

Psychosocial Wellbeing in the Workplace: Supporting Healthcare Practitioners

Continuing Professional Development Learning Record

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Your details

Your name:

Date completed:

Activity Name: Psychosocial Wellbeing in the Workplace: Supporting Healthcare Practitioners

Learning outcomes

- Define psychosocial risks and why they are important in healthcare settings.
- Explain common psychosocial risk factors for healthcare workers, such as high job demands, poor support, workplace conflict, and exposure to trauma.
- Identify early signs of psychosocial distress in themselves and colleagues, including behavioural, emotional and physical indicators.
- Describe how positive psychosocial factors contribute to a mentally healthy workplace and the role of everyone in supporting wellbeing.
- Assess the effectiveness of evidenced-based strategies for improving mental health at work.
- Identify sources of support, whether through workplace programs or external mental health resources.

Time spent engaged
in the activity:

(including completing this form)

After watching or listening to the activity, consider the following:

1. What were three key messages that were covered in the activity?

2. Identify your learning goal and how the activity's content aligned with that goal.

3. What actions are you going to take to use the learnings to improve and/or change your practice? For example:

- Explore the topic further in a supervision session or with a peer/colleague
- Identify and read the latest research
- Undertake additional courses, study or training
- Search MHPN's webinar or podcast libraries for more PD content
- Join an MHPN network to connect with other practitioners for networking, peer support or PD

4. Please note any other reflections on the topic or activity.