

# Working together to prevent heart disease for people living with psychiatric illness

## Continuing Professional Development Learning Record

Complete and save a copy of this form to create your own record of CPD you've undertaken or to further embed your learning. Please note, MHPN is unable to provide Statements of Attendance for viewing webinar recordings or listening to podcasts.

### Your details

Your name:

Date completed:

Activity Name: Working together to prevent heart disease for people living with psychiatric illness

Learning outcomes Watch this facilitated panel discussion of Michael's story be better equipped to:

- describe the complex bidirectional relationship between heart disease and mental health as well as the risk factors for and warning signs of heart disease in persons with psychiatric illness
- describe the challenges, merits and opportunities in evidence-based approaches deemed most effective in treating and supporting people experiencing heart disease related to mental health issues
- better target referrals for people experiencing mental health issues who are at risk of heart disease as a result of an improved understanding of the role of different disciplines.

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.