



QRC: 3441

Price

One Day : \$462 inc. GST

Two Days: \$590 inc. GST

Date

03 - 04 Dec 2018

Venue

The Grace Hotel

77 York Street , Sydney, NW, 2000

CPD Hours

11 Hours | 0 Mins

Sydney Mental Health Conference 2018

An Essential 2 Day Update for All Nurses and Midwives

Need for Program

People who enter a general healthcare setting with a physical health complication and have a concurrent mental illness must receive comprehensive care. The ability of nurses and other health professionals to provide holistic health care to all people with a co-existing mental illness is highly dependent on a sound knowledge base. There is a timely need for an evidence-based update on a range of common mental health disorders and conditions so that health professionals are better positioned and informed to support a person with a mental illness.

Purpose of Program

To provide nurses and other health professionals who work across a range of general healthcare settings with a comprehensive update on common mental illnesses so as to improve a person's health outcomes.

Learning Outcomes

At the conclusion of this program it is expected that the participants will be able to:

- Give a trauma-informed approach to people in your care who have a concurrent mental illness
- Improve your understanding of mental illness to result in greater patient satisfaction in general healthcare environments
- Provide a feeling of safety and security to people hospitalised with a physical health complication who have a concurrent mental illness as a result of practical techniques being employed
- Establish clear personal boundaries and maintain them to promote a strong, safe therapeutic alliance

Program Schedule

Day One

8:30AM Registration for Day One

9:00

Welcome and Introduction

9:05

Jennifer Rankine

Where Might it All Begin? Brain Development and Mental Health

Construction of the brain is a process that extends into adulthood. There are factors that will contribute to healthy brain development during childhood and that support a strong, healthy foundation for the future. However, other negative influences can increase the risk of mental health problems or illnesses in childhood right through to adulthood. To further understand the links between brain development and mental health and wellbeing, this session will discuss:

- What are the stages of brain development?
- Is one stage more important than another in promoting positive mental wellbeing?
- What factors can interrupt healthy brain development in children?
- What activities and connections offer a protective effect?

10:00

Mike Smith

When Trauma Lingers ...

Many of us experience trauma. It is not always from typical traumatic events that can threaten our health and safety. Some of us may go on to further experience symptoms of post-traumatic stress or have a diagnosed post-traumatic stress disorder (PTSD). What if a patient in your care is experiencing this? Providing comprehensive mental health care that is considerate of a person's holistic needs is essential if we are to prevent re-traumatisation while in hospital. This session considers practical approaches to supporting a person with PTSD to feel safe during a hospital stay. It includes:

- What are the co-morbidities that are commonly associated with PTSD?
- What are the professional implications when caring for people with PTSD?
- How can we communicate with highly traumatised people?

10:45 Morning Tea

11:15

Anne Walsh

A Practical Guide to Performing a Mental Health Examination

It is essential that all nurses, not just those working in mental health settings, have the knowledge, skills, and confidence to perform a mental health examination. This practical session will draw on relevant case studies to demonstrate how to assess a person who has a mental illness and may be experiencing mental distress. It includes:

- What are basic principles of a mental health examination?
- When would you need to conduct one?
- When should you escalate or refer to specialist mental health services?

12:00

Elaine Ford

Haggard With Worry? Helping People Experiencing Anxiety

Everyone experiences anxiety at some level. Without anxiety, we would not be able to recognise a threat or respond to changes in our own wellbeing. However, for some people, anxiety can take over and consume a significant proportion of the time that could be better spent on other life domains. This session will discuss:

- How anxiety can have both positive and negative impacts on a person's overall health
- Clinical approaches to treatment
- How to help people work through their anxiety

1:00PM Lunch and Networking

2:00

Elaine Ford

Not Just a Bit Down - Depression and Its Debilitating Effects

Depression is a disorder that affects 1 in 4 people in Australia. It is an illness that can be debilitating to the person and their carers, as well as a challenge to treat. This session will look at:

- The variations in how a person experiences depression
- Treatment options
- Communication skills that are helpful when interacting with someone who experiences depression

3:00 Afternoon Tea

3:15

Anne Walsh

How to Take a Drug and Alcohol History

How often do people in your care present with a co-existing or past history of drug and/or alcohol use? It is essential that all nurses remain up-to-date in the appropriate care of those with a history of substance use. If you encounter patients who experience dependence or demonstrate related behaviours, assessment skills are essential. Are you confident you could undertake a comprehensive assessment of a person who has used or is using drugs or alcohol? This session reviews:

- When might you need to enquire about a person's history of drug and alcohol use?
- What types of questions need to be asked and why?
- How would you differentiate delirium from psychosis?
- What if your assessment points towards a substance use disorder?

4:15 Close of Day One of Conference

Day Two

9:00AM Commencement of Day Two

9:00

TBA

Recognising Red Flags - Practical De-Escalation Techniques

Stopping smaller incidents from “blowing up” is much more favourable than dealing with a critical incident. It is known that, aside from body language, not only what we say but how we say things is what makes a difference between a violent situation escalating or being defused. This may ultimately be the difference between you being injured or staying safe. This helpful session will provide you with an opportunity to:

- Identify subtle changes in behaviour that may be a warning sign of aggression
- Role play the following verbal communication strategies to defuse violence:
 - Words
 - Tone
 - Pitch
 - Pacing
 - Respond calmly with a trauma-informed approach

9:45

Mike Smith

Understanding Personality Disorders - Sorting Myths from Facts

Personality disorders are some of the most complex mental illnesses. They can be associated with deeply ingrained, extreme, inflexible, and maladaptive patterns of relating to and perceiving both the environment and themselves. There is a need for all nurses to identify and clearly understand personality disorders if people in your care are to receiving best possible health outcomes. This session will include:

- How are the terms “personality” and “personality disorder” defined?
- What are the characteristics of a personality disorder?
- Why can they be challenging?
- What are some effective communication strategies when caring for people with a personality disorder?

10:45 Morning Tea

11:15

Christine Muller

The Unsavoury Effects of Psychotropic Medications

There is a range of commonly prescribed medicines for mental health conditions that can have a significant impact on a person’s physical health. Metabolic syndrome associated with the use of antipsychotic medications can create a cascade of poor health outcomes. However, with careful monitoring, identification of risk, and correct treatment, the progression to type II diabetes can be prevented. This session looks at:

- What is metabolic syndrome?
- Why is it linked to antipsychotic agents?
- What factors lead to patient vulnerability to metabolic syndrome?
- Why is appetite affected with such medications?
- Can we reduce the progression of metabolic syndrome to type II diabetes?
- How can monitoring make a difference?

12:15

Christine Muller

Stop Snoozing on Sleep Health

Sleep disruption and disorders are generally under-recognised and, as such, poorly managed. This is despite the increasing amount of research that demonstrates the importance of sleep, not only to physical health but mental wellbeing. For people with a mental illness, certain challenges, such as the side effects of medications and mood disorders like anxiety, might exacerbate the nightly struggle that many of us face. This session explores practical and evidence-based approaches that promote sleep health. It includes:

- How might a mental illness impact a person's sleep?
- What happens to sleep while in hospital?
- How have we traditionally approached sleep and why doesn't this work?
- Who should be completing sleep assessments and are we?

1:15PM Lunch and Networking

2:15

Renee Hall

Recognising and Responding to Self-Harm and Suicidal Thoughts

What would you say and how would you respond to a person who has disclosed self-harm or suicidal thought? How would you ensure their safety? A risk assessment is essential if we are to recognise a change in a person's mental state that may place them in danger of self-harm or suicide. This session looks at how to recognise and respond to a person who may be experiencing self-harm or suicidal thoughts. It includes:

- What's the difference between self-harm and suicidal thoughts?
- What are the common triggers for these feelings?
- How is a risk assessment conducted?
- What are the approaches to managing patients who present with self-harm or suicidal thoughts?

3:15 Afternoon Tea

3:45

TBA

Calling Time on Wine O'clock?

Recent studies have shown that baby boomers are drinking more than millennials. Worryingly, wine has become somewhat of a normalised source of self-medication for many women. While it may seem ok to have a wine to "take the edge off" a stressful day, this unhealthy habit is having detrimental

impacts on health. Let's discuss:

- Why are women drinking more than ever?
- What would constitute an unhealthy habit and how can you identify this?
- How can we promote healthier habits in women?
- When might it time to put an end to wine o'clock?

4:30 Close of Conference and Evaluations

Presenters

Mike Smith

Mike Smith has been a mental health nurse for 20 years and has master's degrees in public health and mental health nursing. He has extensive experience in all areas of mental health nursing, including forensic, acute, community, consultation-liaison psychiatry, psychiatry liaison, GP liaison, and homeless mental health. He is currently a clinical nurse consultant in HIV Mental Health, located in metro Sydney and providing care for people presenting with complex physical and mental health issues, including concurrent mental health problems, personality disorders, alcohol/substance abuse, infectious diseases, and other associated health problems. Mike has been a guest lecturer at the University of Technology School of Nursing for both the undergraduate and postgraduate programs. He coordinates the University of NSW medical students on placement, providing a program of experience and community-based learning, and provides education for University of Notre Dame medical students. He is also a co-coordinator for the Mental Health special interest group for the Public Health Association of Australia and is involved in mental health policy and advocacy at a national level.

Jennifer Rankine

Jennifer Rankine is a Registered Nurse and certified midwife who has specialised in child and family health nursing. She has a graduate diploma in perinatal and infant mental health and recently became a certified infant massage instructor. Jennifer has completed a graduate certificate in adult education and training. Jennifer has many years of experience working within the private and public health systems. She is currently working part-time as a clinical nurse specialist at the Tressillian Family Care Centre Nepean, where she has worked for the last 17 years. She now works in the day services unit but has also worked for many years in the residential unit. Jennifer has always been interested in education and is passionate about promoting parental confidence and self-efficacy through strengthening the connections between parents and children. She believes this is best done through a relationship-focused approach, built on how infants and young children communicate and develop especially in the very early years.

Anne Walsh

Anne Walsh started her career in drug and alcohol (D&A) as a police officer and RN/drug and alcohol worker. Anne joined Justice Health & Forensic Mental Health Network where she was a D&A clinical nurse consultant for twelve years prior to becoming a D&A transitional Nurse Practitioner. Anne's academic qualifications include a master of advanced nursing, a master of health leadership and management, a graduate certificate in addiction, a graduate diploma in employment relations; Studies, and a bachelor of applied science in health education. Anne is a professional member of the Nursing and Midwifery Board of NSW, Australian College of Nursing (ACN), Drug & Alcohol Nurses Association of Australasia (DANA), The Australian Professional Society on Alcohol and Other Drugs (APSAD) and the International Nurses Association. She is a casual lecturer in D&A nursing at the University of Technology and the D&A clinical application program, which she developed and which has been acknowledged by UTS, UTAS and the Australian College of Nursing. Anne loves her work as a transitional nurse practitioner with a particular interest in D&A education.

Elaine Ford

Elaine has been nursing for 38 years and has enjoyed working in many acute and non-acute settings in general and mental health specialities. She holds many formal qualifications in nursing, sports psychology, counselling, and psychotherapy. She is a foundational fellow of the Australian College of Nurse Practitioners, a fellow of the Australian College of Mental Health Nurses, and a clinical member of the Counselling and Psychotherapist Association, the Psychotherapist and Counselling Federation of Australia, and the Cancer Council Professionals. Elaine has an extensive practice and experience in hospital and community settings and in consultation-liaison psychiatry. She is Australia's first practising Nurse Practitioner in mental health. She has presented papers at national and international conferences on a broad range of topics and is passionate about the nursing profession. Elaine has her own practice where she predominantly practises psychotherapy, focusing on people with disorders of self and people affected by cancer, psychosomatic illness, and mood disorders. She has supervised training in existential and the conversational model of psychotherapy. Her work has been influenced by Hildegard Peplau, Dorothea Orem, and Sister Callista Roy.

Christine Muller

Chris Muller is a Registered Nurse, currently working as a Nurse Practitioner Adult Mental Health - Justice Health and Forensic Mental Health Network. She holds a Graduate Diploma in Mental Health, a Master of Nursing Mental Health Nurse Practitioner and a Diploma in Project Management. Chris has almost 40 years experience as a mental health nurse working in large 5th Schedule Hospitals, Community Extended Hours Teams and within private mental health hospitals. For the past 20 years, Chris has been employed as by Justice Health and Forensic Mental Health Network as a Clinical Nurse Consultant Level 3 Acting Patient Safety and Clinical Risk Manager. Since 2008 Chris has been employed as a Nurse Practitioner within Custodial Health. Chris is committed to enhancing the skills of fellow health staff working within a unique and challenging context and providing a high-quality mental health service for a highly marginalised population where multimorbidity and complex presentations are the norms.

Renee Hall

Renee Hall is a Registered Nurse and Nurse Practitioner. She works in consultation-liaison in the emergency department with Nepean Blue Mountains Local Health District. She holds a graduate certificate in mental health nursing and a masters of mental health nursing (Nurse Practitioner). Renee has seventeen years' experience in nursing with the majority of this time spent in the speciality of mental health. She has worked in acute community crisis teams, inpatient mental health units, and within custodial mental health. For the five years prior to becoming a Nurse Practitioner, Renee worked as a clinical nurse consultant with Justice Health and the Forensic Mental Health Network in the areas of children's court, forensic mental health, and acute adult mental health. She has also worked as a pharmaceutical representative in the area of neuroscience. Renee has a passion for crisis intervention and reducing the stigma around mental illness.

To Be Determined

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