

caring for you, caring for others

# HEALTH PROFESSIONALS' HEALTH CONFERENCE 2013

3rd – 5th October 2013, Sofitel Brisbane

## CONFERENCE PROGRAM

### THURSDAY 3 OCTOBER 2013 – PRE CONFERENCE

#### PRE-CONFERENCE WORKSHOPS

Workshops are half day events that will run for at least 2 hours.



9.00am	MORNING WORKSHOPS COMMENCE. <i>Morning Tea is included</i>			
	<b>WORKSHOP 1</b> <b>Room:</b> Bastille  Dr Chris Cresswell <i>From Burnout to Burning with Enthusiasm</i>  Follow on session: <b>Mindfulness</b>	<b>WORKSHOP 2</b> <b>Room:</b> St Germain  Dr Margaret Kay and Dr Carolyn Russell <i>Doctors as Patients – Being the treating doctor</i> This workshop will focus on enhancing the participants' skills in providing medical care for doctors  RACGP Active Learning Module (ALM) 40 category 1 points	<b>WORKSHOP 3</b> <b>Room:</b> Trocadero  Sally Jones <i>Is a tidy desk a sign of a sick mind?</i> How to Lean your time management and your workspace	<b>WORKSHOP 4</b> <b>Room:</b> Concorde  Dr Sarah Winch <i>The Compassion Café – Understanding Compassion Fatigue in Health Care</i>  This workshop will focus on preventing compassion fatigue in the workplace – including identifying, understanding, managing compassion fatigue.
12:30pm – 1:30pm	LUNCH			
1:30pm	AFTERNOON WORKSHOPS COMMENCE. <i>Afternoon tea is included</i>			
	<b>MEETING</b> <b>Room:</b> Trocadero  <i>Australasian Doctors' Health Network (closed meeting)</i>	<b>WORKSHOP 5</b> <b>Room:</b> St Germain  Dr Hilton Koppe <i>Beyond the Clinical Record – Creative Writing as Burnout Prevention</i>	<b>WORKSHOP 6</b> <b>Room:</b> Bastille  Sue Schoonbeek and Dr Zoe Wainer <i>Maintaining your Resilience at Work – Avoiding Bullying in the Workplace</i>	<b>WORKSHOP 7</b> <b>Room:</b> Concorde  Jane Thompson and Fay White <i>Singing for Health</i> This workshop focuses on the role of community voice and music in healing
5:30pm – 7:00pm	CONFERENCE WELCOME RECEPTION (Drinks and Canapés) Address from Dr Steve Hambleton (President, Australian Medical Association)			

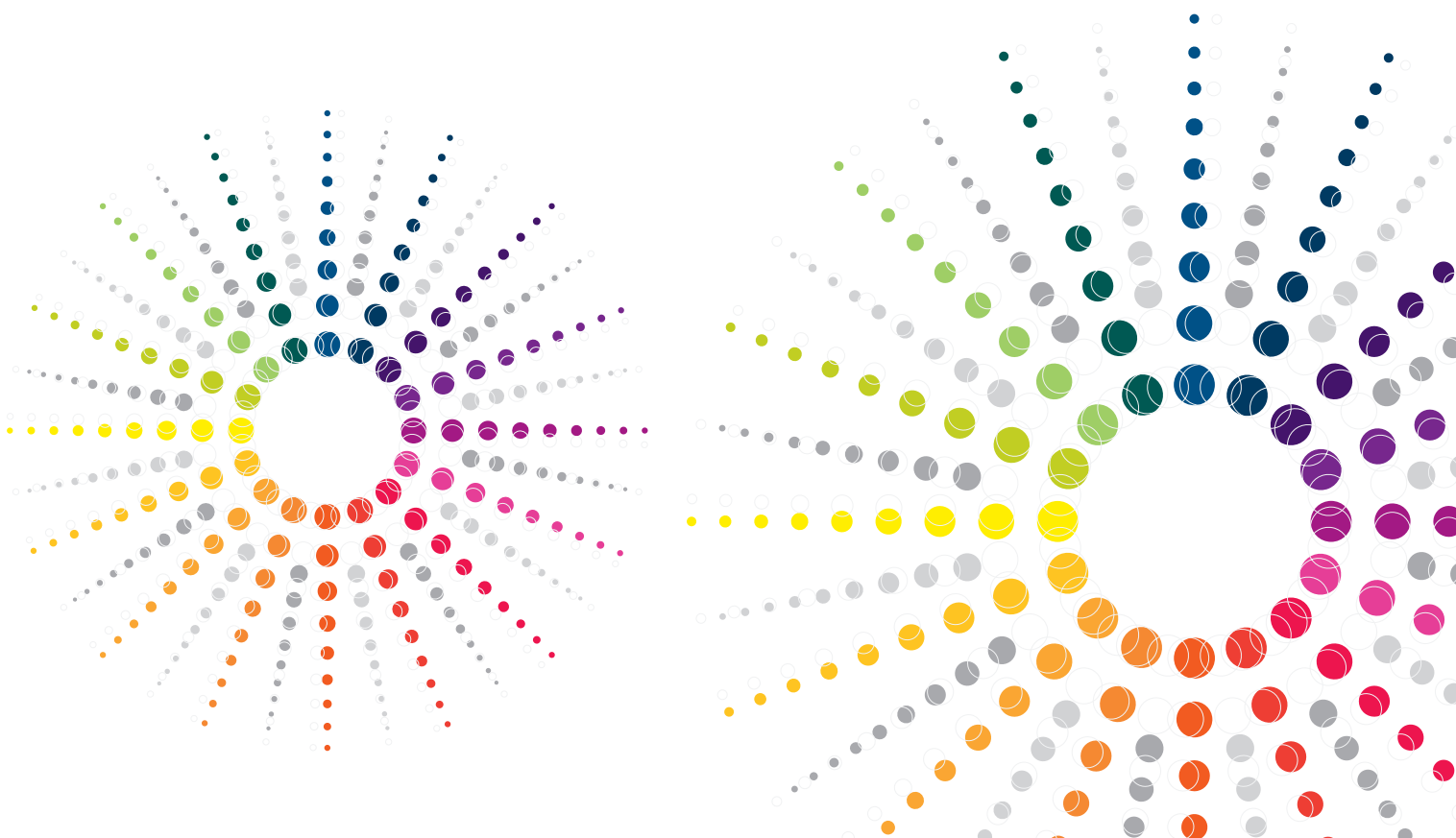
**Attendance Certificates** will be available to all delegates at the completion of the conference, please collect these from the registration desk on Saturday afternoon. For those attending the pre-conference workshops only, your certificates can be collected on Thursday afternoon. If you are an RACGP member and require a certificate outlining points and the ALM please email [hphc2013@yrd.com.au](mailto:hphc2013@yrd.com.au) after the conference, and a certificate will be emailed to you.



# FRIDAY 4 OCTOBER 2013

6:30am	<b>Healing Health</b> – make some friends and enjoy a brisk walking tour of Brisbane (optional session) Meet in the Sofitel Foyer.			
7:00am	<b>Mindfulness session</b> (optional session) <b>Room:</b> Concorde			
8:00am – 8:25am	<b>Experience the Buzz...</b> 🦋 (optional session) <b>Room:</b> St Germain			
8:30am – 8:35am	<b>Welcome to Country</b>			
8:35am – 10:30am	<b>PLENARY SESSION 1</b>			
8:35am – 8:45am	<b>Conference Opening</b> – Hon Lawrence Springborg MP, Minister for Health			
8:45am – 9:30am	Dr Andrée Rochfort – <i>The Science and Art of Health Practitioner Health – a Holistic Perspective.</i>			
9:30am – 10:00am	Prof David Clarke – <i>The beyondblue National Mental Health Survey of Doctors and Medical Students</i>			
10:00am – 10:30am	Discussion			
10:30am – 11:00am	<b>MORNING TEA</b>			
11:00am – 12:30pm	<b>CONCURRENT PRESENTATIONS</b>			
	<p><b>CONCURRENT SESSION 1</b> <b>Room:</b> Ballroom 3</p> <p><b>11:00am</b> <i>How do we better support health professionals with a mental health condition?</i></p> <p><b>Panel:</b> A/Prof Michael Baigent (Chair), Dr Di Khursandi &amp; Prof Brett McDermott</p> 	<p><b>CONCURRENT SESSION 2</b> <b>JOURNEYING ONWARDS</b> <b>Room:</b> St Germain</p> <p><b>11:00am</b> <b>Dr Martin Mackey</b> <i>The ageing workforce and the health effects of a sedentary lifestyle: implications for health professionals</i></p> <p><b>12:00pm</b> <b>Prof Joan Lawrence</b> <i>All Roads Lead To Retirement (submitted paper)</i></p> <p><b>12:15pm</b> <b>Rev Dr Mervyn M Lander</b> <i>Health Professionals: The Spiritual Journey (submitted paper)</i></p>	<p><b>CONCURRENT SESSION 3</b> <b>PAPER SESSION</b> <b>Room:</b> Bastille</p> <p><b>11:00am</b> <b>Kay Dunkley</b> <i>The role of peer support over the telephone for doctors (submitted paper)</i></p> <p><b>11:15am</b> <b>Lara Jenner</b> <i>Doctors in waiting: Exploring self-reported anxiety at induction. A Qualitative Study (submitted paper)</i></p> <p><b>11:30am</b> <b>Meredith McVey</b> <i>The Medical Benevolent Association of NSW (submitted paper)</i></p> <p><b>11:45am</b> <b>Kay Dunkley</b> <i>Exploratory study of reasons why pharmacists use an anonymous, telephone-based Pharmacists' Support Service (submitted paper)</i></p> <p><b>12:00pm</b> <b>Dr Florence Jennings</b> <i>HEP (Health Enhancement Program) for medical students combining physical activity and sleep tracking with pedagogic material and online social community with daily challenges</i></p> <p><b>12:15pm Discussion Time</b></p>	<p><b>CONCURRENT SESSION 4</b> <b>PAPER SESSION WITH A FOCUS ON NURSES</b> <b>Room:</b> Concorde</p> <p><b>11:00am</b> <b>Maree Crepinsek</b> <i>Developing and Assessing Health Students' Teamwork Skills: Progress in Participatory Action Research (submitted paper)</i></p> <p><b>11:15am</b> <b>Faye A. Davenport</b> <i>Effectively supporting nursing students who have health/life challenges. Reflection and discussion on what the current literature says (submitted paper)</i></p> <p><b>11:30am</b> <b>Frayne Gomez</b> <i>A personal tale of wellbeing: Mental health issues in health students – What needs to be done? (submitted paper)</i></p> <p><b>11:45am</b> <b>Prof Nel Glass</b> <i>Exploring physical health perceptions, stress level and job satisfaction among health care professionals (submitted paper)</i></p> <p><b>12:00pm</b> <b>Elizabeth Dolan</b> <i>Self-Connection and Self-Love motivate healthy lifestyle choices in nurses (submitted paper)</i></p> <p><b>12.15pm Discussion Time</b></p>
12:30pm – 1:30pm	<b>LUNCH</b>			
12:45pm – 1:15pm	<b>OPTIONAL LUNCH SESSIONS</b>			
12:45pm – 1:15pm	<b>Experience the Buzz...</b> 🦋 <b>Room:</b> St Germain			
1:00pm – 1:15pm	<p><b>Defence Force Session</b> <b>Room:</b> Bastille</p> 	<p><b>DEFENCE FORCE RECRUITING</b></p>		

1:30pm – 3:00pm	<b>CONCURRENT PRESENTATIONS</b>			
	<p><b>CONCURRENT SESSION 5</b> RURAL HEALTH <b>Room:</b> Ballroom 3</p> <p><b>1:30pm</b> Dr Roger Sexton <i>Health Solutions for Rural Doctors</i></p> <p><b>2:00pm</b> Dr Konrad Kangru <i>Self-assessed health status and barriers to healthcare of rural QLD GPs</i></p> <p><b>2:30pm</b> Dr Leesa Walker <i>Attributes of a rural longitudinal integrated clerkship that facilitate and support student resilience (submitted paper)</i></p> <p><b>2.45pm Discussion Time</b></p>	<p><b>CONCURRENT SESSION 6</b> (WORKSHOP) <b>Room:</b> St Germain</p> <p><b>1:30pm</b> Dr Narelle Shadbolt &amp; Dr Chanaka Wijeratne <i>Adapting to ageing for health professionals – workshop/seminar (submitted paper)</i></p>	<p><b>CONCURRENT SESSION 7</b> LIFESTYLE, LIVERS AND MORE.... <b>Room:</b> Bastille</p> <p><b>1:30pm</b> Professor Amanda Lee <i>Eating our words?</i></p> <p><b>2:00pm</b> Dr Paul Clark <i>For better or worse: Understanding the liver in health and disease and communicating this with patients</i></p> <p><b>2:30PM</b> Ms Kathryn O'Brien <i>Public Health Nurse – Healthcare Workers and Blood Borne Viruses, The Pointy End of the Business</i></p>	<p><b>CONCURRENT SESSION 8</b> FOCUS ON HEALTHY CULTURE AT WORK <b>Room:</b> Concorde</p> <p><b>1:30pm</b> Dr Marsha Snyder <i>Positive Health – Creating healthy doctors and a robust health economy</i></p> <p><b>2:15pm</b> Dr Dave Kopacz <i>Re-humanizing Medicine: Supporting Whole Health in the Professional to Deliver Whole-Person Care (submitted paper)</i></p> <p><b>2:30pm</b> Dr Brian Wells <i>The Culture at Work in the UK 1974-2014: Has it been Healthy?</i></p> <p><b>2.45pm Discussion Time</b></p>
3:00pm – 3:30pm	<b>AFTERNOON TEA</b>			
3:30pm – 5:00pm	<b>CONCURRENT PRESENTATIONS</b>			
	<p><b>CONCURRENT SESSION 9</b> (WORKSHOP) <b>Room:</b> Ballroom 3</p> <p><b>3:00pm</b> Dr Andrée Rochfort <i>Self-Treatment</i></p>	<p><b>CONCURRENT SESSION 10</b> (WORKSHOP) <b>Room:</b> St Germain</p> <p><b>3:00pm</b> Dr Hilton Koppe <i>Enduring Witness – Preventing Compassion Fatigue in Clinical Practice</i></p>	<p><b>CONCURRENT SESSION 11</b> (WORKSHOP) <b>Room:</b> Bastille</p> <p><b>3:00pm</b> Pippa Wright <i>Building a bridge takes the right materials (submitted paper)</i></p>	<p><b>CONCURRENT SESSION 12</b> (WORKSHOP) <b>Room:</b> Concorde</p> <p><b>4:00pm</b> A/Prof Eleanor Milligan <i>Healthy Students – Healthy Professionals (An educator's focus on caring for students and their health)</i></p>
				 
6:30pm – 10:30pm	<b>GALA CONFERENCE DINNER Room:</b> Ballroom 3			





# SATURDAY 5 OCTOBER 2013

6:30am	<b>Healing Health</b> – make some friends and enjoy a brisk walking tour of Brisbane (optional session) Meet in the Sofitel Foyer.			
7:30am	<b>Mindfulness session</b> (optional session) <b>Room:</b> Concorde			
8:00am – 8:30am	<b>Experience the Buzz...</b> 🦋 (optional session) <b>Room:</b> St Germain			
8:45am – 10:30am	<b>PLENARY SESSION 2</b>			
	<b>INTRODUCTION</b> Dr Stuart Boland (Chair of Avant Mutual) The Hon Nick Goiran, Dr Louise Nash, Harry McCay, Katherine Philp <b>Chair:</b> Georgie Haysom <b>Understanding Mandatory Reporting for Health Professionals</b> <i>Relevant to all health professionals, doctors/nurses/dentists/allied health professionals</i>			 
10:30am – 11:00am	<b>MORNING TEA</b>			
11:00am – 12:30pm	<b>CONCURRENT PRESENTATIONS</b>			
	<b>CONCURRENT SESSION 13</b> <b>CASE STUDIES</b> <b>Room:</b> Ballroom 3  <b>11:00am</b> <i>Leading on from Mandatory Reporting session and opportunity for questions and robust discussion – guided by legal experts and clinicians</i>   	<b>CONCURRENT SESSION 14</b> <b>INVITED SPEAKERS</b> <b>Room:</b> St Germain  <b>11:00am</b> <b>Dr Derek Puddester</b> <i>The Canadian Physician Health Institute: An Innovative Approach to a Complex Challenge</i> <b>11:30am</b> <b>A/Prof Ruth McNair</b> <i>On being a lesbian, gay or bisexual health professional –building the strengths while navigating the hazards</i> <b>12:00pm</b> <b>Rosemary Grant</b> <i>The wearing of two hats – health professional and patient</i>	<b>CONCURRENT SESSION 15</b> <b>CAREFACTOR WORKSHOP</b> <b>Room:</b> Bastille  <b>11:00am</b> <b>Kym Jenkins, Martin Seneviratne &amp; Karen Freilich</b> <i>Carefactor workshop (Focus on Students)</i>  	<b>CONCURRENT SESSION 16</b> <b>INVITED SPEAKERS</b> <b>Room:</b> Concorde  <b>11:00am</b> <b>Prof Jeff Giddings</b> <i>A Fraction Too Much Friction Effective Negotiation and the constructive Management of Conflict</i>  <b>12:00pm</b> <b>Dr Tanya Pelly</b> <i>Intrinsic motivations of health care professionals: fostering both clinician performance and well-being</i>
12:30pm – 1:45pm	<b>LUNCH</b>			
1:00pm – 1:30pm	<b>OPTIONAL LUNCH SESSIONS</b>			
1:00pm – 1:30pm	<b>Experience the Buzz...</b> 🦋 <b>Room:</b> St Germain			
1:45pm – 3:00pm	<b>CONCURRENT PRESENTATIONS</b>			
	<b>CONCURRENT SESSION 17</b> <b>PAPER SESSION</b> <b>Room:</b> Ballroom 3 <b>1:45pm</b> <b>Dr Patrick Tan, Ms Elizabeth van Ekert &amp; Dr Amy Ho</b> <i>Doctors Health Website (submitted paper)</i>  <b>2:00pm</b> <b>Paula Kinnane</b> <i>Obesity in pregnancy and increasing workplace injuries for health professionals performing diagnostic ultrasound (submitted paper)</i>  <b>2:15pm</b> <b>Rev Dr Mervyn Lander</b> <i>Who is the self who is a health professional? (submitted paper)</i>  <b>2:30pm</b> <b>Dr Georgiana Antoce</b> <i>Doctors' Health - Is there any difference from patients' health? In other words, how do we define illness? (submitted paper)</i>  <b>2.45pm Discussion Time</b>	<b>CONCURRENT SESSION 18</b> <b>PAPER SESSION</b> <b>Room:</b> St Germain <b>1:45pm</b> <b>Dr Diana Khursandi</b> <i>How well do you know your students (team members)? (submitted paper)</i>  <b>2:00pm</b> <b>Nick Arvanitis</b> <i>Creating mentally healthy workplaces - Engaging and supporting business owners and leaders (submitted paper)</i>  <b>2:15pm</b> <b>Dr Gillian Deakin</b> <i>Getting sued: a radical response to minimise stress (submitted paper)</i>  <b>2:30pm</b> <b>Frayne Gomez</b> <i>Social Media: The Good, The Bad &amp; The Ugly - The influence on health students' wellbeing and mental health (submitted paper)</i>  <b>2.45pm Discussion Time</b>	<b>CONCURRENT SESSION 19</b> <b>PAPER SESSION</b> <b>Room:</b> Bastille <b>1:45pm</b> <b>Dr Peter Huggard</b> <i>Medical Student Balint groups: a valuable support and teaching opportunity (submitted paper)</i>  <b>2:00pm</b> <b>Dr Jane Barker</b> <i>Self Care in Health Care – exploring new ways to deliver the self-care message to medical students (submitted paper)</i>  <b>2:15pm</b> <b>Venus P. Y. Wong</b> <i>Mindful practice training for medical students' wellbeing and professional development: the experiences from The University of Hong Kong (submitted paper)</i>  <b>2:30pm</b> <b>Dr Fiona Moir</b> <i>A Peer-led Intervention for Improving Mental Health and Wellbeing in Medical Students (submitted paper)</i>  <b>2.45pm Discussion Time</b>	<b>CONCURRENT SESSION 20</b> <b>(WORKSHOP)</b> <b>Room:</b> Concorde <b>1:45pm</b> <i>Management of the Impaired Practitioner</i>  <b>Panel:</b> <b>Dr Greg Whelan, Dr Brian Wells, Dr Kerrie Bradbury &amp; Helen Turnbull</b>   
3:00pm – 3:30pm	<b>AFTERNOON TEA</b>			
3:30pm – 3:45pm	<b>Experience the Buzz – The Finale</b> 🦋 <b>Room:</b> Ballroom 3			
3:45pm – 5:00pm	<b>CLOSING PLENARY – HYPOTHETICALLY HEALTHY?</b> <b>Chair:</b> Victoria Brazil <b>Panel:</b> Dr Kwong Djee Chan, Sally Jones, Harry McCay, Dr Christian Rowan, Martin Seneviratne As this case scenario plays out in unexpected ways, our panel will be challenged to deliver quality care to their patient. The complexities of the real world emerge to complicate what initially seems to be the simplest of presentations. While protecting their own health, our panel are reminded of their ethical and legal responsibilities woven through the unfolding scenario. So, what would you do?			