



Performance - self referral

Overview

Most doctors and dentists are aware that their performance at work fluctuates and many become concerned when this becomes persistent. There can be many reasons for this, such as:

- difficult home circumstances
- dysfunctional relationships at work
- ongoing patient complaints or staff disputes
- lack of life-long learning skills and the erosion of clinical skills/ knowledge
- poor health .

These factors commonly cause doctors and dentists to lose confidence and become less effective. Some practitioners may also have had some difficult feedback from their colleagues.

Many do not understand why they are in difficulty but want to try to rectify the situation before a serious incident occurs. It takes some courage to admit that there is a problem and it can be difficult, even for trainees, to find the appropriate expert help if the situation and their learning needs are complex.

Self-referral to the CDU flowchart

How the CDU can help