

GPs, GP Registrars, Practice Nurses, Community Nurses, Health Visitors, and other staff working in Primary Care

FREE

EDUCATIONAL CPD EVENT
Wednesday 22 February 2012

University of Reading – Agriculture Building, Earley Gate, RG6 7BE

Morning Session - 9.45am to 12.15pm

Consultations with teenagers - how not to miss anything

Teenagers are the patient group who consult the most with minor problems – each seeing their GP between 2 and 18 times per year. 1 in 3 teenagers seen in primary care, have a diagnosable mental health problem.

Common practice issues include:

- Is the presentation part of normal teenage behaviour or does a serious diagnosis lie underneath? How not to miss anything in a 10 minute consultation without over running.
- How to be approachable, but not dull and boring !
- What to do if there are long referral wait times and mum keeps bringing the teenager back to you, saying “the family are desperate – can’t you do something?”
- What if the teenager is suicidal, but doesn’t say? Should we be getting them back? What if the teenager is self-harming and they are refusing to see anyone else?

LUNCH will be provided

Afternoon Session - 1.15 pm to 3.30pm

Long term conditions and mental health – how to maximise self-care

People with long term conditions account for 50% of all GP consultations. Around 60% of patients with long term conditions have a concurrent mental health problem.

Common practice issues include:

- The concurrent management of physical health issues whilst gathering the information to decide if a patient has a mental health problem.
- The use of primary care CBT tools to help a patient manage more of their own condition
- Knowledge of the wider primary and community based options

The Presenter: Dr Maryanne Freer the Charlie Waller Memorial Trust North East Associate (www.cwmt.org.uk). Maryanne is a practising community psychiatrist, a primary care academic and a post graduate GP educator. She leads the primary care foundation part of the Newcastle Medical Degree and teaches mental health on VTS schemes across the UK. Maryanne is a member of the RCGP mental health forum.

The day covers these issues PLUS MORE. Based around Primary Care case studies and core generalist practice. Utilising practical primary care consultation tools and RCGP DVD case material.

This event can be used towards your Continuing Professional Development Credits

FREE PARKING AVAILABLE