



Dr Lorcan Martin,
Professional
Competence Director

Dear Colleague,

What did Peer Review ever do for you?!

At our **Peer Review workshop “No Man is an Island”** (2.00 Thursday afternoon, Winter Conference, Killarney), you can hear how Peer Review is being used by many of our colleagues as a source of collegiality, support, information, learning - as well as a valuable source of Internal CPD credits. More details in the newsletter below.

In the PCS department, we continue to listen to your feedback and work to make CPD as **flexible, relevant and accessible** as we can - within the fixed structure prescribed by the Medical Practitioners Act. The suite of **Hot Topics online CPD eModules** continues to expand. Over 20 topics are now available online to our members, with more in the pipeline. It’s worth remembering that up to **10 External** and **10 Internal CPD** credits can be logged each year from approved online CPD.

Dr Elizabeth Walsh of our Professional Competence Committee has brought Hot Topics meetings to the West - with great success! September 2018 saw a very well-attended Hot Topics meeting in the Clayton Hotel, Galway, with Prof Francis Finucane’s thought-provoking presentation on “*What the Psychiatrist needs to know about Bariatric Medicine*” and Prof Colm McDonald bringing us the latest updates on *Bipolar Disorder*. On **Tuesday 15th January**, Galway Hot Topics welcomes **Prof Sean Dinneen** and **Dr Anne Doherty**, who will bring us their clinical experience of ***Diabetes and Mental Health***. More details below. We’re very grateful to all Hot Topics speakers - the meetings have gone from strength to strength due to the quality of information and the variety of topics addressed.

We thank our Professional Competence Committee members for their continued time, expertise and interest in honing the CPsychI Professional Competence Scheme into a practical, workable scheme which supports our psychiatrists in lifelong learning, as well as providing information and guidance to doctors as directed by the Medical Council. I’m also delighted to welcome Jennifer Kavanagh, PCS Administrator, who joins Lorna and Louise in the PCS office.

Finally - it’s never too early to begin logging CPD credits into your online Diary!!! Just ensure you have *good evidence* to support every credit you log - this will be needed if you are randomly selected for verification process. The PCS team is always happy to help with your queries about what qualifies for what category of CPD and any other professional competence matters. Contact Jennifer, Louise, or Lorna in the office for assistance, or chat to Lorna or myself at the conference.

With best wishes,



Dr Lorcan Martin

1. CPD CERTIFICATES for Winter Conference have moved online!



In the week after the Winter Conference, every attendee will be emailed a link to a short online form, to declare the session(s) they attended at the Conference. A certificate will then be emailed to them. Only those attendees who submit the online form, will receive a CPD certificate. So please watch for that email, a week or so after the conference.

2. PEER REVIEW GROUPS: *No Man is an Island*. Professional Competence Workshop @ Winter Conference

Thursday 15th November 2-3.15pm Mangerton Suite
CHAIR: Dr Lorcan Martin, Director - Professional Competence

Dr Aoibhinn Lynch will guide us through the findings of her 2017 research project “*Peer Groups Amongst Consultant Psychiatrists in Ireland: Opportunities & Barriers*.” How does Peer Review fit into professional development? What types of groups are forming and functioning throughout our College? Dr Lynch will share the reported experiences of Consultant Psychiatrists who are involved in peer groups; examine the various peer group structures and how they

function; and take an in-depth look at the experiences and attitudes of Consultant Psychiatrists *not* participating in peer groups.

A discussion panel including **Dr Maria Frampton, Dr Caroline Noone, Dr Ciaran Corcoran and Dr Consilia Walsh**, will discuss first-hand experiences, the pros and cons of Peer Groups, and how structured group learning and discussion can bring many benefits (as well as internal CPD credits!) to the busy consultant.

A number of active and successful psychiatry peer review groups are running throughout the country. The Medical Council has acknowledged that this form of CPD has a number of advantages (e.g. collegiate support, sharing of knowledge and experience, sharing of new learning etc.) and is keen to see an expansion of same throughout all specialties.

We encourage **further development of existing groups, establishment of new groups and facilitation of colleagues who may have difficulty finding a peer group**. We can offer advice on setting up Peer Review groups via the [professional competence section](#) of our website, and we in the [PCS office](#) are always available to help.

Attending a Peer Review Group accrues **1 Internal CPD credit per hour**.

3. PROFESSIONAL DEVELOPMENT PLANS (PDPs).



We've been working on a simple one-page Professional Development Plan template, as per the Medical Council's guidance that **"Each doctor has to develop a plan for maintenance of professional competence"** (*Professional Competence: Guidelines for Doctors* - Medical Council). The template will soon be available to all PCS enrollees; the document will be for you alone and, while it will not form part of your PCS requirements, CPD credits will be available for its completion and discussion with your Peer Review Group. The PDP is another tool available to you to help you assess your educational needs and goals, and plan accordingly.

4. SOURCES OF ONLINE CPD



Online CPD (approved websites) is a great way of logging up to **10 External and 10 Internal CPD** credits per year.

We already have an established list of (see overleaf). However, we are continuously seeking to expand the list of pre-approved online CPD resources. **If you are aware of high quality online CPD which isn't already approved, please let us know** by emailing pcs@irishpsychiatry.ie. Our Professional Competence Committee will review as much as we can, and update approved lists accordingly.

Content on the following websites has been approved by the CPsychI for CPD:

[CPsychI Hot Topics eModules \(1 CPD credit each\)](#)
[CPsychI & RCPI: "Delirium: Recognition & Response" eModule](#)
[CPsychI: OAP Interactive Case Based Tutorial eModule](#)
(CPsychI eModules require Moodle login)
[RCPsych CPD online](#)
[Medscape](#)
[Mental Health Commission](#)
[Medilearning – Schizophrenia Module](#)
[Medilearning – Cognitive Dysfunction in Depression Module](#)
[British Association of Psychopharmacology \(BAP\) online CPD](#)
[RCPI Online Courses](#) (*course should be relevant to psychiatry and your scope of practice*)
[EACCME](#) accredited learning modules are acceptable for CPD.

- We welcome your suggestions to add to this list -

If you wish to claim online learning activity for CPD, you should ensure you complete any tests at the end of a module and print off your certificate for the module. Certificates must be kept as evidence in case of future verification

5. C.P.D. D.I.Y. !



Did you know you can organise your own external CPD events? Many people have already done this successfully, and these events have been granted external CPD approval. Remember, you can access funding from pharma and other companies, provided it is in the form of an **unrestricted educational grant**. If you would like any further advice about this, please contact me or any member of the PCS team.

6. [HOT TOPICS IN PSYCHIATRY Meetings 2018/19](#). Dublin and Galway.

Monthly evening CPD meetings – 2 External CPD credits

The Hot Topics in Psychiatry meetings continue to offer a great opportunity to hear topical presentations from peers and experts in other disciplines; engage in lively discussion on the subject; gather CPD credits; and meet colleagues.

The next meeting in this series is on **Thursday 6th December** in the Ashling Hotel, **DUBLIN**.

Dr Fiona Fenton - Drugs and Chemsex - The "G" clinic in the National Drug Treatment Centre

Dr Bobby Smyth - 21st century drug problems: New psychoactive substances, mental disorder and policy challenges.

On **Tuesday 15th January**, **GALWAY** Hot Topics will welcome **Prof Sean Dinneen** and **Dr Anne Doherty**, who will bring their clinical experience to a joint presentation on **Diabetes and Mental Disorders: The Cart or the Horse?**

Thursday 24th January (DUBLIN), sees

Dr Ciaran Corcoran discuss **Coping with a Complaint** and **Dr Justin Brophy** address **Burnout and Compassion Fatigue in Doctors: From Fire to Light**.

Online Booking for [Hot Topics meetings](#) is available in the Events & Meetings list on www.irishpsychiatry.ie

7. Could you be a Regional Hot Topics Co-ordinator?



Thanks to Dr Elizabeth Walsh's determination, Galway Hot Topics is up and running! We'd love to get Hot Topics established in other regions – on a quarterly or half year basis – whatever suits the psychiatrists in that area best. The PCS department is in the position to support a local coordinator with the organisation and administration of a meeting. **Could you be that coordinator in your own area?** Please let us know! Contact louise@irishpsychiatry.ie or any of the PCS team - we would be delighted to work with you.

8. DO YOU HAVE DIFFICULTY ACCESSING CPD?

Most doctors do not have difficulty accessing the CPD activities they require. However, a significant minority may experience problems with one or more of the CPD categories. There may be a variety of reasons for this, but we would draw attention to the fact that **it is a Medical Council requirement to engage fully in a professional competence scheme**. Some people are not aware of the full range of CPD options open to them, both locally and elsewhere. If you are experiencing any difficulty with maintaining professional competence, we would be very happy to help and advise you. Similarly, **if you identify or supervise a colleague who may be having difficulty accruing CPD credits, please ask them to contact our PCS team.**