

Delivering local health solutions through general practice



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**Riverland Division
of General Practice Inc.**

*GPs, Interns, Registrars, PRCC Students, Practice Nurses and
Allied Health Professionals*

are invited to attend

Mind the Gap- Managing Physical and Mental Health Co-morbidities

Facilitator: Robyn Size Clinical Counselor

Date: Thursday 29th March 2012
Time: 3pm-10pm
Venue: RDGP Training Room
3 Vaughan Court, Vaughan Terrace Berri

GPs who have completed mental health skills training accredited by the GPMHSC are able to access items 2715 and 2717 which attract a higher schedule fee. GPs who have not completed mental health skills training must develop mental health treatment plans under item 2700 or 2701.

This activity is accredited by the RACGP QI&CPD program for 40 Category 1 points (Activity Number: 755375) and General Practice Mental Health Standards Collaboration (GPMHSC) as a level 1, Mental Health Skills Training activity and with ACRRM for 30 Core PDP Points (EEACR-11001-AGPN).

Endorsed by the Royal College of Nursing Australia (RCNA) and Australian Practice Nurses Association (APNA)

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RSVP: 1st March 2012

Event Name: Mind the Gap

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Email: info@riverlandgp.org.au

Please note: RSVP must be no later than 1st March 2012 as there is a predisposing activity for this education event. Late RSVPs will unfortunately not be accepted.

Yes I will be attending

No I will not be attending

Name:

Organisation:

Contact Number:

Dietary requirements:

Contact Email:

Co-morbidities are managed in nearly 1 of 3 general practice consults (Britt et al., 2004). With co-morbidities often complicating diagnosis and management, care can be challenging (AMA, 2011).

This 6-hour workshop will provide GPs, and allied health professionals with knowledge and skills to effectively manage patients with co-morbid physical and mental health issues.

Participants will gain skills in conducting a Mental Health Treatment Plan, and increase their ability to provide a variety of strategies and techniques effective for managing co-morbidities, including:

- Psycho-education
- Solutions-focused therapy
- Behavioural activation
- Relaxation and mindfulness
- Use of medications in combination with psychotherapeutic techniques.

Learning objectives

At the conclusion of this training, participants will be able to:

1. Demonstrate understanding of the aetiology, epidemiology, range, and interrelationships of mental health issues, chronic health conditions and co-morbidities, as well as their relationships with lifestyle factors.
2. Demonstrate increased knowledge of patient self-management issues and consumer/carer perspectives and experiences of mental health issues, chronic health conditions, and co-morbidities, plus confidence in the provision of psycho-education to consumers/carers.
3. Demonstrate knowledge and skill in the assessment of co-morbid mental and physical health conditions (including use of assessment tools), management planning (including relevant MBS item numbers and relapse prevention strategies), chronic disease management care plans, and use of practice systems to enhance continuity of care. *
4. Recognise the roles and skills of mental health and allied health practitioners involved in the treatment of co-morbid mental and physical conditions, and have increased awareness of appropriate referral pathways.
5. Utilise a variety of strategies and treatments suitable for use in co-morbid mental and physical health issues (including psychotherapeutic strategies and the integration of medications with these) in general practice populations.

Predisposing activity

Registered participants will be required to read the following three articles and be prepared to discuss their content at the workshop:

1. Clarke, D.M., & Currie, K.C. (2009). Depression, anxiety, and their relationship with chronic diseases: a review of the epidemiology, risk, and treatment evidence. *MJA*, 190(Supp.), S54-S60.
2. Pond, D. (2004). Diagnosis and management of dementia in general practice. *Australian Family Physician*, 33(10), 789-793.
3. Howell, C., Marshall, C., & Opolski, M. (2008). Management of recurrent depression. *Australian Family Physician*, 37 (9), 704-708.

Please also consider your personal learning objectives for this module, and bring several useful mental health/ co-morbidities resources to the workshop to share with other participants (e.g. books, handouts, web addresses).