

Quick Start Guide: Understanding the CAPE aspects

What are **C A P E** aspects?

CAPE IS AN ACRONYM OF FOUR VALUABLE PRINCIPLES MEDICAL PRACTITIONERS MUST FULFILL WITHIN THEIR CPD YEAR.



AS PART OF THE NEW CPD REQUIREMENTS, YOU MUST ENGAGE IN CAPE CPD ACTIVITIES ALIGNED TO THE MBA'S GOOD MEDICAL PRACTICE: A CODE OF CONDUCT FOR DOCTORS IN AUSTRALIA, 2020. YOU MUST COMPLETE CPD ACTIVITIES ADDRESSING EACH OF THE FOLLOWING CAPE ASPECTS:



..... CULTURALLY SAFE PRACTICE

Australia is culturally and linguistically diverse (Australian Institute of Health and Welfare [AIHW], 2023). With a growing population of culturally and linguistically diverse backgrounds instilling culturally safe practices is critical in improving health outcomes of Australian people.

Culturally safe practice is defined by the MBA (2020, pp. 10) as:

"the ongoing critical reflection of health practitioner knowledge, skills, attitudes, practising behaviours and power differentials in delivering safe, accessible and responsive healthcare free of racism".

Culturally safe practice synergistically combines cultural awareness, cultural sensitivity, safe practice, and safe care to deliver healthcare that is patient-centred for all communities (Brumpton et al, 2022).

CPD Home supports medical practitioners in delivering equitable culturally safe and responsive care through the provision of robust CPD activities that address health inequities. For example, the Australian Indigenous Doctors' Association (AIDA) provides a [Cultural Awareness - An introduction to cultural safety online learning module](#) and an Aboriginal and Torres Strait Islander Cultural Safety in Clinical Practice workshop that demonstrates the synergistic core of culturally safe practice.

CPD activities that address the culturally safe practice CAPE requirement can be found in the [CPD Home Catalogue](#).





ADDRESSING HEALTH INEQUITIES

Every person is entitled to high-quality care. Equitable healthcare constitutes “the provision of that does not vary in quality because of personal characteristics such as gender, ethnicity, geographic location, and socioeconomic status” (Agency for Healthcare Research and Quality [AHRQ], 2022).

Medical practitioners play a crucial role in addressing disparities to change healthcare delivery and improve outcomes for each person. CPD Home has curated CPD activities to assist you in addressing the health inequities CAPE requirements. The Medical Journal of Australia (MJA) [Out-of-pocket fees for health care in Australia: implications for equity](#) is an example of a CPD activity that addresses health inequities from a socioeconomic perspective.

CPD activities across the varying factors contributing to addressing health inequities can be found in the [CPD Home Catalogue](#).



PROFESSIONALISM

Medical practitioners are trusted pillars of society. Professionalism is an indispensable element of good medical practice (MBA, 2020), and is pivotal in enhancing doctor-patient relationships, enhancing health outcomes and overall patient satisfaction (Tay et al., 2020). Professionalism consists of a set of the duties, qualities and values embedded in medical practitioners to address the health care needs of individuals and communities, along with a commitment to maintaining their skills, knowledge and refinement of their clinical judgement to deliver best practice models of care (MBA, 2020).

Elevating this CAPE aspect can be undertaken from various viewpoints. For example, the Australian Medical Association (AMA) provides an online learning module on [Maintaining clear sexual boundaries between doctors and patients, and conduct of patient examination](#), which provides a professional conduct viewpoint, whilst [MJA's Priorities for Professionalism: what do surgeons think?](#) provides a specialist perspective.

The CPD Home Catalogue aims to provide its Subscribers with CPD activities that address all components of the professionalism CAPE aspect.



ETHICAL PRACTICE

Ethical practice is the underpinning of the principles of care (Australian Commission on Safety and Quality in Health Care [ACSQHC], 2023). Daily, medical practitioners are at the forefront of mitigating ethical dilemmas as they care for their patients.

The AMA's online learning module [Code of Ethics](#) provides the underpinning principles of engaging with patients, colleagues and understanding the AMA Code of Ethics. Other CPD activities addressing ethical practice, such as [Do doctors still risk their lives to save the lives of their patients?](#) can be found in the [the CPD Home Catalogue](#).

Meeting your



requirements

Medical practitioners are required to complete CPD activities addressing each CAPE aspect.

For example, the MJA podcast [Improving Aboriginal and Torres Strait Islander health outcomes](#), with Professor James Ward addresses two CAPE aspects in one activity.

The CPD Home Dashboard tracks and ensures Subscribers are meeting their CAPE requirements during the CPD Year.

Further CAPE CPD activities can be found in the CPD Home Catalogue. Alternatively, our friendly CPD Home staff can offer further guidance.