Capital Health Network, through the ACT PHN programme invites General Practitioners to a two parts series educational evening.

PROGRAM

Date: 
Session 1 – Wednesday 30 August 2017
Session 2 – Wednesday 13 September 2017

Time: 
6.00pm – 6.30pm Registrations & Light Dinner
6.30pm – 8.45pm Presentations

Venue: 
Common Room, University House, 1 Balmain Cres, Acton

Learning Outcomes:

- Describe physiology of obesity and understand why this represent barrier for weight loss maintenance.

- Evaluate an obese patient for obesity-related complications; construct an individualised comprehensive weight management plan for patients with obesity.

- Evaluate patients Physical Activity Stage of Change, recommend appropriate action and identify effective referral pathways and options to ensure continuity of patient care.

- Assess when to refer a patient to the Better Access to Mental Health Program to help them with the health goals.

- Identify sources of access to evidence based dietary support for overweight and obese patients.

*This activity has been submitted to RACGP as a Category 2 Activity in the QI & CPD Program for 2017 – 2019 Triennium. 8 CPD points allocated. Activity ID 109387.*
Wednesday 30 August 2017

SPEAKER

Dr H-C Carol Huang, BHB, MBChB, FRACP, Senior Staff Specialist
Dr Carol Huang is the Lead Physician in Obesity Management and Sleep Medicine at the Canberra Hospital. She completed her undergraduate studies at the University of Auckland and Advanced Training in Respiratory and Sleep Medicine at Sir Charles Gairdner Hospital and Royal Perth Hospital in Perth. In the last 10 years, she has overseen the development of a comprehensive Sleep Medicine Service at the Canberra Hospital. More recently, she has developed a clinical interest in Physician-Led Obesity Management.

Assoc Prof Paul Dugdale, BMBS, MA, MPH, PhD, FAFPHM, Director Chronic Disease Management, Canberra Hospital and Health Services
Associate Professor Paul Dugdale is a public health physician. He is Director of Chronic Disease Management at ACT Health and Director of the Centre for Health Stewardship in the ANU Medical School. As a clinician, he has interests in multi-morbid chronic disease including morbid obesity. His research interests are in health service and health system design, from both a public health and political theory perspective. He has held previous roles as Chief Health Officer of the ACT, and Director of GP Financing in the Commonwealth Department of Health.

Holly Smith, Accredited Practising Dietitian
Holly Smith holds a Bachelor of Human Nutrition and a Postgraduate Diploma in Dietetics from the University of Canberra. Her current role involves working within an interdisciplinary team of medical and allied health professionals to improve the health and wellbeing of adults with class III obesity. She is a strong advocate for communicating evidence-based nutrition messages to the public, as seen through her media and communication roles at the Dietitians Association of Australia.

Dr Natalie Chan, Clinical Psychologist, ACT Obesity Management Service
Dr Natalie Chan has worked as a Clinical Psychologist with the ACT Obesity Management Service since 2015. She holds a PhD (Clinical Psychology) from the Australian National University and has experience providing psychological assessments of and treatment to patients with mild to severe psychopathology. In her current role, she provides psycho-education and interventions to assist patients to make healthy and sustainable lifestyle habits.

Ana O'Rourke, Manager, Obesity Management Service
Ana O’Rourke is the Manager and an Accredited Practising Dietitian for ACT Health’s Obesity Management Service since 2014. Ana holds a Bachelor of Human Nutrition and a Masters in Nutrition and Dietetics from the University of Wollongong. Her current role involves coordinating staff and the activities within the Obesity Management Service within an interdisciplinary team of medical and allied health professionals for adults with class III obesity. Prior to this role, Ana managed a Nutrition Service for Adults within ACT Health for 8 years.
Wednesday 30 August 2017

PROGRAM

6:00pm Registrations and Light Dinner
6:30pm Welcome and Housekeeping
6:35pm Presentation by Dr Carol Huang & Assoc Prof Paul Dugdale
- Setting the scene
- Physiology of Obesity
- Obesity related complications
7.15pm Presentation by Holly Smith
- Brief nutrition assessment and intervention
- National dieting culture
- Medical Nutrition Therapy in Class III Obesity
7:35pm Break
7:50pm Presentation by Dr Natalie Chan
- The Psychology of Eating
8.10pm Presentation by Ana O’Rourke
- Overview of Obesity Management Service
8:20pm Questions
8:45pm Summary and close
Wednesday 13 September 2017

SPEAKER

Dave Turner, Accredited Exercise Physiologist
Dave Turner is the leading Exercise Physiologist working in ACT Health Obesity programs. He has a passion to promote movement across the lifespan for the health and happiness of individuals and families. As with most clinicians involved with obesity, Dave has a strong focus on positive health promotion and early intervention which lead to improved individual and population outcomes.

Dr Miriam Blackburn, Endocrinologist
Dr Miriam Blackburn is an endocrinologist with an interest in obesity. She is a staff specialist at The Obesity Management Service and The Canberra Hospital.

Prof Kirsty Douglas, Professor of General Practice, Australian National University Medical School
Prof Douglas has been a GP in Canberra for the last 22 years and has spent the last 11 years working with vulnerable populations. Her research interests are in primary care health services research and she has published in chronic disease management, avoidable hospitalisations and obesity. She is currently supervising Dr Liz Sturgess's PhD on GP led management of obesity.
Wednesday 13 September 2017

PROGRAM

6:00pm  Registrations and Light Dinner

6:30pm  Welcome and Housekeeping

6:35pm  Presentation by Dave Turner, Exercise Physiologist
         - Introducing exercise

6:55pm  Presentation by Dr Miriam Blackburn, Endocrinologist
         - Pharmacotherapy
         - Bariatric Surgery

7:35pm  Break

7:50pm  Assoc Prof Sivakumar Gananadha, Bariatric Surgeon, Staff Specialist, Canberra Hospital
         - Bariatric surgery

8:10pm  Prof Kirsty Douglas, Professor of General Practice, Australian National University Medical School
         - General Practice Perspective

8:30pm  Questions

8:45pm  Summary and close