

CPDWorks

Welcome to our Summer 2011 Newsletter

www.cpdforalliedhealth.org

Update

Welcome to the Summer Quarterly Newsletter for CPDWorks keeping you up-to-date with the presentations and resources available to you through CPDWorks. Since the Spring Newsletter I have given a number of scheduled presentations around Victoria and have met a number of “unsung heroes” who I would like to acknowledge. These include the allied health practitioners who request presentations and organise CPD venues, as well as other support people involved at the venues on the day ensuring the events go ahead as smoothly as possible. I also want to recognise Katie Dopheide, the CPDWorks Administrator, who does such a great job in supporting these people in the process of planning and promoting each event.

In addition to my travels I have been mapping the existing and future potential scope of CPDWorks. This has involved outlining CPD topics and formats that relate to competencies required by rural allied health professionals at various levels. I have sought input from allied health representatives about the scope document, a process that will continue into 2012. The feedback received so far has been very helpful in clarifying and prioritizing the potential directions for CPDWorks. Uppermost in my mind in all things have been the twin aims of the program – to increase access to relevant continuing professional development for rural and regional allied health professionals in Victoria (and beyond, through the web site) and to decrease the professional isolation of practitioners, (i.e. to build professional networks) both face-to-face and online.

Rural Mental Health

With both aims in mind, I would like to draw your attention to our discussion forums online. In particular, there has been recent interest expressed by several individuals in forming a network for allied health professionals in rural mental health with the desire to share resources, support and information. If this is relevant to you, please follow the link: <http://www.cpdforalliedhealth.org/forums/mental-health/> (login required) and take this opportunity to help build and participate in a supportive network that you can access in a time and place that suits you.

To all CPDWorks subscribers: Katie and I wish you a safe and happy Christmas. We thank you for your interest and involvement in the CPDWorks program throughout 2011 and look forward to working with you in 2012.

Best Wishes

Annette

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WHO WE ARE

CPD for Allied Health supports and supplements the educational needs of allied health professionals and those who work with them, particularly in rural and regional Victoria. It is free and open to all allied health professionals in rural and regional Victoria: physiotherapists, occupational therapists, speech pathologists, psychologists and other professionals working in areas of allied health. The program has been funded by the Department of Health in Victoria to improve recruitment and retention of the rural allied health workforce. Professionals in the metropolitan area, whilst unable to have presentations delivered in person, do have access to the program online.

The online program is also accessible in a number of states in Australia. We aim to be a leader in the delivery of online learning for allied health professionals, with professional development that complements that offered by the professional associations for their respective disciplines. Online training with CPD for Allied Health can support your professional development and help to improve patient outcomes.

HOW TO PARTICIPATE

Joining our learning network of allied health professionals and CPD experts is as simple as registering on our website at: www.cpdforalliedhealth.org. Click the 'Sign up now' link on the home page and complete your details. You will be emailed a password on completion. Please ensure you also fill in the pre-program survey so we can tailor future presentations to meet your needs.

Registration will give you:

- ❖ Immediate access to our online training resources and past presentations in a range of formats
- ❖ Previews of and the chance to register for forthcoming sessions, attending in person or by videoconference where available
- ❖ A link to other allied health professionals across the State through session-specific discussion boards

UPCOMING FREE PRESENTATIONS IN VICTORIA FOR ALLIED HEALTH PROFESSIONALS

Date: 7 February 2012

Presentations:

Stress Management for Allied Health Practitioners
Conflict Resolution

Venue: TBA, Mildura

Time: 10.00am to 3.30pm

Book online at www.cpdforalliedhealth.org or phone Katie Dopheide 03 5551 8448 or email katie.dopheide@greaterhealth.org

Cost free, lunch will be provided

Date: 8 February 2012

Presentations:

Working in Teams
Leadership in the Allied Health Professions

Venue: TBA, Mildura

Time: 10.00am to 3.30pm

Book online at www.cpdforalliedhealth.org or phone Katie Dopheide 03 5551 8448 or email katie.dopheide@greaterhealth.org

Cost free, lunch will be provided

Date: 17 May 2012

Presentations:

Stress Management for Allied Health Practitioners
Time Management for Allied Health Practitioners
Teaching Adult Learners

Venue: TBA, Newtown

Time: 9.00am to 3.45pm

Book online at www.cpdforalliedhealth.org or phone Katie Dopheide 03 5551 8448 or email katie.dopheide@greaterhealth.org

Cost free

REQUESTING PRESENTATIONS TO BE DELIVERED IN YOUR LOCAL WORK AREA ON REQUEST AT NO COST (IN VICTORIA)

PRESENTATIONS AVAILABLE:

Please note that the range of presentation and workshop topics available are in the process of some revision. Some formats (e.g. session durations) may change and content may differ from what is listed here. Again, please contact Katie Dopheide in the first instance to request presentations and to confirm topics and session times while we are in this process. Some topics naturally complement others in the list. If you are interested in requesting more than one presentation recommended accompaniments for each topic are listed.

Stress Management for Allied Health Practitioners (2.0 Hours)

Stress, burnout and compassion fatigue – all issues for allied health professionals to be aware of in their own practice. This workshop introduces the concept of stress and specifically stress in the workplace. It discusses when stress is motivating and/or debilitating and its effects on individuals and workplaces. Both organisational and individual strategies for dealing with stress are discussed and participants are encouraged to develop their own stress management protocol.

Time Management for Allied Health Practitioners (2.0 Hours)

We often feel as if there are not enough hours in the day for all we need to do and to lose our own sense of what we need to achieve in our work. This workshop is aimed at considering various obstacles to effective time management before discussing various approaches for reigning in our use of time. These include various ways of prioritising, scheduling and executing tasks, delegation and the importance of knowing when to say “No”. This is recommended to be presented in conjunction with “Stress Management for Allied Health Professionals”.

Conflict Resolution (2.5 Hours)

Effective communication can often be blocked by conflict in the workplace and yet conflict has the potential to be a creative force if managed well. This workshop looks at what makes conflict “constructive” in some cases and “destructive” in others. It discusses several different approaches to conflict resolution and when each is more likely to be effective. As destructive criticism is a common source of conflict at work, the workshop also provides guidelines on how to give and receive feedback effectively.

Emotional Intelligence (2.5 Hours)

Emotional development and reflection are vital aspects of effective clinical practice. While there is some debate in the research literature over the actual nature and measurement of emotional intelligence, the concept has much to offer allied health professionals in terms of identifying social and emotional competencies that can enhance practice. These competencies include self-awareness, self-regulation, motivation, empathy and social skills. This workshop describes emotional intelligence competencies and participants are encouraged to reflect on their use of these. Guidelines are provided for incorporating emotional intelligence into practice.

Leadership in the Allied Health Professions (2.0 Hours)

Leadership is defined here as a process whereby an individual influences a group of individuals to achieve a common goal. Leadership models are introduced and discussed. This workshop acknowledges that leadership is not merely the domain of a few, but is distributed and evident in individuals throughout organisations through a number of roles and behaviours. Participants reflect on and discuss relevant leadership roles, behaviours and models for the allied health professions.

Working in Teams (3.0 hours)

Whether multi-disciplinary, interdisciplinary or intra-disciplinary - allied health practitioners work within a variety of teams to achieve their work goals. This workshop looks at team functions and processes, team roles and responsibilities, communication and decision-making.

NB:

Please note that a combination of four of the above presentations can be presented as a two-day personal development event.

The following presentation is recommended to be delivered together as a one-day event:

Encouraging Self-Management Models in Health (2.5 Hours)

Chronic conditions represent a major health challenge for Australia in the 21st Century. Self-management models involve health professionals equipping their clients/patients with the skills and knowledge to manage their condition. This presentation outlines the theory and research behind the use of self-management models. Characteristics of self-management programs are discussed and several self-management programs and approaches are briefly introduced. Participants are encouraged to reflect on their own practice and to discuss models of health care provision.

AND**Motivational Interviewing to Support Self-Management Models in Health (3.0 Hours)**

Motivational interviewing is a way of facilitating client/patient willingness to change by exploring and resolving ambivalence about change. It is a form of guiding and is appropriate when health professionals are working collaboratively with their patients to identify solutions to problems and/or to make lifestyle changes. This presentation outlines the spirit and principles of motivational interviewing and introduces motivational interviewing skills and tools. There are opportunities for participants to practice basic skills. Please note that this presentation is at an introductory level.

Currently in planning and preparation for 2012:**Teaching Adult Learners**

Allied Health Managers: The effective orientation and socialisation of new staff (2.5 Hours)

Leadership for Senior Allied Health Practitioners: Leading others, leading the profession, self-leadership. Recommended as a one- day event.

HOSTING A PRESENTATION

Our program also offers free presentations to rural and regional Allied Health Professionals throughout Victoria. At present, interested parties liaise with *CPDWorks* staff to discuss topics of interest, from the list of available presentations in their areas, and from then plan dates and times for these presentations to be delivered. There is a minimum of 12 participants required at these, however there is no maximum number as this depends on the venue that the organisation has. The cost to the organiser is usually morning and afternoon tea, supplying lunch is entirely up to the organiser if they would like to. Often the flyer will say 'BYO lunch or available at nearby venue'.

INTERSTATE SITE USERS

The full presentation and slides of CPD events can be accessed via the internet site, after the presentation has occurred. Consider gathering your colleagues together to watch a presentation and benefiting from setting aside some dedicated time to learn and share what you know with colleagues far and near. In doing so, topical conversation can be generated that is valuable to everyone. Viewing the presentations as a group also helps to lock in a committed time for group learning and this will ensure that you and your colleagues earn important CPD points.

VIDEOCONFERENCING

Please note that we are currently revising our videoconferencing program.

The Greater Green Triangle University Department of Rural Health's *CPDWorks* aims to support the educational needs of allied health professionals in Rural and Regional Victoria.

