taken place on the papers without any members of the public present. However, the Committee determined that, in the circumstances, it would produce both a private and suitably redacted public version of its determination for the protection of Miss Aryal’s private and family life.

### **Summary of the legal framework**

12. The Committee had regard to the legal framework in respect of this appeal, as set out in Part B of the written case summary provided by the GDC. The Committee noted the relevant provisions, as contained in the Dentists Act and the *General Dental Council (Continuing Professional Development) (Dentists and Dental Care Professionals) Rules 2017* (‘the CPD Rules’).

13. The CPD Rules set out the CPD requirements placed on dental care professionals and the steps that the GDC shall take in respect of registrants’ compliance and non-compliance with those requirements.

14. The CPD Rules came into force on 1 January 2018 and took effect in respect of dental care professionals on 1 August 2018.

15. In accordance with Rule 1, a ‘CPD cycle’ means, in respect of a dental care professional, a period of five years beginning on 1 August following the date the dental care professional is first registered and each subsequent period of five years. A ‘CPD year’

means, in respect of a dental care professional, a period of 12 months beginning on 1 August in any calendar year.

16. Rule 2(5)(b) of the CPD Rules states that a practitioner, who is not a temporary registrant, must undertake at least 10 hours of CPD during each period of two consecutive CPD years (including any such two-year period which spans over more than one CPD cycle).

17. Rule 3 provides the requirement that a practitioner must maintain a written record of all CPD that the practitioner plans to undertake and has undertaken during the CPD cycle.

18. Rule 4 of the CPD Rules states that for each CPD year, a practitioner must submit to the Registrar a statement which confirms the number of hours of CPD undertaken during that corresponding year or, if the practitioner has not undertaken any CPD in that CPD year, confirmation that no CPD has been undertaken. The practitioner must also confirm in this statement that they have kept a CPD record, that the CPD undertaken (where applicable) was relevant to the practitioner's field of practice and declare the information in their statement is full and accurate. This statement must be completed within 28 days of the end of that CPD year.

19. Rules 6 and 7 prescribe various notification requirements under which the Registrar may require a practitioner to, among other things, submit their CPD record and/or provide evidence of their compliance with the CPD requirements.

20. Rule 8 provides that the Registrar "*may erase the practitioner's name from the Register*" in circumstances where the practitioner has either failed to comply with a notice sent under Rule 6 or 7, or where the Registrar is not satisfied from the response provided by the practitioner that they have met the CPD requirements and/or other related obligations under the Rules.

21. Miss Aryal has appealed the Registrar's decision that she failed to provide a compliant CPD record demonstrating that she had met the minimum requirement of 10 CPD hours for the two-year period 1 August 2023 to 31 July 2025. Miss Aryal's record showed that her CPD remained deficient for the relevant period because:

- a. She had not provided an activity log
- b. She was outstanding 7 hours of verifiable CPD.

### **Summary of the factual background**

22. The factual background relied upon by the GDC in respect of this appeal is set out at Part C of its case summary. This is that Miss Aryal first registered with the Council as a dental care professional, with the title dental nurse, on 24 May 2011. Therefore, in accordance with Rule 1 of the CPD Rules, Miss Aryal's current CPD cycle began on 1 August 2021 and ends on 31 July 2026.

23. Between 22 May 2025 and 28 August 2025, Miss Aryal was sent several reminders by the GDC, including by post, email and SMS, to notify her that her CPD year was coming to an end. Miss Aryal was reminded that she would need to have completed at least 10 hours of CPD over the last two years. Also, that she was required to submit her CPD statement to the GDC by 28 August 2025. Miss Aryal was notified that if she failed to submit a compliant CPD statement by that date, her registration may be put at risk.

24. On 25 September 2025, the GDC sent a notice under Rule 7 to Miss Aryal by recorded delivery to her registered address. The notice stated that further to the Council's reminders, Miss Aryal did not complete her CPD submission for the cycle year 1 August 2024 to 31 July 2025 by the deadline of 28 August 2025. Miss Aryal was informed that by not complying with the CPD requirements for this period her registration and her ability to practise had been put at risk. Miss Aryal was required to make her CPD statement by 23 October 2025.

25. On 26 September 2025, Miss Aryal submitted an annual CPD statement for the 2024 to 2025 CPD year, declaring that she had completed 0 verifiable CPD hours. She also telephoned the GDC on this date and was advised to email the GDC's CPD team, as she had mentioned having exceptional circumstances.

26. On 28 September 2025, the GDC received an email from Miss Aryal, in which she stated that:

*"I wanted to inform you that due to personal and family circumstances, I was not working last year and, as a result, was unable to complete my CPD requirements.*

*However, I am now in a position to resume my professional activities and am fully committed to completing all the relevant CPD documentation as soon as possible this year".*

27. On 29 September 2025, an Operations Officer on behalf of the GDC responded to Miss Aryal stating that:

*"Upon review of your record, I can see that you have now made your annual 2024-2025 CPD statement and declared 0 hours, as you have previously declared 3 hours in 2023-2024, this is not enough to meet the 10 over 2 consecutive years requirement.*

*We would encourage that you ensure when making your declaration you have included all internal and external CPD activities you have completed during this cycle year.*

*If you are unable to make a compliant statement, you must await further communication from the General Dental Council in due course”.*

28. On 7 October 2025, the GDC received a further email from Miss Aryal stating that:

*“[PRIVATE]. ...I have done my CPD till July 2023 and after that I experienced some difficulties that prevented me from completing the required CPD hours.*

*I kindly ask for your understanding of my circumstances. I have now [resumed] my professional duties and completed CPD for this year...”*

29. On 8 October 2025, an Operations Officer on behalf of the GDC responded to Miss Aryal asking her to await further communication from the Council. In the meantime, Miss Aryal was encouraged to “*collate your 01 August 2023 – 31 July 2025 CPD record, including your PDP and activity log relating to those cycle years*”.

30. On 5 November 2025, the GDC sent a notice under Rule 6 to Miss Aryal by recorded delivery to her registered address. The notice stated that, although Miss Aryal had submitted a CPD statement to the Council, she had not declared enough hours to meet the requirement to complete a minimum of 10 hours of CPD over two consecutive years. It was noted that she had submitted an annual CPD statement of 3 verifiable hours for the 2023 to 2024 CPD year and an annual CPD statement of 0 verifiable hours for the 2024 to 2025 CPD year.

31. The Rule 6 notice further stated that if Miss Aryal wished to retain her registration, she should submit her CPD record to the Registrar by 3 December 2025 in order to demonstrate that she had met the requirement. Miss Aryal was asked to let the GDC know if there were any reasons or exceptional circumstances that meant she was unable to submit a compliant statement. She was informed that if the Council did not receive a response to the Rule 6 notice or if her response was unsatisfactory, she may be erased from the Register.

32. On 25 November 2025, the GDC received a letter from Miss Aryal enclosing supporting CPD evidence. The letter stated that Miss Aryal had experienced ‘*significant personal circumstances which affected [her] ability to complete CPD within the expected timeframe*’. She detailed [PRIVATE], during which time she was not practising as a dental nurse. This extended period of time away from work limited her ability to undertake CPD activities during the relevant period.

33. That same day, on 25 November 2025, an Operations Officer on behalf of the GDC, emailed Miss Aryal requesting available evidence in relation to the personal circumstances she mentioned. On 1 December 2025, Miss Aryal provided a number of documents to the Council.

34. On 9 December 2025, the GDC sent a Rule 8 notice to Miss Aryal's registered address by recorded delivery. This notice confirmed that Miss Aryal had failed to provide a compliant CPD record demonstrating that she had met the minimum requirement for the period 1 August 2023 to 31 July 2025. Miss Aryal's record showed that her CPD remained deficient for the relevant period because:

- a. She had not provided an activity log
- b. She was outstanding 7 hours of verifiable CPD.

35. The Rule 8 notice detailed that the evidence Miss Aryal had provided in respect of her personal circumstances had been considered and the guidance on the registrar's discretion to erase for CPD non-compliance was applied. In summary, the Register identified the following factors:

- The events Miss Aryal described were not exceptional personal circumstances beyond her control.
- The CPD scheme does not require professionals to undertake CPD in every year of their cycle but requires practitioners to undertake at least 10 hours of CPD during each period of two consecutive CPD years. This means a registrant taking a period of leave from practice can remain compliant by completing their required 10 hours of CPD in years either side of their leave.
- If you are registered with the GDC, you must continue to do CPD even if you are not currently working for any reason. If you wish to remain registered, you will need to continue to meet your CPD requirements during your leave period. This is because CPD is a legal requirement of registration.

36. The Registrar's decision was to remove Miss Aryal's name from the Register for non-compliance with the CPD Rules. Miss Aryal was notified that unless an appeal was submitted, the Registrar's decision would take effect on 8 January 2026.

37. On 5 January 2026, the GDC received a Notice of Appeal (NOA) from Miss Aryal, in which she confirmed that she wished to appeal the decision to remove her name from the Register. She also provided supporting documents, [PRIVATE].

38. On 6 January 2026, Miss Aryal's CPD evidence was assessed by a GDC Operations Officer. Miss Aryal was deemed to be non-compliant with her CPD requirements on the basis that she had 7 hours of verifiable CPD outstanding for the period 1 August 2023 to 31 July 2025. It was confirmed that, as of 6 January 2026, Miss Aryal had completed 3 hours of verifiable CPD between 1 August 2023 to 31 July 2025.

## Submissions

39. Within her NOA, Miss Aryal stated:

- that at the time of the Registrar’s decision her CPD was incomplete for the relevant period, and that she took full responsibility for the deficiencies.
- that the decision to erase her name from the Register was disproportionate in the circumstances and that insufficient weight had been given to her remediation, insight, and the absence of any risk to the public.
- [PRIVATE].
- [PRIVATE].
- she had taken immediate steps of remediation and completed 58 hours of verifiable CPD.
- that the Registration Appeals Committee should allow her appeal and substitute the decision to erase her name from the Register with a proportionate alternative that enables her to demonstrate remediation and continued compliance while maintaining public protection and confidence in the dental profession.

40. In Part D of its case summary, the GDC submitted that *“It is the Registrar’s position that Miss Aryal is non-compliant with the CPD requirements because she has failed to provide a CPD record demonstrating that she has completed the minimum requirement for the period 1 August 2023 to 31 July 2025, in accordance with Rule 2”*. It was submitted that Miss Aryal was reminded on numerous occasions of the need to complete her CPD.

41. The GDC disagreed that Miss Aryal’s non-compliance does not create public protection risk, submitting that *“The purpose of the CPD requirements is to ensure that registrants are, at all times, appropriately educated and trained to provide safe care to the public. Compliance with CPD is mandatory for all dental professionals and is a requirement for their continued registration”*. The GDC further stated that *“The requirement to complete CPD is based on a registrant’s registration rather than their employment. All registrants should be aware that if they are taking a period of absence from work, ... and wish to maintain their registration, they are required to meet all necessary CPD requirements.”*

42. The GDC noted that Miss Aryal had provided additional information within her NOA to support her submission of exceptional circumstances. This additional information was not available to the Registrar at the time of the Rule 8 notice. The GDC invited the Committee

to consider whether the additional information altered the position, such that it may be considered that there are exceptional circumstances in this case.

### **The Committee's decision on the appeal**

43. The Committee had regard to the documentary evidence before it today. It took account of the written submissions made by Miss Aryal in her NOA, along with the supporting documentation she provided. The Committee also considered the written submissions of the GDC in its case summary. The Committee heard and accepted the advice of the Legal Adviser in relation to the rules and guidance relevant to its decision-making.

44. The Committee took into account that it is not disputed by Miss Aryal that she failed to meet her CPD requirements. She acknowledged in her NOA that she had a shortfall of 7 hours of verifiable CPD for the two-year period 1 August 2023 to 31 July 2025, having only completed 3 hours of verifiable CPD. Miss Aryal also accepted that she had not submitted a compliant Activity Log to the GDC. She stated that she took full responsibility for these deficiencies, and the Committee noted that she has since undertaken a significant amount of CPD in an attempt to remedy the position.

45. However, the CPD Rules are clear. The requirement is that a minimum of 10 hours of verifiable CPD should be completed during each period of two consecutive CPD years. There is no power to waive the CPD Rules, regardless of evidence of insight and remediation. CPD undertaken outside of the two-year period 1 August 2023 to 31 July 2025 cannot be accepted to make up the identified shortfall.

46. Notwithstanding this, the Committee took into account that the Registrar does have a discretionary power not to erase a registrant if it appears there are exceptional circumstances which justify allowing the registrant to remain on the Register despite their failure to meet their CPD requirements. The Committee noted that Miss Aryal raised in her appeal some personal and family circumstances that she said impacted on her ability to complete her CPD hours over the period in question. Accordingly, the Committee had regard to and applied the GDC's '*Guidance on the Registrar's Discretion to Erase for CPD Non-Compliance (May 2025)*' ('the Guidance').

47. [PRIVATE].

48. [PRIVATE].

49. Therefore, whilst the Committee sympathises with the difficulties referred to by Miss Aryal in her NOA, it was not satisfied that there is sufficient evidence in this case to demonstrate exceptional personal circumstances such that the discretion not to erase her name from the Register should be exercised.

50. Accordingly, the appeal is dismissed. It is open to Miss Aryal to apply for the restoration of her name to the Register in accordance with the GDC's current guidance.
51. The outcome of this appeal will be confirmed to Miss Aryal in writing.
52. That concludes this determination.