

GP MENTAL HEALTH SKILLS TRAINING

27 MAY 2010

An Eating Disorder MHST workshop has been incorporated into Day 1 of Eating Disorders: Meeting the Challenge conference.

GP's are invited to register for the Eating Disorder MHST workshop alone, or for 2 or 3 days of the conference.

Eating Disorder MHST workshop Program

- 9:30-10:30 **Keynote address:** Enhancing Engagement and Overcoming Barriers in the Eating Disorders – Josie Geller
- 10:30 - 11:00 **Morning tea**
- 11:00 - 12:30 **Plenary & discussion** on "What place is there for law in managing Anorexia Nervosa?"
- 12:30 – 1:00 **Lunch**
- 1:00 – 1:30 **Peer Discussion** - introductions and general discussion of clinical dilemmas. GPs are invited to bring pre prepared case material to this meeting for consideration of inclusion in the last session.
- 1:30 - 2:00 **Presentation** on eating disorder diagnosis, epidemiology, aetiology, warning signs, checklists, co-morbidities and medical sequelae.
- 2:00 - 2:45 **Facilitated peer discussion.** A video of a sufferer and carer will be presented, followed by facilitated small group activities on management of the case, involving identification of key management issues and challenges. Conclusions will then be discussed in the larger group in order to identify common helpful approaches to care.
- 2:45 – 3:15 **Afternoon tea**
- 3:15 - 4:00 **Presentation** on key psychological and pharmacological treatments available for eating disorders. This will also include patient and carer self-help strategies. Psycho-educational material and website links will be provided. Common referral pathways will be identified, with Directors at the major Sydney tertiary adolescent and adult hospitals available to discuss referrals and answer questions.
- 4:00 - 5:00 **Managing physical morbidity in the psychological context of an eating disorder:** Case material will be selected from that submitted earlier in the day..... Psychiatric and paediatric specialists will act as a resource and provide a **forum** to improve the management of complex and challenging patients. At the conclusion, one case will be selected for completion of a MHTP, including Medicare options and relapse prevention planning and discussion.

Fine Print

This program has been approved for **40 Category 1 RACGP Active Learning Module points** for members of the RACGP. It has also been approved by the **General Practice Mental Health Standards Collaboration (GPMHSC)** as a **Mental Health Skills Training (MHST) program**. It has also been approved by **ACRRM for 10 ALS PDP points**.

- ◆ GPs can choose to either register for the **MHST** alone, or for the whole **Conference**. When registering, select the GP Mental Health Skills Training option in Workshop A.
- ◆ GPs will be required to complete "**predisposing**" and "**reinforcing**" activities, as well as a post course evaluation, in order to gain **MHST accreditation**.

REGISTRATION AND MORE INFO: www.cedd.org.au/conference/mhst

Learning Objectives

1. To demonstrate knowledge in assessment and screening approaches to Eating Disorders.
2. To value the use of consultative systems and Networks to ensure the safety of Eating Disordered patients who are at medical risk of cardiac and other events.
3. To learn and develop motivational counselling skills to engage and facilitate change in patients with eating disorders.
4. To understand key aspects in the management of complex eating disordered patients.
5. To understand paediatric and psychiatric aspects of managing patients with eating disorders, including medical warning signs, co-morbidities, developing referral networks and pathways to care.
6. To improve understanding of early warning signs, common treatments and Mental Health Treatment Planning

Predisposing activity: Complete pre-survey and personal objectives survey