



NEWSLETTER

Happy New Year!

from all the team at Rotherham Respiratory.

It has been a tough start to the new year, the usual new year's resolutions have gone out the window while people instead battle with Covid and associated issues, mass vaccinations, lockdown 3.0 and home schooling. We hope you can try and find some time, however short, to focus on your own health and wellbeing, you can find some support for NHS staff is available [here](#).

Topic of the month: Reflective Practice

According to the Royal College of Nursing and the [RCN guide to reflection](#), reflective practice 'is important for lifelong learning, and to assist meeting your validation requirements, that you try to capture what you have learned from any educational initiative that you have undertaken.'

The Nursing and Midwifery Council (NMC) inform us that 'Reflection is how health and care professionals can assess their professional experiences - both positive and where improvements may be needed - recording and documenting insight to aid their learning and identify opportunities to improve. Reflection allows an individual to continually improve the quality of care they provide and gives multi-disciplinary teams the opportunity to reflect and discuss openly and honestly.'

Chief executives of nine regulators - the Nursing and Midwifery Council (NMC) General Chiropractic Council, General Dental Council, General Medical Council, General Optical Council, General Osteopathic Council, General Pharmaceutical Council, Health and Care Professions Council and the Pharmaceutical Society of Northern Ireland have joined forces to stress the benefits and importance of good reflection among professionals in the health and care sector. They have produced a statement which outlines the processes and advantages of being a good reflective practitioner for individuals and teams: [Benefits of becoming a reflective practitioner](#).

What is the value of a reflective practice course?

This is an overarching course that will complement all courses in the Rotherham Respiratory portfolio and can also be studied as a 'stand-alone' topic. This online course will enable students to gain deeper insights into their professional practice in order to understand what is working well and what might be improved.

Rhian Last, Course Tutor, says:

'What inspired me to develop this course is the fact that health care professionals often view reflective practice as 'one more thing' rather than something which is intrinsic to their day to day professional practice. The aim of the reflective activities threaded throughout this course is to stimulate thinking and facilitate a rich and meaningful learning experience. Students will gain an enhanced understanding of what reflective practice is all about and how this can foster personal growth, professional development and improved practice. I think this is a course that everyone will enjoy and benefit from and I'm really excited to head this up.'

For any course purchased in January, February or March 2021 you will receive the reflective practice module free of charge, just quote "free reflective practice module" in your correspondence to us.

Keeping up with our educational team..

- Anne Rodman, our COPD Course tutor - Anne is back in uniform after 20 years, giving vaccines in a Covid vaccination centre.
- Viv Marsh, our Asthma Course tutor - Alongside her research role with the University of Edinburgh, Viv is working in a Covid vaccination hub carrying out clinical assessments and giving Covid vaccines. *"This program is an enormous challenge, but the NHS is well capable of meeting it. I have been struck by the sheer will of everyone involved to support this program and it is a real privilege to be a small part of it".*

A word from our Spirometry tutor Chris Loveridge...

A new year and a new challenge! With the priority to vaccinate I guess we are all really busy now alongside the 'day job'!

I am proud and privileged to be working with Rotherham Respiratory in creating our suite of spirometry courses but, whilst I love education, my heart and soul is in respiratory care of patients. I have been fortunate to be given an exciting opportunity to work with a local primary care network (PCN) transforming their respiratory care with the aim of achieving a diagnostic hub by the end of it. However, it is only a 12-month contract so we shall see what is achievable!

The challenge will of course be 'catching up' with all the care that has been missed and finding a way to undertake spirometry safely (I cannot wait for that day!) to support the early and accurate diagnosis that patients deserve.

Part of my role will be to support and educate ALL the health care professionals within the PCN to undertake respiratory reviews that not only fulfil QOF but also deliver patient focussed outcomes - how great that this is the main aim of the PCN!

This opportunity will enable me to access new, interesting case studies (with patient consent of course) that reflect actual practice, so as always watch this space for further developments.

Of course, the staff will also be doing our courses so even more feedback expected. Check our testimonial page [HERE](#).

Stay safe and best wishes, Chris.

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COURSES COMING SOON:

- [Asthma Update](#)
- [Non- Medical Prescribing Update](#)
- [Diabetes Foundation](#)
- [Reflective Practice](#)
- [Heart Failure Update](#)