

CPD EVENT RECORD

HANDLING IMPOSTOR SYNDROME

with Serena Simmons CPsychol

Recording:
Learning
by Oneself

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.

<h3>Chiropractic Code 2016</h3> <div> A Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7 </div> <div> B Act with honesty & integrity. Maintain the highest standards of professional/personal conduct B1 B2 B3 B4 B5 B6 B7 B8 B9 </div> <div> C Provide a good standard of clinical care and practice C1 C2 C3 C4 C5 C6 C7 C8 C9 </div> <div> D Establish and maintain a clear professional relationship with patients D1 D2 D3 D4 </div> <div> E Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7 </div> <div> F Communicate properly and effectively with patients, colleagues and other healthcare professionals F1 F2 F3 F4 F5 F6 </div> <div> G Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6 </div> <div> H Maintain and protect patient information H1 H2 H3 H4 H5 H6 H7 </div>	<h3>Certification</h3> <p>This certificate confirms that</p> <p>participated in this CPD event</p>  <p>S L BRUCE, APM Director</p> <div> 90 minutes </div> <p>Learning by Oneself Recorded</p> <h3>Confirmation</h3> <p>I confirm that this is an accurate reflection of my learning during this event.</p> <p>Signed:</p>	<h3>Osteopathic Practice Standards 2019</h3> <div> A Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 </div> <div> B Knowledge, skills and performance B1 B2 B3 B4 </div> <div> C Safety and quality in practice C1 C2 C3 C4 C5 C6 </div> <div> D Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12 </div> <p>Objective Activity: None Communication & Consent: No</p> 
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Evaluation, Reflection and Impact on Practice (this part of the certificate is **not** automatically generated - it has been entered by the participant)