

CPD EVENT RECORD

MENTAL HEALTH AND COVID 19

with Dr David Crepaz-Keay

Recording:
*Learning
by Oneself*

Evaluation, Reflection and Impact on Practice:

This discussion examined the effects of the coronavirus pandemic and subsequent lockdown on mental health in the UK. Dr Crepaz-Keay cited a number of reports showing how the stress of the situation had affected different groups to differing degrees. He also explained the importance of appropriate language in communicating with people suffering mental health problems and gave guidance on how to broach what for many people is a very sensitive subject. He stressed that, contrary to popular belief it is important to talk to potentially suicidal individuals about their thoughts - it does not increase the likelihood of them committing suicide. He also mentioned how many people have an exaggerated view of the effects of the virus and can be helped by reassurance that things are not as bad as they imagine.

On reflection, it is clear that the mental health of many of my patients could be adversely affected by the pandemic. This discussion has given me some simple tools to provide them with help, and has made me aware of resources which are available for those who are suffering.

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

participated in this CPD event



S L BRUCE, APM Director

Date:

90 minutes
Learning by Oneself
Recorded

Academy
of PHYSICAL MEDICINE

Confirmation

I confirm that the figure shown accurately reflects the time spent by me on 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: Ye