

CPD EVENT RECORD

HANDLING IMPOSTOR SYNDROME

with Serena Simmons CPsychol

Live Event:
Learning
With Others

Impostor Syndrome is a common phenomenon, and is not limited to the young or newly qualified. However, it is not recognised as a disorder in medical circles.

Creating the right culture in the workplace, one that is open and collegiate, was identified as a first step in helping handle the problem in colleagues. The value of "supervision" or mentoring was emphasised, as was the idea of case-sharing as part of a discussion group.

A distinction was drawn between anxiety, a measure of which can be helpful, and impostor syndrome proper, which can be very destructive.

Chiropractic Code 2016

A Put the health interests of patients first

A1 A2 A3 A4 A5 A6 A7

C Provide a good standard of clinical care and practice

C1 C2 C3 C4 C5 C6 C7 C8 C9

E Obtain informed consent for all aspects of patient care

E1 E2 E3 E4 E5 E6 E7

G Maintain, develop and work within your professional knowledge and skills

G1 G2 G3 G4 G5 G6

B Act with honesty & integrity. Maintain the highest standards of professional/personal conduct

B1 B2 B3 B4 B5 B6 B7 B8 B9

D Establish and maintain a clear professional relationship with patients

D1 D2 D3 D4

F Communicate properly and effectively with patients, colleagues and other healthcare professionals

F1 F2 F3 F4 F5 F6

H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that
Robert Richardson
participated in this CPD event


S L BRUCE, APM Director

90
minutes

Learning with Others
Live, online discussion
16th May 2023

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed:

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

B1 B2 B3 B4

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6
D7 D8 D9 D10 D11 D12

Objective Activity: None
Communication & Consent: No


Academy
of PHYSICAL MEDICINE

Evaluation, Reflection and Impact on Practice (this part of the certificate is **not** automatically generated - it has been entered by the participant)

This discussion helped me understand how I can ensure that practitioner mental health issues can be addressed in my practice. Recognising and gaining a little insight into the potential problems will help me create a supportive environment, leading to better better outcomes all round.