

Welcome to March'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 recent weeks, QU Health CPD has welcomed many of you in participating in our live CPD webinars. The feedback you have provided indicates that these sessions have been aptly designed, and delivered by local and international experts who have been successful in facilitating your learning and development. The efforts expended providing these CPD sessions are very much augmented by your contributions in attending, participating and building a learning community. **We therefore would like to acknowledge your valuable input and encourage continued engagement in the upcoming events.**

Recent QU-H CPD-HP activity

Following the successful delivery of the 3-part CPD series in Ethics and Health Delivery, in which participants joined in lively discussions regarding a wide-range of contemporary ethical dilemmas; QU Health has now began the **6-part CPD series in Diabetes care and Management**. This exciting and highly relevant series promises to provide useful and applicable learning to all healthcare professionals, with each session tackling specific aspects of this increasing prevalent disease. .

Upcoming QU-H CPD-HP activities

In addition to the CPD series, QU Health CPD will be supporting **QU Health's College of Pharmacy (CPH) public outreach campaign to raise awareness of the implications and challenges regarding medication waste**. During the week beginning 8th March, CPH will be delivering a series of activities to health care professionals as well as the public, aimed at delivering key information regarding the appropriate management of unwanted, unused and expired medications. There is increasing evidence that current practices are resulting in significant environment, economic and patient safety

"Those people who develop the ability to continuously acquire new and better forms of knowledge that they can apply to their work and to their lives will be the movers and shakers in our society for the indefinite future."

— Brian Tracy. Professional speaker and author.

issues. Please look out for communications from CPH on this issue and join us for an accredited CPD webinar on the 10th March that will present more detail of the specific challenges and the role that you can play to help reduce some of the potential burden.

How do I apply my learning from CPD activities to my practice?

Dr. Ghadir Fakhri Al-Jayyousi, Assistant Professor Health Education & Promotion Internship Coordinator, Dept of Public Health, shares **details of how she applies her learning from CPD activities to practice**.



I always thought about CPD as output focused (what are benefits of learning) rather than input focused (list of dates and actions). The CPD activities I usually attend are shaped by the assessment of both my professional needs and the needs of the service and the people who will use it.

After attending a CPD, there should be a time to harness the value of what I have learned by bridging the gap between theory and practice. Professionals who regularly reflect what they have learned tend to become professionals who continuously drive for development and bring in new ideas. Good practice requires you to reflect regularly on your standards of practice.



SCAN ME

Tues 2 nd Mar 6- 8pm	Diabetes Series part 2: Diabetes medication review and optimization
Tues 9 th Mar 6- 8pm	Diabetes Series part 3: Managing Type 1 Diabetes
Wed 10 th Mar 6- 8pm	Medication waste: Implications, challenges and a direction for the future
Tues 23 rd Mar 6- 8pm	Diabetes Series part 4: Nutrition and lifestyle management in diabetes
Tues 30 th Mar 6- 8pm	Diabetes Series part 5: Supporting self-management of diabetes
Tues 6 th April 6- 8pm	Diabetes Series part 6: 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 CPD Webinars is now available and can be accessed by selecting the *open-access option* on the registration page.

(Note: CPD points are issued for paying registrants)

How to contact us

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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; contact us and consider joining our stakeholder committee.

We would also like to hear from our participants. If you've recently attended one of our events, please share your experiences using the contact info provided.

Your feedback

Following our recent CPD webinars, we've collected some of the opinions and feedback of participants.

"I attended the first healthcare ethics CPD Webinar.... The real-life examples of ethical dilemmas they used, really help me to see how I should consider ethical principles in my practice."

"I was there for part 1 of the Diabetes CPD, I learnt so much; the speakers presented in a way that was easy to follow, and had good pictures and diagrams in their slides which helped to explain some of the ideas."