



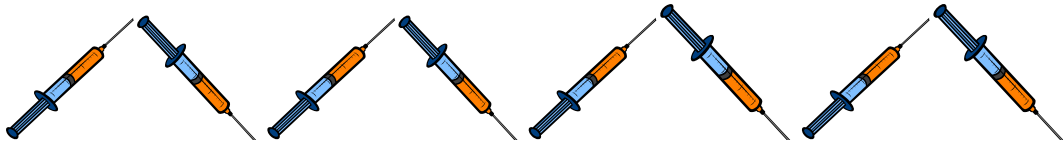
Events on Time

enhancing health together

Friday 5th February | 2010

H1N1 and Other Vaccine Guidelines Event

Date: 3rd March 2010
Time: 6:30pm
Where: Logan Entertainment Centre.
Contact: Sylvia Penhaligon at SPHN on 3290 3733



Registration and 2-course dinner is at 6:30pm

The following are learning objectives for the education event:

- Gain an understanding of current recommendations for seasonal flu and Panvax administration
- Identify where to source current information and administration of rabies vaccine and rabies immunoglobulin
- Demonstrate current protocols in the management of infection control

4 RACGP QA&CPD points will be allocated to attending General Practitioners



**Practices attending will receive a
FREE Pandemic PPE pack from the Network!**



SPHN Events Coming Up...

Practical Education for Nurses Nurses are renowned for multi-tasking, so...

SouthEast Primary HealthCare Network will be providing short, sharp, one hour education events every month for practice nurses, where you can put your multi-tasking skills to good use – learning, networking and eating, all at the same time. The subject area will focus on Asthma Devices and Techniques. These events will continue on a monthly basis until November 2010. Registrations will be taken on a monthly basis.

February Events:

Tuesday 16th February from 7:00am – 8:00am for continental breakfast OR

Wednesday 17th February from 5:30pm – 6:30pm for a light meal

For further information please contact Bralma Hine at SPHN on 3290 3733 or e: bhine@sphn.org.au

Lighten Up to a Health Lifestyle

The 'Lighten Up' program is now taking referrals for its three upcoming programs that are commencing in February. Lighten Up is a group-based healthy lifestyle program for adults who want to improve their health. The program is provided free of charge by SouthEast Primary HealthCare Network (SPHN) and Queensland Health (QH).

Lighten Up Program Dates

Beenleigh Every Monday from 8th February until 22nd March 2010.
Beenleigh Library, Crete St, Beenleigh.
Time: 2:00 – 4:00pm

If you have a patient that you would like to refer to one of these programs please contact Erin Lumby (Healthy Lifestyles Coordinator) at SouthEast Primary HealthCare Network on 3290 3733 or e: elumby@sphn.org.au



Diabetes Reference Group



Date: Wednesday 3rd March 2010. Venue to be advised.

The Diabetes Reference Group has been established as part of the Diabetes Insulin Stabilization Clinics (DISC) project. The purpose of the group is to provide ongoing support and direction to both the DISC program and diabetic care services in the Logan community. It is also a great networking opportunity for the health professionals involved and will contribute to improving the information flow between healthcare providers.

For further information, please contact Laura Jordan at SouthEast Primary HealthCare Network on 3290 3733.

Conferences & Workshops...

Date Claimer: February 2010: Forward with Fairness Presentation

Date: 3rd February & 4th February 2010 and 8th February & 16th February 2010
Venue: Brisbane, Gold Coast, Ipswich Sunshine Coast

The significant changes to the clerical, nursing and doctor's award became effective from 1st January 2010. In November, AAPM Queensland ran a number of workshops to assist with this transition and follow up workshops are now planned for February 2010. For further information, please call 3103 5152 or email qld@aapm.org.au

Orientation Program for Nurses ~ New to General Practice

Date: 19th – 20th March 2010 and 4th – 5th June 2010 from 9.00am – 5.00pm (TBC)
Venue: Royal on the Park, Cnr Alice and Albert Streets, Brisbane
Cost: \$120 (GST Inc) – This fee includes all course materials, morning tea and lunch

General Practice Queensland is pleased to deliver this new 2 day orientation program workshop. The aim of this program is to enhance the knowledge and clinical skills of the Practice Nurse to support the General Practitioners to provide comprehensive interventions and population based primary health care.

Places are limited for registration!! Please contact Susan Cederblad at SPHN on 3290 3733.

Pap Smear Provider training for Nurses

Family Planning Queensland is a leading provider of specialist education and training. The Pap Smear Provider course provides registered nurses with specialist knowledge and skills to practice as a Pap Smear provider and to be eligible for authorisation as a Registered Nurse Pap Smear Provider in Queensland. This course is also open to enrolled nurses and health workers.

Course dates for the theory component for Brisbane are July and October. More information on the course and registration is available at www.fpq.com.au/training/clin_courses_nurses.php

Challenges in Cardiology Conference

This conference will address advances in cardiovascular medicine including diagnostics, imaging, electrophysiology and pacing, genetics, stem cell and electronic health; and self management issues including adherence to lifestyle and medicines, secondary prevention models and human behavior.

- Where: Royal Brisbane and Women's Hospital Education Centre, Herston, Queensland
- Date: Friday 9 April 2010, 12.30 – 5.30pm followed by networking drinks
Saturday 10 April, 8.30 – 3.00pm
- **Contact** the Heart Foundation by email qld@heartfoundation.org.au or phone 07 3872 2500 or visit www.heartfoundation.org.au/get_involved/whats_on/pages/cic2010

Conferences & Workshops...

Essential Topics in Psychology Clinical Professional Development Series

Presented by Queensland University of Technology with the support of CQUniversity Australia and JCU.

Register for Brisbane, Rockhampton or Cairns at <http://www.hlth.qut.edu.au/psyc/study/pd>

Where: QUT Kelvin Grove –

- Friday 16 April 2010 – Evidence-based Psychodynamic Psychotherapy, with Associate Professor Robert Schweitzer (This workshop is now full. Date for second Brisbane conference TBA)
- Friday 11 June 2010 – Understanding and Treating OCD in Adults, with Professor Roger Dooley
- Friday 23 July 2010 - Collaborative Skills for Relationship Counselling, with Dr Roger Lowe
- Friday 10 September 2010 - Ethical Decision Making for Contemporary Psychological Practice, with Emeritus Professor Graham Davidson
- Friday 22 October 2010 - Alcohol Problems: Understanding, Assessment and Treatment, with Mr Lee Beames

Contact: Narelle Dickinson 0407 118 969 or Narelle.dickinson@ecn.net.au

Chronic Disease Self-Management 6 Week Course

How to manage your symptoms, communicate effectively with your doctor, lessen your frustration, fight fatigue, make daily tasks easier, get more out of life

- **Where:** Logan Central Community Health, Level 2 Cnr Wembley & Ewing Roads, Logan Central
- **Date:** Next course starting Friday 19th February 2010 – for **6 weeks**
- **Time:** 9 - 11.30am (same time each week)
- **Contact:** Intake Officer at Logan Central Community Health Centre **3290 8900**

Mindfulness for Health 8 Week Program

Program for people who are looking for a different way to manage their chronic health condition which may be diabetes, heart disease, arthritis, asthma, stroke, cancer and may also have mild to moderate depression and/or chronic pain. Program is based on “Mindfulness-Based Cognitive Therapy for Depression – A New Approach to Preventing Relapse” by Segal, Williams & Teasdale 2002

- **Where:** Browns Plains Community Health Centre, 3 Wineglass Drive Browns Plains
- **Dates:** Term 1 - Introduction 9 February 2010, then **8 weeks** on Mondays 16 February to 6 April
- **Future Dates:** Term 2 Introduction 27 April 2010, then 8 weeks on Mondays from 4 May – 18 May then 1 June – 29 June at Logan Central Community Health, 97-103 Wembley Road, Logan Central
- **Contact:** Intake Officer at Logan Central Community Health Centre **3290 8900**

Conferences & Workshops...

Training in Manual Handling and Support Lifting

Tara Kent from Instinct Community Based Training will be presenting the following topics on practicing safe lifting when transporting elderly people or people with a disability in a vehicle, without incurring injuries to you, colleagues or consumers.

- Information regarding manual handling and how to safely use your back
 - Getting consumers in and out of vehicles
 - Assisting consumers to be secured into vehicles (straps, seatbelts)
 - Using hoists, wheelchairs and other equipment for a motor vehicle
 - Maintaining the spines natural curves when manual handling
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- **Where:** Burringilly, 3-7 Damalis Street, Woodridge
 - **Date:** Friday, 19th February, 2010
 - **Time:** 11am to 1pm Lunch Provided from 1pm – 1.30pm
 - **Cost:** Employees, \$10.00, receipt provided, Volunteers,, No Cost, Bookings Essential
 - **Contact:** Volunteering Service, Christine Jones, 3208 3568 or cjones@flexisupport.org.au

QLD Medical Director Training

HCN is pleased to announce a Medical Director 3 training session. This training session is helpful for Nurses, Receptionists, Allied Health Professionals and Doctors. The topics covered are those more widely used areas of the program, however participants need to ensure that the topics discussed suits their requirements. People who would like a wider and more intense training session should consider one-on-one training, which can be quoted at half day and full day rates.

- **Where:** Carina Leagues Club, 1390 Creek Road, Carina QLD 4152
- **Date:** Friday 5th March 2010
- **Time:** 9.30 – 4.30
- **Cost:** The cost is \$200 (ex GST, non-refundable) per person per day. Payment can be made by credit card, cheque or bank transfer before the 2nd of March 2010.
- **Contact:** To register for this session call **Belinda Grigor** on **(02) 9467 6179** Seats are strictly limited for each session and the sessions fill up fast, therefore please book early to avoid disappointment.

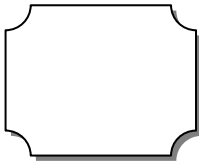
Diploma in Child Health (DCH)

International Postgraduate Paediatric certificate (IPPC)

Apply www.chw.edu.au/dch

The DCH offers a comprehensive overview of current best practice in child health care, comprising 111 hours of lectures and supporting material delivered as a distance education program via internet or DVD and is conducted as a one year program. The distance education offers busy practitioners the opportunity to learn when it suits them and to implement new knowledge in day to day practice. IPPC Fee for those studying outside Australia \$5830 / Course fee for GP's \$2690

Tick boxes of Special Events that you would like to attend...

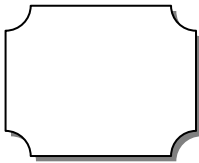


**Practical Education for Nurses:
Asthma Devices & Techniques**

Tuesday 16th February at 7:00am – 8:00am

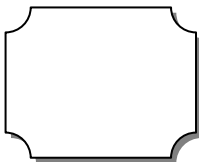
Wednesday 17th February at 5:30pm – 6:30pm

Please contact Bralma Hine at SPHN on 3290 3733.



Lighten Up to a Health Lifestyle

Please contact Erin Lumby at SPHN on 3290 3733.



Diabetes Reference Group

Please contact Laura Jordan at SPHN on 3290 3733.

Registration Form for Special Events

Name:

Practice/Organisation:

Position Held:

Work Address:

Postcode:

Telephone:

Email:

Attending event:

*RSVP by fax to 3290 3144

Special dietary requirements: