



HEALTHY KIDS FOR PROFESSIONALS GP TRAINING

Sydney North Health Network (SNHN) and NSW Health invites local GPs and Practice Nurses to a workshop which will focus on building the capacity and competency of health professionals in talking to families about growth and healthy behaviours in a non-stigmatizing way. The training briefly summarises significance of using BMI for age & sex chart in clinical practice, raising the issue with family, advising appropriate interventions for children who are above a healthy weight with families or carers; and utilising available resources & referral pathways for children who are above a healthy weight. The training has a focus on scenarios & uses the 4As framework.



This activity has been allocated 4 category 2 points under the 2017-2019 RACGP QI&CPD Program, activity number 162688

DATE:

Tuesday 30 July 2019

TIME:

6.30pm - 7.00pm Registration & light dinner
7.00pm - 9.00pm Workshop

VENUE:

SNHN Training Rooms,
Tower 2, Level 5, 475 Victoria Avenue
Chatswood (diagonally opposite Chatswood RSL)

PARKING:

The closest carpark is under 465 Victoria Ave, entry via Brown St (see attached) next to the Avenue Restaurant. \$10 evening rate for entry after 5pm exit before midnight.

COST:

No cost for GPs and Practice Nurses practising within the SNHN region

CONTACT:

For more information contact Judy or Robi from the Education Team on 9432 8250

Speakers & Learning Objectives

Speakers

Dr Jennifer Kendrick – General Practitioner – Hornsby GP Unit

Dr Kendrick is a GP and GP supervisor at Hornsby GP Unit and Director Prevocational Education & Training Hornsby Hospital. She has a background in general practice, medical education & assessment. Dr Kendrick is involved as one of the GPs in the healthy Kids clinic run collaboratively between the paediatrics department at HKH and the GP unit.

Stavroula Zandes - Director Health and Wellbeing Training Consultants

Stavroula is the Director of Health & Wellbeing Training Consultants and has a background in psychology & counselling. She has over 20 years' experience in delivering behaviour change training, including training in smoking cessation for Quit Victoria, as well as currently presenting in collaboration with the Cancer Council of Victoria, their Live Lighter program which supports health & community professionals to engage in the weight management conversation. She also delivers training in other health & wellbeing behaviour change topics, and currently lectures & tutors at Monash University in the School of Public Health & Preventive Medicine.

Learning Objectives

- Use effectively the BMI (body-mass-index)-for-age and gender chart to identify children above healthy weights.
- Use effective communication when talking with children and their families or carers in a sensitive and non-stigmatising way.
- Discuss appropriate interventions for children who are above a healthy weight with families or carers and children, where appropriate.
- Utilise available resources and referral pathways for children who are above a healthy weight, where appropriate.

Registration - submit this completed form to events@snhn.org.au or fax to 02 8088 4770.

Name: _____ Telephone: _____

Practice: _____ Practice Suburb: _____

Email:* _____ GP CPD Number: _____

**Email address is required for workshop confirmation purposes*

I have special dietary requirements Details: _____

I am a: GP Practice Nurse