



University College of Osteopathy

Continuing Professional Development

Participated in the 7-hours CPD online learning with others

'Mental Health Awareness for Healthcare Professionals CPD course' on
25 June 2022

Certified by:

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Vice Chancellor



University College of Osteopathy

Mental Health Awareness for Healthcare Professionals- 25 June 2022

Summary of Osteopathic Practice Standards and other CPD elements covered

- A) Communication and patient partnership A1, A2, A5,
- B) Knowledge, skills and performance B2, B3
- C) Safety and quality in practice C1, C4, C6
- D) Professionalism D2, D10, D11

Learning outcomes

- Recognise the early signs and symptoms of mental ill-health
- Be able to provide initial help to stop mental ill health from worsening
- Signpost the person towards appropriate professional help
- Have the tools to break the stigma of a mental health problem
- Be mindful of their own wellbeing with self-care tips

Reflection

- What were your reasons for undertaking the activity?
- What knowledge and skills did you gain?
- What impact is this activity likely to have on your practice as an Osteopath?
- Has the activity highlighted any other learning needs and if so how will these be addressed?
- Overall reflection