

Upcoming Courses and Events – Dates and Registration



Tick to Register (✓)	Date	Event	Topic	Venue	Contact
	June 17	GP Information Dinner	Health issues for Lesbian, Gay, Bisexual and Transgender patients	Two Small Rooms Milton	Kathleen
	June 19	Brief Interventions Workshop	Tools and pathways to support patients with lifestyle risks	433 on Logan Conference and Banqueting Centre	Kylie
	June 21	Young Minds –Accredited Mental Health Skills Training	Treating Depression and Anxiety in Young People	433 on Logan Conference and Banqueting Centre	Carmel
	June 22	'Lighten Up to a Healthy Lifestyle' Program	Healthy lifestyle program for people at risk of type 2 diabetes and other chronic diseases	Clunies Ross Conference Room, Eight Mile Plains	Suanne
	June 22	Practice Nurse Network Meeting	Spirometry	Brisbane South Division	Trudy
	June 29	Lighten Up to a Healthy Lifestyle' Facilitator Training	3 day Facilitator Training in an accredited lifestyle modification program	Gecko House, 139 Duringan St, Currumbin	Suanne

Name of Attendee	Practice Name	Telephone

To register for any of the above events, tick the appropriate box in the register column, fill in your details and fax back to **3274 1930**.

Vinnies CEO Sleepout- 17 June



Vicki Poxon, CEO of Brisbane South Division, will be sleeping out for Australia's homeless on June 17 from 7pm to 7am at Suncorp Piazza along with 47 of her fellow local CEO's.

The aim of this sleepout is to raise support as well as funds for this serious and important issue. The funds Vicki raises will directly assist Vinnies to support the many men, women, children and families who really do sleep out every night.

To sponsor Vicki and make a donation, please go to www.ceosleepout.org.au, enter Vicki Poxon in the CEO search field and then click donate. Alternatively, for more information, please call Vicki or Kylie at the Division on 3274 1886.

General Practitioners

Interested in Making Patient Reminders Easier to Manage? RACGP Special Offer Available Now



Do you have the PEN CAT tool installed? Then you may be interested in the special offer for Primary Care Sidebar.

GP's who join or renew their membership to RACGP by 30 June 2010 can choose to receive a 12 month sidebar subscription, valid until 30 June 2011, **free**.

A number of practices in Brisbane South are already using the combination of Medical Director PEN CAT tool (supplied by Brisbane South Division for free) and the Primary Care Sidebar and have found a marked improvement in ease and outcome of managing their patient information and reminders.

For more information about the PEN CAT tool, functionality of the Primary Care Sidebar, installation and general practice staff training opportunities offered by Brisbane South, please contact your Area Manager at the Division on 3274 1886. For more information about RACGP renewal call 1800 331 626.

General Practitioners



Men's Health Week- June 14th -20th

Men's Health Week is an opportunity to increase awareness of important male-specific health issues. Many significant health risks can be reduced by simply staying fit and getting a regular check up with a GP. Men's Health Week is the perfect chance for Australian men to get proactive about improving their lives.

The campaign encourages people to visit the campaign website www.menshealthweek.com.au to learn the facts about men's health and for information on other events during the week.

Brisbane South Division currently runs a community driven initiative called "**Connecting Men: Free Men's health check up**" based on the Pit Stop Model.

In line with Men's Health week the Division will attend the Men's Health Expo being held at Sunnybank sub branch RSL, 19 Gager St, Sunnybank from 6.30pm to 9.30pm, conducting free Men's health checks.

What this means for you?

Checks performed include - Blood Pressure, Waist Measurement, Alcohol Consumption, Smoking Risks and more. Depending on results from these checks, some men may be referred to their GP for additional follow-up therefore you may have patients book in after attending one of the events to complete a more thorough assessment in their areas of concern.

The Division is also looking for volunteers to contribute a few hours during upcoming community events. If you are available to provide your assistance, please contact Dr. Naitik Mehta at Brisbane South Division on 3274 1886 or email nmehta@brisbanesouth.com.au.

Practice Nurses



Immunisation - Tip of the Week

Provided the skin is visibly clean - there is no need to wipe it with an antiseptic (e.g. alcohol wipe).

If the immunisation service provider decides to clean the skin, or if the skin is visibly not clean, alcohol and other disinfecting agents must be allowed to dry before vaccine injection (otherwise there may be some increased injection pain).

This information was extracted from the *9th Edition Immunisation Handbook - page 43*.

Reset your life Facilitator Training – Now Available Online

Reset Your Life is an accredited Lifestyle Modification Program under the Australian Government Prevention of Type 2 Diabetes program.

Until 30 November 2010 the facilitator training for Rest your Life has been made available for **free**. To be eligible to complete this training the Division will need to nominate you for the course as well as sign off on your application form.

To find out more about the facilitator training go to the AGPN website at: <http://www.agpn.com.au/programs/prevention-of-type-2-diabetes-program/reset-your-life> or call Suanne Robertson, Program Coordinator (Healthy Lifestyles) at the Division on 3274 1886.

QUICK FIND GRAPHICS KEY



General Practitioners



Key Information



Nurses



Practice Management

These graphic symbols were created to help you quickly find the information that is most crucial to you