Welcome to the beginning of a new semester. Many of us are new here, and as we begin to figure things out, remember that faculty and staff are here to help, and the best information we can get is from our peers. Though the semester has just started, there are many activities on campus that can help with the transition back to academia so become involved in the Breakfast with Experts and the Guest Lectures. Becoming involved is a pivotal way to further your education beyond just what we learn in classes. Things are just beginning to pick up, and here is an inspirational quote to help with time management...

“A Quote for Your Thoughts”

“Don’t say you don’t have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michaelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein.”

- H. Jackson Brown, Jr
Since it is a new semester, I thought it was fitting that the question be about what we can do to help further ourselves while we are here, beyond just what the academic curriculum has to offer us.

**Question:** What are some things that students can start doing now, both inside and outside the classroom, to give them an academic and professional advantage?

**Answers:**

- Job Shadow in your area of interest;
- Participate in career-oriented seminars like the Breakfast with the Expert Program;
- Build a professional portfolio of your academic achievements and include the high quality projects and papers that you develop throughout your degree program;
- Do your best in class and around the department, so you can secure the strongest letters of recommendation possible;
- Attend the professional meetings and conferences around campus – posted on the Bulletin Boards outside the HSMP office;
- Join community service learning projects including Public Health Student Association (PHSA) and other on campus organizations.
As we continue into the 21st century of health care, it is becoming increasingly obvious that in order to provide the best health care to the most people, health care must become an interdisciplinary science. Professionalism and interprofessionalism are key components that will allow us to work in collaboration with other disciplines to ensure that our communities are getting the best health care that we can offer. The two flyers, attached below, outline some important information about Professionalism and Interprofessionalism in health care management.
Professionalism in health care is the dedication to high standards that are intended to predominantly serve the interests of the community of which the health needs of society are of principle concern.

3 Core Principles
- **Autonomy**—Is treating the community with sincerity, respect and clarity
- **Social Justice**—Is the equal and just use of health care resources; which would include a assurance of reducing cost
- **Welfare**—Is serving the interest of the community as a whole; dedication to the quality of care is one example

**Values of Professionalism**
- Ethics
- Commitment to community
- Moral principles
- Reliability
- Respect
- Responsibility
- Selflessness
- Sincerity

**Challenges to Professionalism**
- Falsification
- Haughtiness
- Misuse of Power
- Not trustworthy
- Self—Indulgence

**Visual depiction of Professionalism**

Resources:
McNair, R. (2005) The case for educating health care students in professionalism as the core content of interprofessional education. Medical Education, 39, 456-464. [www.abimfoundation.org/Professionalism/Medical-Professionalism](http://www.abimfoundation.org/Professionalism/Medical-Professionalism)
Interprofessionalism is the ability to work with health care providers from disciplines different than one’s own in order to facilitate better overall standards.

“All health professionals should be educated to deliver patient/community centered care as members of an interdisciplinary team.”
- Institute of Medicine

Interprofessionalism goes against uni-professionalism which is when a health care professional achieves the objectives of their discipline while disregarding other disciplines.

Barriers to Interprofessionalism Include:
- Different Knowledge Base
- Different Ethical Codes
- Territorialism—when a professional wants to protect their ‘territory’ from those in other disciplines.

Interprofessional Education (IPE) happens when professionals from different disciplines learn in conjunction with one another in order to facilitate collaboration.

IPE Competencies Include:
- Shared Values/Ethics
- Roles/Responsibilities
- Interaction between disciplines
- Teams and Teamwork

Resources:
www.collaborativecurriculum.ca/en/modules/IPE