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SCHOOL OF
HEALTH
SCIENCES

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ACCREDITATION
15 CPD POINTS
(Level 2)

SHORT COURSE ON COVID-19: MENTAL HEALTH RESILIENCE FOR HEALTHCARE PROFESSIONALS

E-LEARNING



Ranked **3rd** best Private
Higher Education Institute
in South Africa by the
**World Scholarship
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INTRODUCTION

Currently Africa is in various stages of lockdown to minimise the spread of COVID-19. This is necessary to disrupt the chain of transmission of the coronavirus across society but has serious effects on many aspects of our daily lives, especially, as we are social beings, on our mental health and well-being. Moreover, the mental well-being of all frontline workers, providing essential services in clinics and hospitals, are foremost at risk as they are in daily contact with sick patients in a potentially life threatening situation.

For them it is not a matter of social distancing. In essence, it is finding a way to survive within their professional and ethical obligation to render a service to the sick and needy. This might trigger a variety of emotions. They might suffer from panic attacks to anxiety and depression, anger and having emotional outbursts. Healthcare providers play a pivotal role in managing the epidemic. We should make special provision to support them in managing their mental well-being. This course will focus on engagement and activities to minimise the effect of this ongoing epidemic on HCPs.

This e-learning course will guide all HCPs in taking simple steps to ensure that they stay mentally fit and healthy.

WHO SHOULD ENROLL

All Healthcare professionals across Africa that are registered with their respective professional councils, that are providing ongoing essential services during the COVID-19 pandemic.

COURSE DESIGN

Online e-learning education through interactive learning activities, videos, presentations and articles. The course is designed in such a way that different topics are covered in 5 modules in order to maintain and improve mental resilience for HCPs during the lockdown period and after the lifting of restrictions imposed to combat COVID-19.

EXIT LEVEL OUTCOMES

After completion of this learning experience, participants should be able to:

1. Discuss COVID-19 in the global context.
2. Explain the psychological reactions to COVID-19

3. Explain the strategies and methods to manage stress and build resilience.
4. Integrate the psychological aspects of COVID-19 into patient care
5. Analyze and relate the consequences of COVID-19 and its aftermath to our psychological well-being going forward.

COURSE CONTENT

The following modules are covered in this short course:

Module 1 – Introduction:

- The world beyond Corona.

Module 2 – Psychological reactions to Lockdown:

- Introduction on the effect of lockdown on mental well-being
- COVID-related stressors of frontline workers
- Delving deeper into mental health well-being during COVID-19

Module 3 - Managing stress

- Managing Stress: Tips for Coping with the Stress during COVID-19.
- Managing burnout – How to recognize and cope with burn-out
- Managing frontline workers stress associated with COVID-19 and creating resilience
- Integrating Mindfulness and Meditation in a daily routine
- COVID self-care plan

Module 4– Psychological aspects of COVID-19 care

- Psychological needs of COVID-19 patients
- Managing teenagers and children during COVID-19
- Psychological effects of quarantine

Module 5 – Surviving post COVID-19: Staying Real and Robust

- The psychological aftermath after COVID-19

CERTIFICATION

To qualify for the certificate of completion for this short course, participants should complete the MCQs and have a pass rate of at least 70%. The course is accredited for 15 CPD points on level 2.

***Only 1000 Scholarships available!**

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VOUCHER CODE:
JAJ-02-852110

<https://www.mpconsulting.co.za/products/online-cme/1551/covid-19-mental-health-resilience-for-health-care-professionals>

***Scholarships are subject to participants agreeing to complete the course within 3 months**

**FREE TO ALL HCP's INVOLVED IN THE
FIGHT AGAINST THE COVID-19 PANDEMIC**

FOR MORE INFORMATION, PLEASE CONTACT:

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