Continuing Professional Development (CPD)

Accredited by Qatar Council for Healthcare Practitioners – Accreditation Department (QCHP-AD), the College of the North Atlantic – Qatar is offering a number of Continuing Professional Development (CPD) activities for the healthcare professionals in the State of Qatar.

Customized training is also available to meet your organization’s time restrictions.

We deliver numerous activities not listed in this guide, and our team of instructional designers and facilitation experts will work with you to develop dynamic and flexible learning programs that respond to your healthcare training needs.

For information about registration or for customized training, please contact:

Corporate Services
Telephone: 4495-2111
Email: corporate.training@cna-qatar.edu.qa

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>CPD Activity</th>
<th>QCHP Code</th>
<th>QCHP Hours</th>
<th>Price</th>
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<tr>
<td>July 28</td>
<td>8:00-4:30</td>
<td>Health and Wellness for Healthcare Practitioners</td>
<td>API-01-P62</td>
<td>7 Category 1</td>
<td>520</td>
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<tr>
<td>July 28</td>
<td>8:00-11:15</td>
<td>Time Management</td>
<td>API-01-P36</td>
<td>3 Category 1</td>
<td>225</td>
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<td>July 28</td>
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<td>Building Trust in Healthcare Setting</td>
<td>API-01-P49</td>
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<td>Health and Wellness for Healthcare Practitioners</td>
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<td>August 11</td>
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<td>August 18</td>
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<td>API-01-P37</td>
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<td>Pain Management</td>
<td>API-01-P59</td>
<td>4 Category 1</td>
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1. Book/key included
2. You will receive a web link for the **required** online learning which **must** be completed **before** class time
3. TBA (To Be Announced)
Course Descriptions

Art of Mammography

This 3 hour educational activity is intended to enhance and/or restore your knowledge of Medical Radiography and skills related to Mammography with stimulating demonstrations and group discussions.

Target audience: Medical Radiography Technologists interested to update their knowledge and skills in this subject area.

Educational objectives include: Patient positioning, Breast Pathology, Patient Care and Communication.

Advanced Cardiac Life Support ((ACLS) – Blended)- American Heart Association

The American Heart Association’s (AHA) ACLS Blended Training Course has been updated to reflect new science in the 2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care (2010 AHA Guidelines for CPR & ECC). This blended online plus one day face-to-face classroom course builds on the foundation of lifesaving BLS for Healthcare Providers skills, emphasizing the importance of continuous, high-quality CPR. This advanced course highlights the importance of team dynamics and communication, systems of care and immediate post-cardiac arrest care. ACLS also covers airway management and related pharmacology.

ACLS is designed for healthcare professionals who either direct or participate in the management of cardiopulmonary arrest or other cardiovascular emergencies. This includes personnel in emergency response, emergency medicine, intensive care and critical care units such as physicians, nurses, and paramedics, as well as others who need an ACLS course completion card for job or other requirements.

This (ACLS) Blended CPD activity involves online learning as well as face-to-face learning. The face-to-face and the online learning part can be used for QCHP-AD credits.

The American Heart Association states that the online portion can be completed in approximately 10 hours; however, unprepared or inexperienced students may require additional time. This time can be claimed in your QCHP-AD portfolio as Category 2, Clinical Practice, Completing self-learning modules, which has a credit rating of 1 credit for each hour. Upon successful completion of the online part of this activity you will receive a Certificate of Completion from the American Heart Association which can be used to document your QCHP-AD claim for these hours.

This certificate of completion will also be required for you to take part in the face-to-face activity.

Prerequisite: Valid BLS-HCP Card or equivalent and Completion certificate from the ACLS online course

Advanced Cardiac Life Support (ACLS)- American Heart Association

The American Heart Association's (AHA) ACLS Course has been updated to reflect new science in the 2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care (2010 AHA Guidelines for CPR & ECC). This classroom, video-based, Instructor-led course builds on the foundation of lifesaving BLS for Healthcare Providers skills, emphasizing the importance of continuous, high-quality CPR. This advanced course highlights the importance of team dynamics and communication, systems of care and immediate post-cardiac arrest care. ACLS also covers airway management and related pharmacology.

ACLS is designed for healthcare professionals who either direct or participate in the management of cardiopulmonary arrest or other cardiovascular emergencies. This includes personnel in emergency response, emergency medicine, intensive care and critical care units such as physicians, nurses, and paramedics, as well as others who need an ACLS course completion card for job or other requirements.

Prerequisite:

- Valid BLS-HCP Card or equivalent
- Reading and interpreting Electrocardiograms (ECG’s)
- Understanding ACLS drugs (Pharmacology)
- Performing the BLS Primary Survey & ACLS Secondary Survey
- Complete the pre-course assessment test and print the results
- Successfully demonstrate CPR skills using the 2005 AHA Guidelines for CPR and ECC
Basic Life Support (BLS) – American Heart Association

This course was designed by the American Heart Association (AHA) to prepare a wide variety of healthcare professionals to recognize several life threatening emergencies and provide CPR, use an Automated External Defibrillator (AED), and relieve choking in a safe, timely, and effective manner. This course includes adult, child, and infant rescue skills in both the out-of-hospital and in-hospital settings.

Target Audience: All healthcare practitioners

Educational objectives include:
- General concepts
- CPR for adults
- CPR for children (1 year of age to puberty)
- Adult and child bag-mask technique and rescue breathing
- 2-Rescuer CPR for adults and children
- Automated External Defibrillator (AED)
- CPR for infants
- Relief of choking
- Special considerations
- The big picture

Basic Life Support (BLS) Blended– American Heart Association

This blended learning activity, which involves 3 hours face-to-face time as well as an online component. It was designed by the American Heart Association (AHA) to prepare a wide variety of healthcare professionals to recognize several life threatening emergencies and provide CPR, use an Automated External Defibrillator (AED), and relieve choking in a safe, timely, and effective manner. This course includes adult, child, and infant rescue skills in both the out-of-hospital and in-hospital settings.

Target Audience: All healthcare practitioners

Educational topics include:
- General concepts
- CPR for adults
- CPR for children (1 year of age to puberty)
- Adult and child bag-mask technique and rescue breathing
- 2-Rescuer CPR for adults and children
- Automated External Defibrillator (AED)
- CPR for infants
- Relief of choking
- Special considerations
- The big picture

This (BLS) Blended CPD activity involves online learning as well as face-to-face learning. The face-to-face and the online learning part can be used for QCHP-AD credits.

The American Heart Association states that it generally requires 1 to 2 hours to complete the online portion of the course, depending on the level of knowledge and clinical experience of the student. Unprepared or inexperienced students may require additional time.

This time can be claimed in your QCHP-AD portfolio as Category 2, Clinical Practice, Completing self-learning modules, which has a credit rating of 1 credit for each hour. Upon successful completion of the online part of this activity you will receive a Certificate of Completion from the American Heart Association which can be used to document your QCHP-AD claim for these hours. This certificate of completion will also be required for you to take part in the face-to-face activity

Prerequisite: Completion certificate from the BLS online course

Basic Principles of Healthcare Ethics

This 3-hour CPD activity is an introductory course in health care ethics that will examine basic principles of ethics and workplace issues. Participants will learn through lectures, selected readings and discussions.

Target Audience: All health care practitioners interested in health care ethics

Educational objective topics include:
1. Morals and ethics
2. Autonomy and beneficence
3. Ethic relationships between practitioner and patient
4. Informed consent
Building Trust in Healthcare Setting

This 3 hour CPD activity will focus on techniques for building trust and the importance of establishing trust within a health care setting.

Target Audience: All health care practitioners interested in building trust and improving communication.

Educational objective topics include:

1. Defining trust
2. The impact of consistency, compassion, communication, and competence on trust building
3. The importance of establishing and maintaining trust with patients within a healthcare environment
4. Techniques for building trust in professional relationships

Conflict Management in Healthcare

This 3-hour CPD activity focuses on different types of conflict, methods of conflict resolution, and strategies for dealing with conflict in a health care setting.

Target Audience: Healthcare practitioners interested in improving their communication and conflict management skills.

Educational objective topics include:

1. Describe basic types of conflict
2. Compare and contrast methods of conflict resolution
3. Evaluate different methods of conflict management and select an appropriate conflict management strategy for a given scenario
4. Identify scenarios where external resources might be needed to resolve conflict

Confidentiality and Management of Healthcare Information

This 3 hour CPD activity will focus on confidentiality and health information management as it applies to current issues in health care.

Target Audience: Healthcare practitioners interested in understanding the ethics of confidentiality and managing health information

Educational topics include:

1. Confidentiality
2. Harm Principle
3. Legal requirements to report confidential matters in health care
4. Ownership of patient chart data and accessing confidential information
5. Ethical principles that are foundational to the conduct of research using human subjects

Communications in Healthcare

This 5-hour CPD activity focuses on effective communication and interpersonal interactions thereby resulting in better health care outcomes.

Target Audience: Healthcare practitioners interested in improving their communication and interpersonal skills.

Educational objective topics include:

1. Define the Elements of Communication
2. Differentiate between verbal and nonverbal communication
3. Explain the concept of paralanguage
4. Describe ways to minimize miscommunication in cross-cultural settings

Dental Health Education and Preventive Care

This 6 hour CPD activity will provide participants with tools to develop and deliver oral health education to patients and the public; also, to provide up to date information on dental preventative care. This activity will support continuous professional development within the target audience of dental healthcare providers working in Qatar.

Target Audience: Dental Assistants, Dental Hygienists and Nurses working in dental area

Educational objective topics include:

1. Introduction to Preventative Dentistry
2. Dental Health Education and Preventative Care
3. Interpersonal Skills
4. Teaching Aids
Dental Radiology

This 3-day CPD activity focuses on providing basic knowledge of dental radiographic equipment, the principles of radiation safety and critical thinking, viewing of the radiography equipment and explanation of the rationale behind each radiographic technique.

Target Audience: Dental health practitioners interested in improving their knowledge of dental radiography.

Educational objective topics include:
1. Basic principles of x-radiation
2. Introduction to radiation physics
3. Dental radiographic equipment
4. Radiation safety
5. Quality assurance
6. Infection control and radiation safety principles and procedures.
7. Exposure and processing techniques for traditional and digital radiographs.

Diabetes and Ramadan

This CPD activity is designed to provide Health Care Practitioners with an understanding of the best practices and guidelines for managing diabetes during Ramadan. Topics include the pathophysiology of fasting, risks, and the significance of pre- and post-Ramadan supervision of patients with diabetes.

Target Audience: Health care professionals involved in the care of patients with diabetes

Major topics include:
1. Pathophysiology and risks of fasting
2. Pregnant women and fasting
3. Strategies for disseminating information
4. Situations where people with diabetes may be advised not to fast
5. General guidelines and pre/post Ramadan supervision

Emergency First Aid (EFA) - Canadian Red Cross

Basic First Aid & CPR techniques taught in an interactive environment for individuals who want an overview of First Aid & CPR for the workplace or home. The course covers skills needed to recognize, prevent and respond to cardiovascular emergencies for adults and children, CPR Level C, AED and other topics such as choking, airway and breathing emergencies, and prevention of disease transmission.

Target Audience: All healthcare practitioners

Educational topics include:
1. The Red Cross
2. Preparing to Respond
3. The Emergency Medical Services System
4. Check, Call, Care
5. Airway Emergencies
6. Breathing and Circulation Emergencies
7. First Aid for Respiratory and Cardiac Arrest
8. Wound Care

Ergonomics in Health Care

This 4 hour course introduces participants to the techniques involved in assessing the interface between workers and their machines, tasks, tools and equipment in a health care environment.

Target Audience: All healthcare practitioners

Major topics include:
1. Definition of ergonomics and the ten principles
2. Lifting and Transferring
Emotional Intelligence in Healthcare

In this 6 hour activity healthcare practitioners will identify the elements of Emotional Intelligence (EQ) and explore personal EQ. Practitioners will differentiate between EQ and Intelligence Quotient (IQ), and develop an understanding of how brain function affects EQ. They will explore emotional response and use EQ techniques to manage difficult moments and deal with crisis.

Target Audience: All healthcare practitioners

Major topics include:

- Emotional Intelligence Principles
- Emotional Intelligence Application

Honesty and Research Ethics

This 4-hour CPD activity focuses on providing students with a basic understanding of medical research as it pertains to honesty and research ethics. The learner will describe the role of ethics in research as well as the importance of confidentiality, and consent. They will also learn appropriate citation processes.

Target Audience: Healthcare practitioners interested in understanding the role of ethics in medical research.

Educational objective topics include:

1. Responsibility and accountability of the researcher.
2. Data and interpretations.
3. Plagiarism and Intellectual honesty.
4. Citation and acknowledgement.

Health and Wellness for Healthcare Practitioners

This 7 hour activity is designed to teach healthcare practitioners the basics of health and wellness in order to improve their lifestyle and the lifestyle of others. Attendees will learn the fundamentals of nutrition and exercise and the role they play in improving health and wellness. Additionally, attendees will learn how to manage stress and other mental health concerns. At the end of this course, attendees will be able to develop a plan that can help them make lifestyle adjustments.

Target Audience: All healthcare practitioners

Major topics include:

- Introduction to Health and Wellness
- Body Composition and Nutrition
- Physical Activity
- Stress and Mental Health
- Lifestyle Changes for Health, Wellness, and Fitness

Infection Control Workshop

Target Audience: All healthcare practitioners who employ infection control precautions as part of patient care.

Areas of study:

1. Chain of Infection
2. Cleaning & Disinfection
3. Respiratory Hygiene
4. Waste Disposal
5. Safe injection Practices
6. Transmission Based Precautions

Infection Control in Dentistry

This 12 hour educational activity is intended to introduce, enhance and/or restore your knowledge and skills related to the principles of infection control in dentistry. This activity will be offered through two – three (3) hour lessons and one six (6) hour hands-on simulated dental clinic.

Target Audience: Dental health practitioners interested in improving their knowledge of Infection Control in Dentistry.

Educational objectives include:

1. Personal Protection
2. Disinfection
3. Sterilization
4. Microbial Disease
5. Cross Contamination & Bio-Hazardous Waste Management
Leadership for Women in Healthcare

This 9 hour CPD activity supports women leaders at all levels to develop competencies of emotional growth, gain confidence for effective communication, and learn strategies for dealing with difficult situations.

Target Audience: Women healthcare practitioners

Major topics include:

1. How to have difficult conversations
2. How to say No and set boundaries
3. Authenticity and Emotional Intelligence

Managing Hypertension in Patients with Diabetes

This CPD activity addresses the management of hypertension in individuals with type 1 and type 2 diabetes. Participants in this activity will have the opportunity to study the pathogenesis of hypertension, as well as the assessment and treatment strategies for the condition in patients with diabetes.

Target Audience: Health care professionals involved in the care of patients with diabetes

Major topics include:
1. Incidence, Prevalence and Pathogenesis of Hypertension
2. Managing Hypertension
3. Goal Blood Pressure
4. Approach to and Benefits of Lowering Blood Pressure in Special Populations
5. Complementary and Combination Pharmacological Therapies

Pediatric Advanced Life Support (PALS)

The American Heart Association’s (AHA) PALS Training Course has been updated to reflect new science in the 2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care (2010 AHA Guidelines for CPR & ECC). The PALS course builds on the foundation of lifesaving BLS for Healthcare Providers skills, emphasizing the importance of continuous, high-quality CPR.

This course highlights the importance of team dynamics and communication, and management of respiratory, shock and cardiac events in the pediatric population. PALS also covers airway management and related pharmacology.

PALS is designed for healthcare professionals who either direct or participate in the management of cardiopulmonary arrest or other cardiovascular emergencies in infants and children. This includes personnel in emergency response, emergency medicine, intensive care and critical care units such as physicians, nurses, respiratory therapists and paramedics, as well as others who require PALS certification for job or other requirements.

Prerequisite: Self-assessment with the PALS pre-test

Principles of Occupational Health & Safety

This course provides healthcare practitioners with an introduction to the basic principles of occupational health and safety (OH&S). Practitioners will gain an understanding of the knowledge frameworks and tools required to minimize the risk level of occupational injuries in the field of health care.

Target Audience: All healthcare practitioners

Major topics include:

1. Scope and foundation of Occupational Health and Safety
2. Reasons for maintaining and promoting good standards in occupational health and safety
3. Hazard Identification, Risk Assessment and Risk Control

Promoting Empathetic Behavior in Healthcare

This course will teach students the basic components of developing and using the skill associated with empathetic behavior in healthcare settings. This 6 hour course offered over 2-days will provide students the opportunity to discuss the notion of empathy and to understand its fundamental importance to all healthcare professionals. Studies suggest that empathy is a key behavioral characteristic that significantly impacts healthcare outcomes for patients. Research regarding empathy within healthcare settings will be analyzed in reference to current healthcare practice.

Target Audience: All healthcare practitioners

Educational topics include:

1. Overview of empathy
2. Modeling empathetic behaviors in healthcare
Pediatric Advanced Life Support (PALS) – Blended

The American Heart Association’s (AHA) PALS – Blended Training Course has been updated to reflect new science in the 2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care (2010 AHA Guidelines for CPR & ECC). The PALS – Blended course builds on the foundation of lifesaving BLS for Healthcare Providers skills, emphasizing the importance of continuous, high-quality CPR. This course highlights the importance of team dynamics and communication, and management of respiratory, shock and cardiac events in the pediatric population. PALS also covers airway management and related pharmacology.

PALS is designed for healthcare professionals who either direct or participate in the management of cardiopulmonary arrest or other cardiovascular emergencies in infants and children. This includes personnel in emergency response, emergency medicine, intensive care and critical care units such as physicians, nurses, respiratory therapists and paramedics, as well as others who require PALS certification for job or other requirements.

This (PALS) Blended CPD activity involves online learning as well as face-to-face learning. The face-to-face and the online learning part can be used for QCHP-AD credits. The American Heart Association states that the online portion can be completed in approximately 6 to 9 hours, depending on the level of knowledge and clinical experience of the student. Unprepared or inexperienced students may require additional time.

This time can be claimed in your QCHP-AD portfolio as Category 2, Clinical Practice, Completing self-learning modules, which has a credit rating of 1 credit for each hour. Upon successful completion of the online part of this activity you will receive a Certificate of Completion from the American Heart Association which can be used to document your QCHP-AD claim for these hours. This certificate of completion will also be required for you to take part in the face-to-face activity.

**Prerequisite:** Successful completion of HeartCode® PALS Part 1

**Pain Management**

This 4 hour course addresses the common types of pain that are managed in community pharmacy and hospital settings. Participants in this course will have the opportunity to study the pathology of common types of pain, as well as the techniques used in the assessment and management of pain. Special emphasis will be placed on managing pain using pharmacological agents, including narcotics and non-narcotics.

**Target Audience:** Physicians, nurses, and pharmacists

**Major topics include:**

1. Types of Pain
2. Assessment of Pain
3. Management of Pain

**Reflective Practice Journal Writing Workshop**

This 2 hour CPD activity will focus on techniques to increase the knowledge and practice of reflective practice journaling within the healthcare community of Qatar.

**Target Audience:** Healthcare professionals interested in enhancing their reflective practice journaling skills.

**Educational objective topics include:**

1. Discuss reflective practice journaling as a continuous professional development activity
2. Describe at least two methods of engaging in reflective practice
3. Demonstrate skill in the use of a guided rubric to facilitate reflective practice journaling
4. Demonstrate an understanding of how reflective practice can promote best practice, improve practice standards and enhance positive patient outcomes
5. Display enhanced skill and ability in analyzing work-related events/interactions (positive or negative) that may, through reflective practice, present opportunity for personal and professional growth

**Radiographic Image Analysis Guidelines**

In this four hour activity, practitioners will define and discuss the importance of Image Analysis, as well as identify the characteristics of optimal radiographic projections. They will assess radiographic images to identify and describe common radiographic characteristics of sub-optimal images using an image analysis checklist and discuss techniques to correct common radiographic errors. In addition, practitioners will identify and discuss common radiographic artifacts.

**Target Audience:** Radiographers (beginner, intermediate, advanced)

**Major topics include:**

1. Image Analysis
2. Optimal Radiographic Images
3. Radiographic Image Artifacts
Self-Exploration in Healthcare

In this 6 hour activity, Healthcare Practitioners will learn about their personality style, and the qualities that they bring to a team. They will deconstruct their personal values, and identify how this impacts their working style.

Target Audience: All healthcare practitioners

Major topics include:
- Self-analysis
- Self-determination
- Self-discovery

Time Management Workshop

This 3 hour workshop introduces the participant to various tips and tools to analyze their current time management practices and to develop strategies for improvement.

Target Audience: All healthcare practitioners

Educational topics include:
1. Setting Goals
2. Prioritization
3. Managing Interruptions
4. Scheduling
5. Procrastination

Teamwork in Healthcare

In this 6 hour activity, Health Care Practitioners will develop an understanding of communication dynamics, and highlights and pitfalls of working in teams. They will explore what it takes to be a great team member, discuss trust and empathy as applied to building relationships. Practitioners will identify their personal style and develop an understanding of team styles, and how this information may be used in team growth.

Target Audience: All healthcare practitioners

Major topics include:
1. Team Essentials
2. Team Dynamics

The Lymphatic System

This CPD activity is designed to enable the Healthcare Practitioner to acquire a comprehensive knowledge of gross anatomy and physiology of the Lymphatic System. In addition, Healthcare Practitioners will gain understanding of the general principles of pathophysiology and the immune response, and common diseases related to the lymphatic system.

Target Audience: All healthcare professionals

Major topics include:
1. The Lymphatic System
2. The Immune Response
3. Diseases of the Lymphatic System

Venipuncture and Laboratory Analysis

This course reviews best practice guidelines for the collection of laboratory specimens by venipuncture. Topics include: safety for the phlebotomist and the patient, aseptic technique, and factors that influence the qualities of the blood sample collected.

Target Audience: Allied healthcare professionals

Educational objective topics include:
1. Recommended Procedure
2. Laboratory Values
3. Complications
4. Standard Precautions
5. Standard Operating Procedure