

FIT FOR PRACTICE

LINKING
PROFESSIONAL
WELL-BEING,
CONDUCT AND
ETHICS

AHPCSA Accredited SomaSense On-site CPD PBARM 25: 2019



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CE credits: 3

COURSE STRUCTURE

This course is conducted entirely via email. This means you do not have to attend classes or workshops to complete any portion of it.

INSTRUCTOR INFORMATION:

Erika Kruger A04123 EMAIL: somasensesa@gmail.com

COURSE DESCRIPTION

This course will help you explore the reciprocal relationship between professional and ethical conduct and personal and professional well-being and how to build resilience to grow sound practice.

COURSE REQUIREMENTS

TEXTBOOK: None.

COURSE MATERIAL:

All information required to complete the assessment is available in:

1. This course manual, Fit for Practice
2. The Allied Health Professions Act 63 of 1982 _as amended
3. The Allied Health Professions Council of South Africa Code of Ethics, Including Guidelines for Good Practice and Guidelines for Making Professional Services Known: A Synopsis

COMPUTER REQUIREMENTS

- Access to email account.
- The documents in this course will be available to you in PDF form. If you do not have Adobe Acrobat Reader software on your computer, you can download it by going to <http://get.adobe.com/reader/>.

COURSE ASSESSMENT

- Assessment items: 20 MCQs
- You will be given access to an on-line quiz. Please complete the assessment on-line.
- The deadline to respond is within 30 days of receipt of course material.
- A minimum pass rate of 70% is required.



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LEARNING OUTCOMES

By the end of this course you should be able to:

1. Define concepts related to **wellness, workplace wellness and well-being.**
2. Differentiate the eight **dimensions of wellness** – physical, mental, emotional, social, spiritual, occupational, financial and environmental wellness.
3. Recall concepts related to **professional and ethical conduct** and how it is applied in relevant South African legislation.
4. Explain how **personal and professional well-being** shapes professional and ethical conduct.
5. Recognise the effects of **burnout and compassion fatigue** on professional and ethical conduct.
6. Explain how professional and ethical conduct can lead to **moral distress** and, negatively affect personal and professional well-being.
7. Explain how **personality type and work styles** influence personal and professional well-being.
8. Identify and apply **self-care and ethical awareness practices** to strengthen profession well-being.



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Introduction

Section 2:

Wellness or Well-being?

- Wellness
- Dimensions of Wellness
- Well-being
- Workplace Well-being
- Professional Well-being

Section 3:

Clarifying Concepts around Professionalism and Ethics

- What is Professionalism?
- What makes an Occupation a Profession?
- What is Professional Conduct?
- What are Ethics
- What are Professional Ethics

Section 4:

Health Care Ethics

- Principles of Health Care Ethics
- Factors Influencing Professional and Ethical Conduct.

Section 5:

Making the Link



Section 6:

Our Well-being Affects Ethical & Professional Conduct

- Burnout
- Compassion Fatigue

Section 7:

Our Professional Conduct Affects Well-being

- Over-identification with Professional Role
- Professional Values Trump Personal Values
- Post-modern and Neoliberal World of Work

Section 8:

What to do about it ...

Guidelines on how to achieve the well-being balance, improve resilience and take responsibility for our own well-being.

