

“Mind the Gap” Workshop

PTSD workshop for health professionals working with overseas-born patients exposed to military conflict

Post Traumatic Stress Disorder (PTSD), is a significant contributing factor to poor physical and mental health. Many immigrant communities have significant numbers of civilians and veterans who have experienced military conflict stress and then migration stress. Some of the dominant communities in Western and South-West Sydney area have been particularly affected by military conflict years ago with after effects still present but not always recognised. There is much evidence to suggest that individuals suffer considerable physical and mental problems as the direct result of prolonged exposure to military conflict, and that this is further exacerbated by the stresses of migration. Those individuals may present with complex physical and mental health problems and it is important to recognized and investigate if their earlier experiences are impacting on their current health.

Workshop for general practitioners and other primary health professionals

The Bankstown GP Division has received funding from the Australian Government Department of Veterans' Affairs to develop and implement a physical and mental health comorbidity education and training package for GPs and other primary health professionals who work with individuals affected by military conflict stress.

This two hour education workshop has been developed to foster collaboration and communication between GPs, practice nurses, and other primary health care professionals involved with managing patients with mental and physical comorbidities. Background information about the prevalence of physical and mental health comorbidities in migrant populations affected by war stress will be presented. This will be followed by small group discussion of two clinical cases, and further presentation of relevant information.

The workshop aims to:-

- Provide relevant information on mental and physical co-morbidities
- Increase knowledge of the relevance of team based care and self management
- Highlight local referral pathways and useful resources
- Provide an opportunity for inter-professional networking

Date: Wednesday 2 June 2010 at 6:30pm to 9:00pm
Venue: WentWest, Training Room
 Level 3, 20 Wentworth Street, Parramatta 2150

Program

6:30pm - 6:55pm Registration and Dinner
6:55pm - 7:00pm Welcome and introduction
7:00pm - 9:00pm “Mind the Gap”
Presented by Dr Tanya Covic, Course Advisor for Higher Research Degrees in the School of Psychology from the University of Western Sydney (UWS)
9:00pm Evaluation and Close

This activity has been approved by the RACGP QA&CPD Program for 4 category 2 points for the 2008-2010 triennium.

Registration Form - Return Fax back now on: 9687 9277
Or email: Azize.alpertonga@wentwest.com.au
For catering purposes, please RSVP by 26 May 2010
Phone: 8833 8029

Name: _____

QA&CPD No: _____ Phone: _____

Practice: _____

Please note: This workshop is provided at no cost to participants.