



# NEWSLETTER 2021

## Taking a moment

We are thankful and blessed that we can yet again provide you with a CPD service despite the difficulties and challenges we are all facing during the COVID-19 pandemic. Our hearts go out to all who have lost a spouse, family member or friend! We also applaud all healthcare workers and their support staff for their courage in caring for those hospitalised and at home.

## Important changes to compliance monitoring

Some important changes have been made in monitoring compliance when it comes to Continuing Professional Development (CPD).

- The Health Professions Council of South Africa (HPCSA) is doing away with random audits linked to specific time frames and will now require you to illustrate continuous compliance by uploading certificates of activities when completed. The implication is that you will no longer upload your Individual CPD Activity Record (IAR).
- One outcome of this is that you will not be able to access your practitioner's card / proof of registration after paying your annual HPCSA fees if you are **not** compliant. This was the dilemma faced by some practitioners when paying their 2020 fees.
- To manage these expected changes we will where necessary, pro-actively adapt our CPD offering to reflect changes required.

Should you require our assistance with the above process, we will upload your CPD on your behalf at an additional cost of R150.00

Please follow these two steps:

1. Register on the "new" HPCSA online platform (<https://hpcsaonline.custhelp.com/>)
2. Complete our consent form (<https://foh-cpd.co.za/registration/consent-form-hpcsa-login-credentials/>)

## Why do I have to pay R150.00 for my certificates to be uploaded?

It was foreseen that with the change in the monitoring of CPD compliance, service providers such as Focus on Health, would be allowed to upload in bulk. The HPCSA has up to now insisted upon individual uploads, and while we are in discussion with them to have this changed, it currently places an extensive administrative burden on Focus on Health and additional staff had to be allocated. We are absorbing most of the additional costs ourselves, but to continue to render an effective, professional service to all our members, a small additional fee is essential.

## Not only CPD

### **Remember that Focus on Health;**

- Liaises with the HPCSA when it comes to CPD submissions, personal detail updates, registration status enquiries and payment of annual registration fees
- Supplies CPD activities for previous years if needed
- Administrates your whole CPD portfolio, including certificates received from other providers
- Provides you with a lifelong membership number
- Gives you a discount for each referral
- Offers group discounts
- Has an online CPD portfolio and profile for each member
- Has an extensive, secured online payment platform

We encourage our members to visit our website [www.foh-cpd.co.za](http://www.foh-cpd.co.za) often for news and communication.

## Client service

**Please note** that during the COVID-19 pandemic our offices are open, but we function with a limited presence. Day-to-day operations and client liaison / assistance continue from remote locations.

### **Please use the following contact details:**

**Answer sheets, proof of payments, certificates, and other queries:**

**WhatsApp:** 074 230 3874 **OR**

**Email:** [safocus@iafrica.com](mailto:safocus@iafrica.com)

**Website:** <https://foh-cpd.co.za/contact-us/>

- ❖ Please note that Focus on Health uses WhatsApp as an alternative communication method and not an instant messaging service. Messages will be checked and replied to daily.

**Should you require any urgent assistance please contact us via the following:**

**Office telephone:** 012 653 0133/2394

## CPD Activities

Last year several of our members requested more CPD activities because lockdown had given them the opportunity to catch up. Rest assured that you still have time to return any of the 2020 activities if you have not done so already.

Please note that as from March 2021 answer sheets older than two years, will incur a fee of R15.00 per answer sheet to mark.

Should you only have joined our CPD programme this year, this package provides you with the full complement of CPD activities to make up the 30 CEU's you require in 2021.

## Articles

We have provided links to an electronic copy below each activity description.

## Our 2021 CPD package for all medical specialists

Please ensure that your package includes SIX (6) CPD activities. These are to the value of 32 CEU's.

Return your answer sheets to us before the **end of the calendar year**. You will also find an **all-in-one answer sheet** to help reduce the number of pages you have to return.

Activity No	Activity Description	CEU's
<b>ETHICS CPD ACTIVITIES</b>		<b>5</b>
PE2(21)	Bioethics and the use of social media for medical crowdfunding <a href="https://foh-cpd.co.za/cpd-online/storage/files/activity/article/1017/3IKqAaISq4M80L1eySY6Up854tZckvDT6DohAuBV.pdf">https://foh-cpd.co.za/cpd-online/storage/files/activity/article/1017/3IKqAaISq4M80L1eySY6Up854tZckvDT6DohAuBV.pdf</a>	2
PE7(21)	Autonomous decisions by couples in reproductive care <a href="https://foh-cpd.co.za/cpd-online/storage/files/activity/article/1020/03EokpM3mSaZBKU59jckivo59q9UyUuRjRJAcjKM.pdf">https://foh-cpd.co.za/cpd-online/storage/files/activity/article/1020/03EokpM3mSaZBKU59jckivo59q9UyUuRjRJAcjKM.pdf</a>	3
<b>MULTI-DISCIPLINARY CPD ACTIVITIES</b>		<b>27</b>
G2(21)	*Burnout among healthcare workers: A review of the literature <a href="https://foh-cpd.co.za/cpd-online/storage/files/activity/article/1070/RvWHiEbADMTpKiAccg4Q7mKA2hAQMvXgL3Wrs5xc.pdf">https://foh-cpd.co.za/cpd-online/storage/files/activity/article/1070/RvWHiEbADMTpKiAccg4Q7mKA2hAQMvXgL3Wrs5xc.pdf</a>	5
G3(21)	Prevention of dementia in an ageing world Evidence and biological rationale <a href="https://foh-cpd.co.za/cpd-online/storage/files/activity/article/1071/Zx8QiluxNS8BilkMFk9ohg5u3PwldzGOrJAHTH4F.pdf">https://foh-cpd.co.za/cpd-online/storage/files/activity/article/1071/Zx8QiluxNS8BilkMFk9ohg5u3PwldzGOrJAHTH4F.pdf</a>	2
MP1(21)	*Update on COVID-19 (September – November 2020) <a href="https://foh.fra1.digitaloceanspaces.com/activity/13939/article/ydHECyl7dmvai1WO9MW6suAzMsJrzTefxf6sRq3Z.pdf">https://foh.fra1.digitaloceanspaces.com/activity/13939/article/ydHECyl7dmvai1WO9MW6suAzMsJrzTefxf6sRq3Z.pdf</a>	7
MP4(21)	*Whole body health: nightmares, sleep, cognitive decline, stuttering, and diet <a href="https://foh.fra1.digitaloceanspaces.com/activity/13967/article/encZwP3DRVgWbsGt9VWeEkb5MssybtIAPhCgbWXH.pdf">https://foh.fra1.digitaloceanspaces.com/activity/13967/article/encZwP3DRVgWbsGt9VWeEkb5MssybtIAPhCgbWXH.pdf</a>	13
<b>TOTAL</b>		<b>32</b>
*These activities are split into two or more parts online and you must complete each part to receive the applicable CEU's		



Dear Medical practitioners,

Your Focus on Health membership number should be used as reference for payments or communication. This is a lifelong membership number.

Our pricing policy for 2021, while much the same as that of 2020, is:

- An early-bird, discounted fee was applicable on all accounts if fully paid up by 31 March.
- After 31 March, the normal fee for 2021 are payable.
- All accounts not fully paid up by August, will increase by 20%

Your account balance will be sent by SMS.

**EFT payments can be made to**

ABSA Cheque acc: 405 843 7431

Branch Code: 632005

Ref No: HPCSA No

**Delivery Method**

**\*Fees are for each year and includes 30 CEU's.**

Should you complete more than 30 CEU's (or more activities than included in the 2021 package) you will be billed an additional fee per CEU completed.

**Online**

**R810.00**

**Email**

**R1 869.00**

**Hard Copy (Post, Collect, Courier, PAXI)**

**R1 992.00**

**Courier fee - Package will be send to a physical address**

R80 - R150 for 3 – 5 business days depending on your area.

**PAXI fee - Package will be send to your nearest PeP stores**

R85 for 7 – 9 business days

R125 for 3 – 5 business days

**MEMBERSHIPS WILL BE VALID FOR 12 MONTHS AND THEN RENEW AUTOMATICALLY UNLESS A WRITTEN NOTICE IS GIVEN OF CANCELLATION**

***Thank you for your support!***

**2021 all-in one ANSWER SHEET for SPECIALISTS**

FOH No: F \_\_\_\_\_ HPCSA No: \_\_\_\_\_ Time spent on activity: \_\_\_\_\_

I hereby declare that the completion of this document is my own effort without any assistance.

Please rate each activity:

**1-POOR || 2-FAIR || 3-AVERAGE || 4-GOOD || 5-EXCELLENT**

PE7 (21)						MP1 (21) PART 1						G2 (21) PART 1						MP4 (21) PART 1											
	A	B	C	D	E		A	B	C	D	E		A	B	C	D	E		A	B	C	D	E						
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MP4 (21) PART 2						MP4 (21) PART 3						MP4 (21) PART 4						MP1 (21) PART 2											
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PE2 (21)						G2 (21) PART 2						G3 (21)						MP4 (21) PART 5											
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MP1 (21) PART 3						<p align="center">If you have chosen our "online option", you have to complete your answer sheet online.</p> <p align="center">If you have chosen our "email or hard copy option", you can return your answer sheet to us or complete it online.</p> <p align="center"><b>Your results</b> will be available immediately if you complete your answer sheet online. If you return your answer sheet for assessment you will receive feedback by email within 48hours.</p> <p align="center"><b>RETURN ANSWER SHEET TO</b></p> <p align="center">FAX: 086 614 4200 / 012 653 2073 WHATSAPP: 074 230 3874 EMAIL: <a href="mailto:SAFOCUS@IAFRICA.COM">SAFOCUS@IAFRICA.COM</a></p> <p align="center">ONLINE: <a href="http://foh-cpd.co.za/cpd-online/cpd-user">http://foh-cpd.co.za/cpd-online/cpd-user</a> (Username: FoH membership No &amp; Password: ID)</p> <p align="center"><i>(YOU WILL RECEIVE A CONFIRMATION OF RECEIPT SMS WITHIN 12-24 HOURS, IF NOT RECEIVED PLEASE SEND AGAIN)</i></p>																							
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