

**Welcome to February's edition of the QU-H CPD-HP newsletter**, our monthly publication to update the healthcare community of our latest CPD activities and an opportunity to connect with local & international partners.

## Chair's update



Over the following months, the QU Health CPD department will be working diligently to deliver a series of targeted CPD activities to support your learning needs.

We intend that these activities will help you become more effective in the workplace, advance your careers, and leads to increased knowledge and confidence in yourselves.

Be assured, that while we deliver CPD remotely, we are eager to invite your participation and feedback to inform what we do in supporting your learning.

## Recent QU-H CPD-HP activity

The QU Health CPD team continue to look for ways to work with local stakeholders to optimize the service they provide. Over the past 2 months, the team has lead on a project that aims to systematically search the published literature and identify approaches to conducting learning needs assessment for the purpose of informing CPD. This exciting project is now in its final stages, and we look forward to sharing our findings with you.

We also plan to utilize the findings to refine future approaches we adopt in our needs assessment activities, with the aim of further targeting CPD content to meet your specific needs.

## Upcoming QU-H CPD-HP activities

This month sees the beginning of our exciting Spring semester offering of CPD activities, we will be delivering 2 exciting and highly relevant CPD series: Ethics in Health Delivery (3-part series Feb 14-21) and Diabetes Care and Management (6-part series Feb 23-Apr 6). Both series have been carefully developed to meet the local learning needs and will be delivered by teams of local and international experts.

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*The top experts in the world are ardent students. The day you stop learning, you're definitely not an expert.*

Brendon Burchard. #1 New York Times best-selling author

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## 5 top tips for managing your CPD activities



Joyce Moawad, Clinical Coordinator & Teaching Assistant in the Human Nutrition Department, QU Health shares her **5 top tips on how to manage your CPD activities.**

*There are currently many CPD sessions offered by various accredited educational & healthcare bodies; however, you need to identify the most relevant CPD activity for you by implementing the following tips:*

1. **Conduct a genuine self-assessment** of your current portfolio and compare it with your previous and future professional goals
2. **Specify your needs, opportunities, weaknesses, and threats** in your workplace and profession.
3. **Manage your time** and attend CPD activities that best match your needs and positively influence your professional career. Such activities should update and fill the gap in your knowledge in order to compliment your career aspirations and achievements simultaneously.
4. **Continuously monitor your progress**, through attending CPD sessions, against your goals and professional development.
5. **Regularly record your CPD and reflect** what you have learned in your daily career.



Sun 14 <sup>th</sup> Feb 6- 8pm	<b>Ethics in Healthcare Delivery Series part 1:</b> Introduction to medical ethics
Tues 16 <sup>th</sup> Feb 6- 8pm	<b>Ethics in Healthcare Delivery Series part 2:</b> Genetics, genomics and Islamic ethics.
Sun 21 <sup>st</sup> Feb 6- 8pm	<b>Ethics in Healthcare Delivery Series part 3:</b> Interprofessional Ethics: Towards a Common Framework
Tues 23 <sup>rd</sup> Feb 6- 8pm	<b>Diabetes Series part 1:</b> Diabetes: The disease, diagnosis, classification and management
Tues 2 <sup>nd</sup> Mar 6- 8pm	<b>Diabetes Series part 2:</b> Diabetes medication review and optimization
Tues 9 <sup>th</sup> Mar 6- 8pm	<b>Diabetes Series part 3:</b> Managing Type 1 Diabetes
Tues 23 <sup>rd</sup> Mar 6- 8pm	<b>Diabetes Series part 4:</b> Nutrition and lifestyle management in diabetes
Tues 30 <sup>th</sup> Mar 6- 8pm	<b>Diabetes Series part 5:</b> Supporting self-management of diabetes
Tues 6 <sup>th</sup> April 6- 8pm	<b>Diabetes Series part 6:</b> Assessing and managing complications of diabetes

**Full details and registration to all events**  
<http://www.qu.edu.qa/health/CPD-HP/calendar>

Note: Free open-access to all CPD Webinars is now available to everyone and can be accessed by selecting the *open-access option* on the registration page.

(Note: CPD points are only available for paying registrants)

## How to get involved

QU-H CPD-HP welcomes and values the input of all stakeholders. If you have a CPD idea that you would like to propose, please complete and submit the [CPD proposal form](#). We can help you identify local experts to work with in developing your ideas.

If you have a keen interest in CPD and would like to be more involved with the CPD community; you can contact us and consider joining our stakeholder committee.

## How to contact us

CPD Chair : Dr Zachariah Nazar

CPD Specialist: Ms Sahar Shamseddine

Email: [cpd-hp@qu.edu.qa](mailto:cpd-hp@qu.edu.qa)

Tel: (+974) 4403 5567

Website: <http://www.qu.edu.qa/health/CPD-HP>

Twitter: [https://twitter.com/QU\\_Health](https://twitter.com/QU_Health)