

CPD Report



Professional Declaration

I, **Steven Teuma** , confirm that the following documentation is an accurate account of the Continuing Professional Development (CPD) I've engaged in for the registration period between **01 Jun 2024 and 31 May 2025**.

Steven Teuma - 27 May 2025

Profile Details

Full Name: Steven Teuma

Contact Information

Location:	PO Box 903 , Richmond, NSW 2753, Australia
Mobile:	+61438657151
Email:	steve@nurse-steve.com

CPD Summary

Registered Nurse

Total CPD Documented:	21 Hours 30 Mins
CPD Required:	20 Hours
Registration Number:	NMW0001673503

Work Experience



TMS Nurse

Sydney TMS (Part-Time)

May 2024 - Present / 1 years 1 months

Registered Nurse

CDC Package Management, Just Better Care (Full-Time)

Aug 2022 - Apr 2024 / 1 years 9 months

Registered Nurse

Renal Services, NSW Health (Full-Time)

Feb 2019 - Nov 2021 / 2 years 10 months

Registered Nurse

Intensive Care, NSW Health (Full-Time)

Jan 2017 - Feb 2019 / 2 years 2 months

Registered Nurse

Perioperative Services, St John of God Hawkesbury District Health Service (Casual)

Nov 2015 - Jan 2017 / 1 years 3 months

Registered Nurse

Endoscopy Unit, NSW Health (Full-Time)

Mar 2015 - Jan 2017 / 1 years 10 months

Registered Nurse

Perioperative, Catholic Healthcare Hawkesbury District Health Service (Casual)

Jun 2012 - Nov 2015 / 3 years 5 months

Registered Nurse

Orthopaedics, Macquarie University Hospital (Full-Time)

Feb 2012 - Apr 2012 / 3 months

Learning Plan

Context of Practice

Private practice (24 May 2024 - Current)

I work in a private practice setting located in a metropolitan centre. My area of speciality is Mental Health and I primarily work with adults. In my role, I focus on clinical practice and consider my scope of practice to be generally complex. Professionally speaking, I have a moderate amount of autonomy and sometimes have opportunities to collaborate with other health professionals.

Learning Goals

- i. To update my knowledge and to be able to competently perform Mental Health First Aid in May 2025.
- ii. To update my knowledge of the basics of Mental Health nursing in March 2025.
- iii. To better understand how to respond to a crisis to be completed by October 2024.

Mental Health and Crisis Support

Type of CPD:	Event
Date Completed:	22 Oct 2024
Provider:	St John Ambulance
Relevant To:	Registered Nurse
Location:	Penrith
Presenter(s):	Debra
Attachment(s):	e.1.1 Filename: 52d2_RES GG231627807.pdf

Reflection

Engagement

I attended this event to gain additional skills relating to dealing with a mental health crisis.

Outcomes

What is mental health? What is a mental health crisis? Duty of care Principles of crisis intervention
Recognising and responding to signs of a person who might be at risk Providing support to people at risk
Where to go for assistance? Principles of self-care

Change

There is a gap in my knowledge as it relates to the topics covered in this learning activity and this activity will assist me to achieve this goal. I need to improve and strengthen my knowledge of the professional guidelines covered by this activity and this activity will assist me to achieve this goal. I would like to improve and strengthen my practice skills and competencies as they relate to the topics covered in this activity and this activity will assist me to achieve this goal. I would like to incorporate new learning into my practice. The topics covered in this learning activity relate to my scope and context of practice and will help me to incorporate them into my practice.

Statement of Attainment



A Statement of Attainment is issued by a Registered Training Organisation when an individual has completed one or more accredited units

This is a statement that

Steven Teuma

has attained

CHCCCS019

Recognise and respond to crisis situations



To verify authenticity of this certificate please go to [link](#) or scan QR code

A handwritten signature in black ink, appearing to read "B. Maher".

Brendan Maher
Chief Executive Officer
St John Ambulance Australia Ltd.



NATIONALLY RECOGNISED
TRAINING

Date of Completion	October 22, 2024
Date of Issue	October 22, 2024
Issued in	PENRITH, NSW
Certificate No.	CERT700054

St John Ambulance Australia Ltd.

ST JOHN AMBULANCE AUSTRALIA LTD.
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Deakin, ACT 2600

T: 1300 360 455
F: (02) 6239 6321
W: [stjohn.org.au](#)

Introduction to Mental Health Nursing

Type of CPD:	Online
Date Completed:	25 Mar 2025
Provider:	CQ University
Relevant To:	Registered Nurse
Attachment(s):	e.2.1 Filename: CentralQueenslandUniversityDesignLegacyupdated20250325-28-lpov0w.pdf

Reflection

Engagement

There is a gap in my knowledge as it relates to the topics covered in this learning activity and this activity will assist me to achieve this goal. I would like to incorporate new learning into my practice. The topics covered in this learning activity relate to my scope and context of practice and will help me to incorporate them into my practice.

Outcomes

1. Briefly, outline the history of mental health 2. Compare the historical and contemporary mental health models 3. Outline the recovery approach 4. Compare psychotic and affective disorders, personality and anxiety disorders 5. Identify key elements of a mental health assessment 6. Recognise the benefits of person-centred care 7. Explore the settings and role of mental health nurse practitioners.

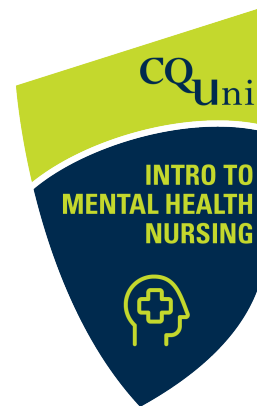
Change

Review current best-practice standards and evidence-based practice so that I can evaluate, improve, and strengthen my level of competency as it relates to the scope and context of my practice Review current best-practice standards and evidence-based practice so that I can evaluate, improve, and strengthen service delivery as it relates to the scope and context of my practice Review current best-practice standards and evidence-based practice so that I can evaluate, improve, and strengthen patient centred treatment and care planning as it relates to the scope and context of my practice Review current best-practice standards and evidence-based practice so that I can extend my knowledge and aptitude in this area of interest Incorporate the learning into my scope and context of practice Improve and strengthen my practice competencies as they relate to the topics, scope and context of my practice Strengthen and enhance my professional knowledge and skills as they relate to the topics, scope and context of my practice

Certificate of Achievement

AWARDED TO

Steven Teuma



Introduction to Mental Health Nursing

Earners will have an understanding of the concepts of nursing care of people with mental health conditions. They will have an understanding of historical and contemporary mental health models, the recovery approach, and key elements of a mental health assessment. They can compare psychotic and affective disorder, personality and anxiety disorders, and recognise the benefits of person-centred care.

Issued on: 25 March 2025

Issued by: CQUniversity Australia

Verify: <https://www.credly.com/badges/6638c71c-980a-488b-aaee-4b46fc20df69>



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cqu.edu.au

Mental Health First Aid

Type of CPD:	Event
Date Completed:	18 May 2025
Provider:	Darren Hamilton
Relevant To:	Registered Nurse
Attachment(s):	e.3.1 Filename: Standard_MHFA_-_Accreditation_Certificate.pdf

Reflection

Engagement

I attended this course to update my skills in Mental Health First Aid after previously attending the course in 2010.

Outcomes

Mental Health Problems in Australia Mental Health First Aid Depression First Aid for suicidal thoughts and behaviours Anxiety Problems

Change

I will continue to provide comprehensive assessments for my clients. This education has provided me with the extra training and confidence to directly question people on their suicide risk.

CERTIFICATE OF ACCREDITATION

MENTAL HEALTH FIRST AID® AUSTRALIA accredits

Steven Teuma

As a **Standard Mental Health First Aider™** after
successful completion of the **Standard MHFA™** course
and assessment.

This certificate confirms the successful attendance of this 12-hour course.
This course teaches skills for providing initial help to a person who is
developing a mental health problem or experiencing a mental health crisis.

Darren Hamilton

MHFA™ INSTRUCTOR(S)

19/05/2025

COURSE DATE

19/05/2025

ACCREDITATION DATE

19/05/2028

ACCREDITATION EXPIRY DATE

