# **Reducing Medical Errors and Perfectionism**



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#### Tags: Webinars | Medical Practitioner | Dental Practitioner | Professionalism & Ethics | Demand

This webinar will equip you with best practices to reduce the likelihood of medical errors and practical strategies to implement in your practice.

A medical error's emotional toll can include guilt, shame, anxiety, fear, and in extreme cases, depression. The pervasive culture among healthcare professionals to strive for perfection and the burden of blame in medicine are significant contributing factors to these harmful effects. In the face of adverse patient outcomes, a sense of isolation and a lack of peer and organisational support can also be responsible and impact wellbeing, burnout, and decreased job satisfaction.

#### Learning outcomes

At the end of this webinar, participants will be able to:

• Discuss the leading causes of medical errors.
•Identify effective strategies to minimise the risk of cognitive and non-cognitive errors that prevent optimal care.
•Discuss practical strategies to minimise your medico-legal risk.

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## Q & A

We thank you for sending in your questions in the comments section during the 'Dealing with errors and the plight of perfectionism' webinar. In order to address all your unedited questions, the following is a summary we have split into a selection of general categories:

(+) 1. Any suggestions for good coaching book/ mainly dealing with how to prevent or treat doctor burnouts?

(+) 2. I am not clear with confirmatory bias. Please explain in simple. Thank you.

 ⊕ 3. Are the growth and set mindset a bit or nature vs nurture? To some extent some people just "got it" or don't, right?

⊕ 4. What are your tips for junior doctors who are trying to navigate a unbiased decisions but within the hierarchies that exist in medicine? 

### **MIPS resources**

- Dealing with errors and the plight of perfectionism handout
- MIPS on Demand Online modules with CPD

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