



Events on Time

enhancing health together

Friday 5th March | 2010

SPHN Event:

Perinatal Mental Health Training



Thursday, 25th March, 2010

**6:00pm Registration
at**

**Diana Plaza Hotel
Arcadia 2 Room
12 Annerley Road,
Woolloongabba QLD**

SouthEast Primary HealthCare Network invites General Practitioners, Psychologists and Midwives to Perinatal Mental Health training.

The National Perinatal Depression Initiative aims to improve the prevention and early detection of antenatal and postnatal depression through routine and universal screening of all women in pregnancy and postnatally.

Topics to be covered:

- Perinatal Mental Health Disorders
- Infant Mental Health Considerations
- The use and application of the Edinburgh Post Natal Depression scale (EPDS)
- Pathways to care including referral options in the community
- Case Studies
- For more information please contact Kristie at SouthEast Primary HealthCare Network on 3290 3733



SPHN Events Coming Up...

CPR Classes for both Members and Non Members

- **Where:** To be confirmed
- **Date:** 18th March 2010
- **Time:** 7.00pm to 9.00pm
- **Cost:** Members **Free** / Non Members \$65.00
- Prices for classes provided at your premises available on request.
- For bookings, please contact Kim Moffatt or Stephanie Culshaw on 07 3290 3733.

Mind The Gap: Physical and Mental Health Comorbidity Education and Training for Primary Health Care

Mind the Gap is a two-hour physical and mental health comorbidities education workshop accredited with the RACGP, the RCNA and the ACRRM.

- Target audience: GPs, practice nurses, and other primary health care professionals involved in the multidisciplinary team
- **Date:** 15 April 2010
- **Time:** 6.30pm – 9.30pm
- **Contact:** Kim Moffatt, Education & Training Coordinator Ph. 32903733

AGPN “Can Do” Program: Managing Mental Health & Substance Use in Primary Care

Unfortunately the ‘Can Do Comorbidity Event’ scheduled for March 6th this year has been **cancelled** and will be **rescheduled** for (tentatively) 7th April 2010.

We realise that to attend a full day event like this is more difficult than shorter events, so we are in the process of restructuring the event to retain the intent of joint learning, peer networking and peer support strategies, while providing a relaxed evening event in a restaurant setting.

While retaining the intent, the content will be structured to reflect the more local concerns and issues and will be more of a casual interactive forum.

To register your interest for this event, please contact Kim Moffatt at SPHN on 3290 3733

Practical Education for Nurses - Learn, network and eat in quick time! Diabetes and Chronic Disease in Aboriginal & Torres Strait Islander Communities

The Aboriginal and Torres Strait Islander population has a higher risk of developing and dying from diabetes than the general Australian population. The prevalence of undiagnosed diabetes in the Aboriginal and Torres Strait Islander population exceeds 5% in all those over 35 years of age.

Tamara Nikolaou, Worimi & Gumbainggir descendant, & Primary Care Liaison Officer for the Linking Indigenous People (LIP) Program will discuss the prevalence of diabetes in Aboriginal and Torres Strait Islander peoples and look at some evidence and recommendations for you to consider.

Janita Bird, Diabetes Educator, will discuss common diabetes blood tests, home blood glucose monitoring (HBGM) and how to sell it, and what to look for in HBGM.

- **Date:** Tuesday 16, 7:00 - 8:00 am, for continental breakfast **or** Wednesday 17, 5:30 – 6:30pm, for a light meal
 - **Venue:** Hotel Gloria, 14 Carol Ave, Springwood QLD 4127
 - **RSVP:** 12 March 2010 To register, please complete details on the last page of **Events on Time** and fax back by to 07 3290 3144 Registrations will be taken on a monthly basis.
 - **Future topics** continue on a monthly basis until November 2010 and will include: Asthma / COPD Action Plans and Self Management; Infection Control; Immunisation
- All enquiries to Bralma Hine, Primary Care Liaison Officer on 07 3290 3733 or bhine@sphn.org.au

Conferences & Workshops...

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

Orientation Program for Nurses ~ New to General Practice

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.

- **Date:** 19th – 20th March 2010 and 4th – 5th June 2010 from 9.00am – 5.00pm (TBC)
- **Where:** Royal on the Park, Cnr Alice and Albert Streets, Brisbane
- **Cost:** \$120 (GST Inc) – This fee includes all course materials, morning tea and lunch
- **Contact:** Places are limited for registration!! Please contact Bralma Hine at SPHN on 3290 3733.

Minor Surgery for General Practitioners

A two-day workshop by The Skills Laboratory at the Royal Australasian College of Surgeons in Melbourne, to enhance the surgical skills required for minor surgical procedures most likely to be carried out by GPs in rural or remote settings

- **Date:** 1 & 2 May 2010.
- **Venue:** Skills Laboratory, Level 1 East Wing Skills & Education Centre, Royal Australasian College of Surgeons, Corner of Spring Street and Lonsdale Street, Melbourne
- **RACGP QA&CPD Program:** Total points: 40 (Category 1) The course is eligible for the Procedural Skills and Emergency Medicine grants.
- **ACCRM Professional Development Program** and has been allocated 24 Extended Skills points and 2 Core points
- **COURSE FEE:** Two-day course: \$900 + GST = \$990
- This fee includes lunch and light refreshments, course notes, and a copy of the general anatomy module of the AN@TOMEDIA™ cd-rom package.

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.

- **Date:** Friday 9 April 2010, 12.30 – 5.30pm followed by networking drinks
Saturday 10 April, 8.30 – 3.00pm
- **Where:** Royal Brisbane and Women's Hospital Education Centre, Herston, Queensland
- **Contact:** 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...

HCA Health Coaching Overview for Health Professionals

South East Alliance of General Practice & General Practice Queensland

GPQ and SeaGP invite you to this half-day workshop which will provide you with techniques for:

- Giving treatment advice in a way that lowers patient resistance.
- Motivating patients to take responsibility and want to change.
- Helping patients to be more successful when they do want to change.
- **Date:** Saturday 13th March, 2010
- **Time:** 8.00am Registration, 8.30am to 1.45pm Morning Tea and Lunch will be provided.
- **Venue:** Colmslie Hotel Cnr Wynnum and Junction Roads, Morningside
- Presented by Health Coaching Australia,
- **Facilitator:** Rebecca McPhee – Accredited Practising Dietitian
- **RSVP** by Monday 8th March 2010 or for more information please contact Vicki on (07) 3390 2466 email vmcgowan@seagp.org.au

PEPA GP Update in Palliative Care - Seminar

Learning Objectives:

- Demonstrate increased confidence in the management of symptoms in the last days of life.
- Demonstrate an increased confidence in differentiating depression from sadness in the terminally ill patient.
- Demonstrate an increased confidence in the management of complicated bereavement.
- Demonstrate an increased confidence in communication skills related to advance care planning discussions, breaking bad news, supporting carers and families through the bereavement process, and dealing with anxiety and stress in the palliative patient.
- Demonstrate increased knowledge of self-care strategies to cope with working in palliative care.
- Demonstrate an increased understanding of the law regarding the withdrawal and withholding of life sustaining measures of palliative patients.
- Understand the GPs role in Bereavement and Advance Care Planning
- **Date:** Saturday 13th March, 2010
- **Venue:** Maroochy Surf Club, Alexandra Parade, Maroochydore
- **Time:** 8.30 am to 5.00 pm
- **Contact:** Kathy Laurent on 07 3636 6216
Email: Kathryn_Laurent@health.qld.gov.au

53rd Gold Coast Clinical Update: Postcards from General Practice

The RACGP Queensland Faculty invites you to a mix of work and play at the **53rd Gold Coast Clinical Update: Postcards from General Practice**. For a well deserved break, the friendly location offers a great range of discounted activities for you and your family to enjoy.

The conference will cover a number of topics including CPR, Urology, Sexual Health, Dermatology, Diabetes, Paediatric Orthopaedics, Ophthalmology and more!

- Register before 31 March to take advantage of the Early Bird rate and save on your registration.
- Don't miss out on this opportunity to earn Category 1 and 2 points before the end of the triennium!
- Conference Registration includes a Shark Bay Experience and a ticket to the Conference Dinner.
- **Date:** 1 - 2 May 2010
- **Where:** Sea World Resort
- **Contact:** Georgina Scriha, Marketing and Events Coordinator on 07 3456 8941, email georgina.scriha@racgp.org.au or visit www.racgp.org.au/qld/events

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Conferences & Workshops...

Falls and Falls Prevention: A Safety Net for GPs

This professional development course for GP's is running as a pre-conference workshop prior to the 2010 ESSA/SDA 2010 Conference – 'Research to Practice' – Science & Nutrition in Exercise & Sport
www.essa.org.au/conference2010

Co-Presented by Prof Stephen Lord from the Prince of Wales Medical Research Institute.
Workshop includes information and tools on:

An overview of falls in the elderly- insights and recommendations; Utilizing a multidisciplinary team; and whole-of-practice approach to reduce falls; Managing patients at risk of falling including quick tools to identify falls risks and polypharmacy triggers; Strategies to improve patient self-management, fostering self-care; Community falls prevention programs including the usage of Exercise Physiologists

- **Date:** Thursday the 8th of April 2010
- **Venue:** Jupiters Casino on the Gold Coast.
- **Contact:** Laura Vidmar on 07 3856 5622
laura.vidmar@essa.org.au **RSVP** by 26 March
- **Accredited** with the RACGP for 40 CPD points.
- **Cost:** \$350 includes all meals

The Second Annual National Conference in Lifestyle Medicine

The ALMA second national conference is open to all health care professionals interested and currently working in Lifestyle Medicine, including general practitioners, and allied health professionals (from the 14 disciplines involved in the Enhanced Primary Care system).

Conference Format

To preserve the practicality of the conference, presentations will be divided into expert plenaries (invited speakers) and short papers, submitted 'experience presentations' and 'tales from the trenches' (5 mins per person).

Topic areas include

- inflammatory process and lifestyle-related diseases; physical inactivity; nutrition/ food and fluids; sleep; chronic pain; addictions; mood states; putting Lifestyle Medicine into practice

Key Note Speaker

Key Note address: Professor Boyd Swinburn, International Obesity Taskforce

Invited speakers include Professor David Colquhoun (cardiology); Professor Tim Sharpe (Positive Psychology & Happiness); Professor Ron Grunstein (Sleep Medicine); Dr Caroline West (GP) Professor Marc Cohen (Wellness); Dr Joanna McMillan-Price (Nutrition); Professor Adrian Bauman (Exercise); Professor Garry Egger (Epidemiology); Professor Assoc Prof Phillip Siddall (Pain).

- **Date:** March 12-14th 2010
- **Venue:** Manly Pacific Hotel, Sydney, NSW
- **Register:** www.lifestylemedicine.net.au/health-professionals/index.htm

Conferences & Workshops...

LIFE Professional Development: Evaluating suicide prevention projects

Living Is For Everyone (LIFE) in conjunction with the Australian Psychological Society is hosting free professional development evaluation workshops around Australia in March and April 2010. These day long workshops will introduce and explain the key concepts of evaluation and leave participants with a take-home plan. Anyone working with people at risk of suicide who would like to learn about evaluating projects or improving their current evaluation systems is eligible to attend.

- **Date:** 20 April approximately 9am-5pm
- **Where:** The Queensland workshop will be held at the Hotel George Williams.
- **Cost:** There is no cost to attend and catering for the day will be provided. Spaces are limited, so fill out a registration form and send it to the LIFE team as soon as possible.

Registration forms can be downloaded from

<http://www.livingisforeverone.com.au/Evaluation-workshops.html>

Don't miss this amazing opportunity for free professional development, register now (registration closes two weeks prior to each workshop date)! If you have problems downloading or filling out the registration form please contact Rhona Rees on 03 8371 2831 or rrees@crisissupport.org.au

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. Based on "Mindfulness-Based Cognitive Therapy for Depression – A New Approach to Preventing Relapse" by Segal, Williams & Teasdale 2002

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

Essential Topics in Psychology - Clinical Professional Development Series

Presented by Queensland University of Technology with the support of CQ University Australia and JCU. Register for Brisbane, Rockhampton or Cairns at <http://www.hlth.qut.edu.au/psyc/study/pd>

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

Where: QUT Kelvin Grove

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

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



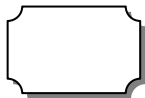
Practical Education for Nurses 1 16 & 17 March 2010:

Diabetes and Chronic Disease in A&TSI Communities

Tuesday 16th March at 7:00am – 8:00am

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

Please contact Bralma Hine at SPHN on 3290 3733.



CPR 18 March 2010 7.00 – 9.00 pm

Please contact Kim Moffatt at SPHN on 3290 3733.



Perinatal Mental Health Training 25 March 2010 6pm

Please contact Kristie Molloy at SPHN on 3290 3733.



Mind the Gap 15 April 2010 6.30 – 9.30 pm

Please contact Kim Moffatt 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: