
SAT 1 Professional Competence Development Programme 2017 For The College of Anaesthetists of Ireland.



Professional Competence for Basic Specialist Trainees Programme Timetable.

Day One: Professionalism & Managing Yourself	
Learning Outcomes	Participants will: <ul style="list-style-type: none"> • Understand what professionalism is and the importance of competence. • Be able to write personal & professional development objectives that will increase their effectiveness and efficiency • Understand learning styles and how to apply them in a working environment. • Know how to manage their time more effectively. • Understand the causes of stress and how to cope. • Practice the skills of resilience & mindfulness
Time	Topic
9.00	Registration
9.15.	Introductions and expectations
9.30	The role of the SAT 1 Anaesthetist in modern medicine and the importance of professionalism.
10.15	Understanding the Medical Councils domains of competence and how they apply to anaesthetists. Completing a personal SWOT analysis, and action plan
11.00	Break
11.15	What you need to know about the Irish Health Service but were afraid to ask. registration HIQA, clinical directors, clinical care programmes etc.
	Writing and agreeing your work and training objectives with your clinical supervisor. Developing your professional competence plan
1.00	Lunch Break
2.00	Principles of time management, prioritization, balanced life style, and sleep management.
3.00	The nature of stress and its impact on anaesthetists. What techniques to use to reduce stress and develop resilience.
4.00	Break
4.15	Practising mindfulness
5.00	Close
Presenters	Mr Dermot O'Flynn, Ms Caroline O'Regan & Mr Patrick Boland

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Day Two: Working With Your Team & Hospital Colleagues	
Learning Outcomes	Participants will: <ul style="list-style-type: none"> Understand team dynamics and how teams can deliver a quality healthcare service. Be aware of their team role and how this affects their behaviour in a team. Understand why conflict occurs in the work place and their personal conflict style and how to manage conflict Understand their role in patient safety and risk management
Time	Topic
9.00 – 9.15	Learning review Preparing to present to your team and hospital colleagues. The golden rules of presentation Handling questions from the audience Managing the nerves
10.15	Learning to managing conflict and understanding your natural conflict style
11.00	Break
11.15	Patient safety & risk management the anaesthetist role
1.00	Lunch
2.00	What is team work and why is it so important in hospitals? Managing conflict at work and understanding your own personal conflict style
3.15	Break
3.30	What makes a multi - disciplinary healthcare team successful? How can a SAT 1 anaesthetist contribute to a high performance and safe surgical / medical team?
5.00	Close
Presenters	Mr Dermot O'Flynn, Mr Brendan Colclough & Dr Ian Callanan

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Day Three: Communicating with your Patients & Colleagues	
Learning Outcomes	Participants will: <ul style="list-style-type: none"> • Have an informed understanding of the Irish Health Service and the challenges it faces. • Know how to communicate effectively with patients relatives, & other healthcare professionals • Know how to deal with specific difficult communication situations encountered in healthcare settings • Be able to communicate with people from various ethnic, cultural & religious backgrounds • Understand the importance of informed consent, and patient confidentiality. • Display their ability to develop and deliver an effective presentation
Time	Topic
9.00	Writing and agreeing your work and training objectives with your clinical supervisor. Developing your professional competence plan
10.15	How effective are your communication skills? Principles of effective clinical communication, body language, tone of voice & listening skills. Assertiveness and how to use it correctly.
11.00	Break
11.15-	Models of effective patient interviewing and consultation. Discussing sensitive issues with patients & dealing with unrealistic requests from patients and colleagues. Skills practice The importance of handover
12.15	Written communications, getting the paper work right.
1- 2pm	Lunch
2.00	Individual presentations & feedback part 1
3.00	Individual presentations & feedback part 2
4.00	Break
4.15	Individual presentations & feedback part 3
5. 00	Programme learning review, evaluation & close
Presenters.	Mr Dermot O'Flynn, Dr Sinead O'Shaughnessy, Dr Conall Fitzgerald



Course Director - For the delivery of the SAT 1 Professional Competence Programme 2016-2017.

Dermot O Flynn, MSc, DIP. Mgt. MIITD, MIHCI. Adv.Dip (Exec & Personal Coaching);

Dermot is the Director of Professional Development and an Executive Coach at the Institute of Leadership. He is Programme Director for the European Clinical Leadership Development Programme for Surgeons & Programme Director for the Professional Diploma in Clinical Leadership. He is also the National Tutor Trainer for Pharmacy Tutors. He currently develops class room and online courses for healthcare professionals on Clinical Leadership, Performance Management, Customer Experience Management, Coaching Skills, Managing Multidisciplinary Teams, Presentation Skills, Applied Mindfulness, and Advanced Training Skills for Clinic Trainers and Pharmacy Tutors. Over the last thirty years, Dermot has provided training and consultancy services to a range of global organisations, in Ireland, Europe Middle East and Africa. He recently was awarded the 2016 Irish Institute of Training and Development award for Best Corporate Social Responsibility Initiative for the training of 250 clinical surgical trainers in 10 African countries over five years

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