

# Updates in Primary Health Care workshop - Sydney

Friday 7 September

Registration	8.45am
Session one	9.00am – 10.30am
Morning tea	10.30am – 11.00am
Session one	11.00am – 12.30pm
Lunch	12.30pm – 1.00pm
Session two	1.00pm – 3.00pm
Afternoon tea	3.00pm – 3.30pm
Session two	3.30pm – 4.30pm

## Session one and two

### *Care Planning and Health Assessments*

Nurses are key drivers of chronic disease management in primary health care. With an ever-increasing trend in chronic disease co-morbidities in our general population it is fundamental that primary care nurses lead the assessment and co-ordination of people living with chronic conditions. It is pertinent that they also lead early intervention and preventative health models of care to have a clear impact on the reduction of the number of people being diagnosed with chronic conditions for the population of people they care for. A person-centered care approach is paramount to ensuring that all interactions with the community are meaningful for them

This session will be interactive and engaging and will aim to leave participants with enhanced knowledge skill and competence in participating in chronic disease management, assessment and prevention of chronic conditions.

## Presented by Mel Cromarty

Melissa Cromarty has extensive history as a Registered Nurse and Team Leader in a range of clinical settings.

Mel has a sincere passion for primary care nursing and is a strong advocate for the key role that primary care nurses make to improving the health outcomes of the population and communities they care for. She is driven by encouraging primary care nurses to work to the top of their scope of practice, and believes that sound education and supportive networks assists to the continual growth and development of a strong primary health care system has nurses front and center.

Mel currently works at the Hunter New England Central Coast Primary Health Network as a Team Leader for Health Care Homes and Healthy Weight Program.

## Saturday 8 September

Registration	8.45am
Session three	9.00am – 10.30am
Morning tea	10.30am – 11.00am
Session three	11.00am – 12.30pm
Lunch	12.30pm – 1.00pm
Session two	1.00pm – 3.00pm
Afternoon tea	3.00pm – 3.30pm
Session two	3.30pm – 4.30pm

### Session three

#### *Sexual Health 101 for the Primary Health Care nurse*

A good understanding of sexual health is vital for all primary health care (PHC) nurses, however this is often an area that PHC nurses report not feeling confident in. This interactive workshop will take a deep dive into the expected role of PHC nurses in this area, including an overview at common STIs, taking a sexual health history, testing guidelines, treatment guidelines as well as recent updates in sexual health. Nurses will leave this workshop feeling confident to integrate safe and holistic sexual health care into their scope of practice.

### Presented by Robbie Bedbrook

Robbie Bedbrook is a Registered Nurse with a passion for health promotion, social justice and primary health care. Robbie works predominantly in Primary Health Care (PHC) with a focus on sexual health, mental health and managing chronic illness. In 2016 he founded the online video channel 'Hot on Health', in 2017 was named a finalist for APNA's Recently Graduated Nurse of the Year and since then also works as a presenter and consultant for various public and private organisations with his brand 'Nurse Robbie'. Robbie is also the current Curator of the Sydney Global Shapers, an initiative of the World Economic Forum, where he advocates for greater nursing representation on a global level.

### Session four

#### *Managing and detecting chronic kidney disease in primary care*

At the end of this workshop, participants will be able to:

- State the major risk factors for developing chronic kidney disease
- Recognise the importance of early detection and management for individuals at risk of CKD
- Explore the role of the practice nurse in the detection and management of CKD
- Include screening, testing and management of CKD in practice based system for high risk patients

### Presented by Kidney Health Australia

The presentation will be delivered by a Renal Nurse Consultant in association with Kidney Health Australia.

