



Mind the Gap: Managing Physical and Mental Health Comorbidities

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)

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

This 6-hour workshop will provide GPs, Nurses and allied health professionals with knowledge and skills to effectively manage patients with comorbid 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 comorbidities, including:

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

A variety of educational tools (including small group discussion and skills practice) will be utilised.

Who: This workshop is suitable for GPs, Nurses and interested allied health professionals.

When: Saturday 10 March 2012

Where: Function Room 1
St John of God Murdoch Hospital
100 Murdoch Drive
Murdoch WA 6150

Time: Registration 09:00am
Workshop 09:30am – 4.30pm
Morning tea, afternoon tea and lunch will be included.

Presented by: Dr Ivor De Souza

Cost: No cost to participants; funded by DVA.

Participants receive: accredited program, refreshments and participant manual.



Mind the Gap - workshop outline

Workshop topic	<i>Time</i>
Part 1: Introductory and background information (including introductions, learning objectives, and group guidelines)	90 minutes
Part 2: Understanding and recognising mental and physical health conditions	
Part 3: Consumer and carer experiences	
Break: Morning tea	15 minutes
Part 4: Assessment and treatment planning	90 minutes
Part 5: The multidisciplinary team	
Break: Lunch	30 minutes
Part 6 (a): Management of mental and physical health co-morbidities	90 minutes
Break: Afternoon tea	15 minutes
Part 6 (b): Management of mental and physical health co-morbidities cont.	90 minutes
Part 7: Referral pathways	
Part 8: Summary, questions, reflections, and evaluation Outline of reinforcing activity	
Finish	Total = 360 (6.0 hours)

RSVP by Monday 5 March 2012.

Please complete the form below and return to Canning Division of General Practice by fax 08 9458 8733 or email to Carolyn Green at carolyn.green@canningdivision.com.au. Any enquiries please phone 08 9458 0505.

Name: _____

Practice: _____

Address: _____

Phone no: _____ **Mobile:** _____

Email: _____

Profession: _____ **QI&CPD/ACRRM no:** _____

Any dietary requirements: _____