

# Showing Up for Interprofessional Learning Orientation & Mindset for Successful IPE Experiences

## Why IPE Matters

Interprofessional Education (IPE) helps build the skills, mindset, and confidence to work effectively in team-based collaborative practice to better healthcare outcomes, efficiencies, health equity, sustainability, and healthcare workers' experiences. Collaboration is a shared collective competence amongst health care providers. IPE is an invitation to step into a shared space with learners from various programs to learn with, from, and about each other. The goal? To prepare to be an effective, collaborative healthcare service partner (CIHC, 2024). When you engage in IPE you have the opportunity to: (1) explore different perspectives; (2) differentiate between task work (your specific duties) and teamwork (how you contribute to shared goals); (3) prepare for real-world collaboration and professional identity development; and (4) develop your professional identity in the context of interprofessionality.

## How to “Show Up” for IPE Orientation to Success This isn't just about what you know about how you show up and engage.

### Show Up as a Team Member-in-Training

- Adopt a collective mindset — it's not just about your role, but how your role fits within a team.
- Practice dual identity formation: maintaining your professional identity while learning to be a collaborative partner. Learn to shift between “me” and “we” thinking—this is essential for real-world interprofessional practice.

### Show Respect, Build Trust

- Assume positive intent. Ask yourself: *What can I learn from others here?*
- Be an ambassador for your professional role — show your peers what your role contributes to care.

### Show You Care

- Be present in virtual (camera on, engaged) and in-person spaces.
- Respect privacy and confidentiality, especially when patient partners share their stories.

## Be Curious. Stay Open.

Every IPE experience is a chance to grow and reflect on where you are in your program. Ask yourself: *How am I developing as a team member?* Take the opportunity to be curious about the training, language, and contributions of others.

## Durable Skills for Collaborative Practice

Durable skills are timeless and transferable, which help you contribute meaningfully to teams throughout your education/career.

<b>Time management:</b> Get tasks done by their due date—without stressing out at the end.	<b>Project management:</b> Consider project scope, timing, cost, quality, risks involved.
<b>Teamwork/ Collaboration:</b> Engage effectively with people from diverse backgrounds to accomplish shared goals and tasks.	<b>Resilience:</b> Reframe failure as opportunity, recover/ refocus quickly, pivot, change direction, adapt, and self-regulate. Feeling uncomfortable is not the same as being unsafe.
<b>Leadership:</b> Take initiative and “Lead from where you stand”	<b>Creativity:</b> Present new or different perspectives, be open-minded, curious, and willing to explore.
<b>Communication:</b> Use clear/concise language; develop presentation skills (written AND oral); use technology.	<b>Critical thinking:</b> Skillfully analyze/interpret situations and problems using logical reasoning.
<b>Negotiation:</b> Consider multiple perspectives with respect and curiosity; navigate differences of opinion and/or perspective.	<b>Work ethic/ Professionalism:</b> Set and meet standards in alignment with team/ course expectations. Persevere.
<b>Problem-solving:</b> Generate and test multiple hypotheses to define and address “problems”.	<b>Self-motivation:</b> Self-direction; taking initiative; being accountable.
<b>Reflect on practice:</b> Consider past efforts and adjust. Ask, <i>What did I learn? How did I grow? What can I do better next time?</i>	

## IPE Learning Commitment: Learn it here. Practice it here. Take it there.

IPE is an investment now and in your future self—it's about becoming the kind of healthcare service partner others trust, respect, and want on their team. IPE events are an opportunity to practice being that person now.

Continually reflect and commit to asking: *How am I growing and how can I continually grow both my individual and team identity?*

## Making IPE Work for You: A Guide for Healthy Interprofessional Learning

IPE might feel new or even a bit uncertain—but it's designed to help you grow into a confident, collaborative, trustworthy healthcare service partner. Here's how you can make sense of it and get the most out of the experience, using the powerful salutogenic tri-unity: comprehensibility, manageability, and meaningfulness.<sup>1</sup> Synergistically, these bring a wholesome sense of coherence which promotes a sense of control, ability to manage, and find meaning in any encounter. Salutogenesis is health creating and IPE is a setting and place of healthy learning.

### Comprehensibility: Making Sense

Ask yourself: *Do I understand what IPE is and why I'm doing it?*

- IPE is about learning with, from, and about students in other programs so you can work better together in real-world settings.
- It's not “extra” work—it's a chance to practice teamwork, understand other roles, and improve patient care.
- If something feels unclear, ask questions. Talk to your instructors or peers. The more you understand, the more confident you'll feel.

✓ *Tip: Think of IPE as learning how to “speak the same language” with other healthcare service partners—even if your roles are different.*

### Manageability: You've Got This!

Ask yourself: *Do I have what I need to succeed in IPE?*

- You're not expected to be perfect—just open, respectful, and willing to learn.
- You'll be supported by faculty and peers, and with intentionally designed structured activities that help you build skills over time.
- You'll get guidance on how to participate (in-person or online), how to communicate professionally, and how to reflect on your growth.

✓ *Tip: Break it down. Focus on one skill at a time—like listening actively, asking thoughtful questions, or receiving and giving feedback respectfully.*

### Meaningfulness: This Matters

Ask yourself: *Does this connect to who I want to be as a healthcare service partner?*

- IPE helps you become the kind of healthcare service partner who can collaborate, cooperate, adapt, and lead in complex environments. Every interaction—whether with a peer, patient, or instructor—is a chance to grow. You're learning—and experiencing—how to be part of a team that makes a difference, and practicing the skills you need to be an effective team member.

✓ *Tip: Think about the kind of teammate you want to work with—and practice being that person now.*

**When you understand IPE (comprehensibility), feel supported (manageability), and see its value (meaningfulness), you're likely to thrive. Remember that you're not just participating in IPE to pass a class or prepare for your career. You're preparing to be part of something bigger. And that starts now.**

<sup>1</sup> Antonovsky A. Unraveling the mystery of health. How people manage stress and stay well. London: Jossey-Bass Publishers; 1987.