



**FRIDAY 29 APRIL – SUNDAY 1 MAY 2016**

**2016 VICTORIAN RURAL DOCTORS  
CONFERENCE**

3-day conference at Mantra Lorne

## Welcome to the 2016 Victorian Rural Doctors Conference

### MEDICAL STUDENTS

Sponsored medical students are nominated through the rural health clubs and will be funded subject to Department of Health approval for all expenses except travel. Students will be allocated to conference segments.

Other students may wish to self-fund their attendance (including accommodation and meals) and will be considered for assistance on application.

### GP REGISTRARS

Attendance and day cost will be subsidized for all registrars. Accommodation and meals at your own expense. Cheaper accommodation is available at Erskine Rivers Backpackers at \$30 per night excluding breakfast. The number of subsidised registrars are capped, please register early to avoid disappointment.

### REGISTRATION INFORMATION

To register for the 2016 Victorian Rural Doctors Conference, please complete the registration form available at RDAV website:

<http://www.rdav.com.au/rdav/conferences-and-events>

RACGP, ACCRM and AAPM (Practice Managers) CPD points will be available. Procedural grants are also available for Friday workshops.

Please note that your registration form faxed or emailed to us must be kept as a record for a Tax Invoice.

Sign up to your workshop of choice on Saturday upon arriving, attendance at some sessions may have limited numbers.

### ACCOMMODATION

Please note accommodation is not booked through the conference registration. Attendees must complete the hotel booking form provided and return to the hotel using the information provided on the form.

*Mantra Lorne*

*Mountjoy Parade, Lorne, VIC 3232*

*Ph: 03 5228 9777*

<https://www.mantralorne.com.au/>

We are very pleased with this year's venue, situated in picturesque Lorne right on the beach. The conference facilities are the best and most commodious that we have so far been able to obtain in 23 years.

## Conference Summary

### Day 1: Procedural Workshops, Practice Managers and Medical Students

Three procedural workshops for GPs and Registrars in the following three areas. Prior booking is essential as we have limited places available:

- **Advanced Life Support**  
Refresh your skills in BLS and CPR. Up to date information from ARC guidelines, scenario based skills stations; teamwork and communication
- **GP Obstetrics**  
Case presentation including CTGs, hands on skills stations; Clinical Governance – what does this mean for your health service?; Office gynaecology update
- **GP Anaesthetics**  
Case based discussion based on common anaesthetic dilemmas; update on new equipment

These procedural workshops may have pre/post activities required to gain CPD points.

Medical Students Masterclass workshop (full day) consisting of the following:

- **Implementing Informed Consent – MDA National**  
Knowing your responsibilities and support adults to make informed choices about their medical treatment. Includes case scenarios, video and audio. Learning outcomes:
  - Explain the steps of the informed consent process with an adult patient who has capacity to consent
  - Outline the information that needs to be communicated to a patient during the informed consent process
  - Identify at least three aspects of an informed consent discussion that need to be recorded in the clinical notes
- **Sleep, Stress and Survival – Dr Justine Tuffley**  
Focusing on the wellbeing of medical students and how to survive the transition from medical student to Doctor. This session also provides strategies to cope with shift work; techniques to assist with relaxation; and tips for improving resilience to medical health problems through diet and exercise
- **CPR/BLS**
- **Minor skin surgery – Dr Michael Moynihan**  
Covering suturing, incisions and simple flaps

Practice Managers workshop (full day) will include topics such as:

- **Overwhelmed & Overworked – Dr Justine Tuffley**  
Focusing on tools for stress management, strategies for long term resilience, essential for those working in a stressful environment, and important time management skills to achieve work/family/life balance
- **Stan Stavros**  
In depth look at Financial Benchmarks update, latest Medical Business Trends, overview of what should be included in Owner Agreements
- **Marketing within a health context**
- **Different models of practice**

## Day 2: Lectures and Small Group Workstations

Saturday morning is a plenary session with the following topics:

- **Climate Change and Health**  
With record high temperatures and more frequent severe weather events, it is likely that the health of climate change on rural communities will be significant. Find out what we already know, and what the future holds
- **International Health**  
A local orthopaedic surgeon shares his experiences in Cambodia
- **Managing intoxicated patients in an emergency situation**  
Even the smallest rural hospitals are increasingly confronted by challenging patients intoxicated by drugs and alcohol. Some tips to keep you, your staff and your patients safe
- **We live in testing times**  
Pathology, imaging and other tests have an essential role in the diagnosis and screening for disease in medical practice. However, over-testing has recently emerged as a significant issue and has implications for the patient, doctor and health system. Vocational training is arguably the most critical period in the development of future patterns of clinical practice for the GP. This includes the development of test ordering behaviour. The general practitioner (GP) supervisor, therefore, has a key role to play in educating registrars to avoid over-testing.
- **RDAV Open forum**  
In a federal election year, this is your opportunity to hear the latest from Canberra and Spring Street and to voice your opinions about the challenges for rural practice

We will be offering 6 or 7 small group workshops and registrants will have the opportunity to attend 3 x 45 minute sessions, topics will include a diabetes update, Skin surgery, chronic pain management as well as the below:

- **The Naked Doctor – Dr Justin Coleman**  
Aims to encourage discussion and awareness of the opportunities to do more for health by doing less. It is a compilation of articles, books and other works that highlight over diagnosis and over treatment
- **Telehealth – Risks, Responsibilities and Rewards – MDA National (length of two sessions)**  
Examine medico-legal and best practice aspects of telehealth technologies. Case scenarios focus on video consultation and email, with information given about photos and text messaging. Learn how to embrace the benefits of telehealth while ensuring security, privacy and professionalism.

The day then winds up with a formal dinner and we are very pleased to have the Euthymics back after their fantastic performance in 2014.

Politicians invariably turn up to attend the conference but the timing is subject to change and could be Friday evening, Saturday or Sunday – TBC

### Day 3: Networking and panel discussions

Sunday morning there will be:

- **GP Tips** from Dr Justin Coleman who many might know as “Humerus” from the medial press
- **Social media** update from those who know their posts from their tweets
- **Update from Stan Stavros** – financial planner: making the most out of your business
- **Panel discussion “Going Green”** – panel discussion with questions from the floor. Find out how you can help the environment and save your energy bills and refuse disposal costs, in your practice, hospital and home

*“Our health is dependent on a healthy environment. The threat of climate change and its consequences poses one of the most serious health challenges now facing the world’s population. As doctors we have a responsibility to show leadership in addressing this challenge.”*

Courtesy Green Practice 16/2/2016, <http://www.greenpractice.org.au/>

There will be a separate session for registrars:

- **Maintaining Boundaries in Challenging Doctor** – Patient Interactions: MDA National  
Explore patient behaviours that threaten professional boundaries. Discover practical solutions to effectively maintain patient boundaries, learn to say “no”, and understand when and how to end a therapeutic relationship
- **Emerging supervisor** - tips to help you as a supervisor of students and other trainees
- **Exams!!** – representatives of ACRRM and RACGP will be available to answer questions about their programs and exams. Learn the truth from some recent fellows of both programs

This will be followed up with lunch before leaving.

## Day 1: Friday 29 April

Registration opens at 8.45am in Convention foyer

| Time          | Session  | Location          |
|---------------|--|-------------------|
| 9:00 – 16:30  | <b>Advanced Life Support</b><br>Includes Pre and Post activity for CPD points  | Convention Room 1 |
| 9:00 – 16:30  | <b>Obstetrics Upskill</b><br>ACRRM Procedural Grant available<br>Includes Pre and Post activity for CPD points   | Convention Room 2 |
| 9:00 – 16:30  | <b>Anaesthetics Upskill</b><br>ACRRM Procedural Grant available<br>Includes Pre and Post activity for CPD points   | Convention Room 3 |
| 9:00 – 16:30  | <b>Medical Students Masterclass</b> <ul style="list-style-type: none"> <li>• Maintaining boundaries in Challenging Doctor/Patient Interactions</li> <li>• Sleep, Stress and Survival</li> <li>• Minor surgery</li> <li>• CPR/BLS</li> </ul>  | Board Room 1 & 2  |
| 9:00 – 16:30  | <b>Practice Managers Workshop</b> <ul style="list-style-type: none"> <li>• Overwhelmed &amp; Overworked</li> <li>• Financial Benchmarks update, latest Medical Business trends and overview of what should be included in Owner agreements</li> <li>• Marketing within a health context</li> <li>• Different models of practice</li> </ul> | Heritage Room 3   |
| 10:30 – 11:00 | <b>Morning Tea</b>   | Convention foyer  |
| 12:30 – 13:30 | <b>Lunch</b>   | Convention foyer  |
| 15:00 – 15:30 | <b>Afternoon Tea</b>   | Convention foyer  |
| 18:30         | <b>Family Dinner - \$65 pp</b> (children free)<br>Entertainment for family provided  | Heritage Room     |

### Costs:

|                   |                                   |
|-------------------|-----------------------------------|
| GP day charge:    | \$500.00                          |
| Practice Manager: | \$150.00 (additional staff \$100) |
| Registrars:       | \$100 (subsidised)                |

## Day 2: Saturday 30 April

Registration opens at 8.30am in Convention foyer

| Time          | Session  | Location                 |
|---------------|--|--------------------------|
| 8:45 – 9:00   | <b>Welcome and Acknowledgment of Country</b><br><i>Dr Sue Harrison, RDAV President</i>   | Convention Room 1 & 2    |
| 9:00 – 9:45   | <b>Climate Change and Health</b>   |                          |
| 9:45 – 10:30  | <b>International Health</b>  | Convention Room 1 & 2    |
| 10:30 – 11:00 | <b>Morning Tea</b>   | Convention foyer         |
| 11:00 – 11:45 | <b>Managing intoxicated patients in an emergency situation</b>   | Convention Room 1 & 2    |
| 11:45 – 12:30 | <b>We live in testing times</b>  | Convention Room 1 & 2    |
| 12:30 – 1:00  | <b>RDAV Open Forum</b>   | Convention Room 3        |
| 1:00 – 14:00  | <b>Lunch</b>   | Convention foyer         |
| 14:00 – 14:45 | <b>Small Group Workshops – Session 1</b>   | Convention Room 1, 2 & 3 |
| 14:45 – 15:15 | <b>Afternoon Tea</b>   | Convention foyer         |
| 15:15 – 16:00 | <b>Small Group Workshops – Session 2</b> <b>Telehealth – Risks, Responsibilities and Rewards</b>   | Convention Room 1, 2 & 3 |
| 16:00 – 16:45 | <b>Small Group Workshops – Session 3</b> MDA National (length of two sessions)   |                          |
| 18:00         | <b>Children’s Dinner and Entertainment (free)</b>  | Board Room               |
| 18:30         | <b>Pre-Dinner Drinks and Conference dinner \$125 pp</b><br>Three course meal with beer, wine and soft drinks<br>Entertainment by Euthymics | Convention Rooms         |

### Costs:

|                |                   |
|----------------|-------------------|
| GP day charge: | \$300.00          |
| Registrars:    | \$50 (subsidised) |

## Day 3: Sunday 1 May

Registration opens at 8.45am in Convention foyer

| Time          | Session  | Location              |
|---------------|--|-----------------------|
| 9:00 – 10:30  | <b>GP Tips/Social Media</b> <ul style="list-style-type: none"> <li>• Making the most out of your business</li> <li>• Social Media</li> <li>• GP tips</li> </ul>                                  | Convention Room 1 & 2 |
| 10:30 – 11:00 | <b>Morning Tea</b>   | Convention foyer      |
| 11:00 – 12:30 | <b>Going Green</b><br><i>Panel discussion with questions from the floor, what are the latest things available that you can do to save the environment in your practice</i>                       | Convention Room 1 & 2 |
| 9:00 – 12:30  | <b>Registrars and Fellowship candidates</b> <ul style="list-style-type: none"> <li>• Maintaining Boundaries in Challenging Doctor</li> <li>• Emerging supervisor</li> <li>• Exam tips</li> </ul> | Convention Room 3     |
| 12:30 – 13:30 | <b>Lunch</b>   | Convention foyer      |

### Costs:

|                |                      |
|----------------|----------------------|
| GP day charge: | \$140.00             |
| Registrars:    | No cost (subsidised) |

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