

Principal
Sponsor

Conference GP Program



20th Victorian
Rural Doctors Conference

Rural Doctors Conference

Lancemore Hill Lancefield 14-16th October 2011

* CPD procedural grant applicable. Details will be available on the web site.			
Fees include GST, lunch, teas and facility charge payable to RDAV.			
Accommodation is responsibility of attendees.			
Sponsor Trade displays: there will be a passport competition			
Food options available: Hallal, Vegetarian, lactose and gluten free			
Family adult and child programs as per web page			
FRIDAY 14th OCTOBER 2011			
Time 8.00am	Registration Desk Open		
8.30 – 1 pm	Procedural training* Morning Open to all registrants. 830 – 1000 Oral and Dental emergencies Tom Hudson. 1000- 1pm. Acute Stroke and TIA management. a/prof Peter Hand, Sue Harrison		
1 – 2 pm	Lunch		
2 - 430 pm	Procedural training* Continued Emergency Workshop BOOKING ESSENTIAL (20 afternoon places only) Skill stations: Intra-osseous, Defibrillation, Chest tubes, Slit lamp use. Tutors Sue Harrison, John Griffiths, Mark Zagorski and Tim Baker Day Cost \$610 including GST	Procedural training* Continued Mirena Workshop Kathy McNee FPA course Sponsor Bayer BOOKING ESSENTIAL Day Cost \$350 including GST Workshop only \$ 220	Student Workshop. Skin surgery, Mike Moynihan
8.30 – 5.30	REST Course (Rural Emergency skills Training) Will run parallel to and in association with the conference. (20 places. BOOKING ESSENTIAL through www.acrrm.org.au) ACRRM and RACGP accredited. Usual fee applies.		
4.30 – 5 pm	Afternoon tea		
5 – 6.30 pm	Plenary 1 – Minister of Health David Davis		
6.30 - 10 pm	Family Fun Barbecue Dinner and entertainment. Children Free. Subsidised by RMFN.		
SATURDAY 15th OCTOBER 2011			
Day Fee \$385 inc GST			
7.30	Tai Chi in Garden		
8.00	Registration Desk Open		
8.30-9.30	Welcome Address Plenary 2 – Rural Generalist Training. Sue Harrison, Nola Maxfield, Phillip Steele.		
9.30 – 9.45	Morning Tea served amongst the trade exhibition		
All day	REST COURSE Continued from friday		
All day	EMED Introductory Ultrasound Workshop * Sponsored by Sonosite 20 places BOOKING ESSENTIAL \$900 advance payment FAST, AAA, Vascular .access Etc		

AM	Presentations: Chair Nola Maxfield	
945 – 1100	Urogenital Janelle Brennan Pleuritic Chest Pain Tim Baker Availability of Blood Products – 1 Quentin Tibballs	
1100 - 1115	Morning tea in the trade exhibits	
1115 - 1245	Quentin Tibballs - 2 Prostate Janelle Brennan Sick Child Tim Baker	
12.45 pm	RDAV Annual General Meeting	
1.15 – 2 pm	Lunch - in the trade exhibition	
PM	Presentations	
2 – 3 pm	MSKS John Murtagh	
3-330 pm	Afternoon tea in the trade exhibit area	
330 - 430	Osteoporosis update Prof Rebecca Mason	
	Likely addition: Musculoskeletal workshop: David Vivien. 10 Places	
5pm	Bob Birrell: Current IMG numbers: A genuine solution to the workforce crisis?	
6.00 pm	Children's dinner free (Paid by RMFN)	
6.45pm	Gala Dinner and Dance – Speaker Peter Norden AO My life and the underprivileged.	
	SUNDAY 16 OCTOBER 2011	Day fee \$140 inc GST
8.00	Business Breakfast' Stan Stavros	
8.30	Registration Desk Open	
	Presentations Chair John Griffiths	
9.00 - 945	Tips for care of the elderly Jill Rosenblatt (Murtagh)	Fostering practice efficiency harmoniously. Stan Stavros workshop. 10 Places
945 - 1030	Vulval Conditions Ross Pagano	
1030- 1045	Morning Tea	
1045 - 1130	Vitamin D overview Prof. Rebecca Mason	
11.45 - 1230	Plenary 3 – Dawn de Witt: (Farewell address) 'The future role of rural medical schools in sustaining the rural medical workforce'	
12.30 pm	Conference Close and wrap up. Thank Yous, Acknowledgements	
1.00pm	Barbecue Lunch on the veranda	

Friday

This is a 6 hour procedural training day. The morning is open to all. Skill stations in the afternoon are limited to 20 GPs and 4 students. The remainder are able to attend the Mirena workshop, which will not have limited numbers. We are sorting out the complexities of the CPD points.

Oral and Dental Emergencies. Tom Hudson is an ex-Collins St and experienced practicing dental surgeon, practicing GP, and casualty generalist at Kilmore. He will cover the principal oral emergencies and serious disease encountered in medical and casualty practice, including infections, abscesses, quinsy, dental trauma and haemorrhage, SCC and so on. We hope to provide mannequins, and emergency dental kits.

This segment aims to provide rural GP VMOs with an update and new skills for dealing with acute dental and oral conditions. Because of the unavailability of dentists at week-ends and after hours, GPs are increasingly called upon to deal with such

problems and to provide disability-sparing intermediate or definitive care. Some of these conditions are life-threatening. This is increasingly recognized by some GPs who have been called on to do a lot of this sort of work. The rural doctors network of NSW provided emergency dental kits designed by Skapetis and one will be available for viewing.

Stroke Clinical network. The stroke clinical network is an official networking organization sponsored by the DoH which covers every region of Victoria. This workshop will focus on acute assessment, investigation and early management of Stroke and TIA, including the status and role of thrombolysis, the place of transfer, and the early management of nursing, hydration and nutrition. Peter Hand is lead clinician and Deputy Head of the stroke unit at Royal Melbourne Hospital. Sue Harrison is a Generalist and Anaesthetist at Echuca. The aim of the segment is to make further progress in assisting rural VMOs with CT facilities to manage Stroke with thrombolysis. There will be case presentations and Dr Sue Harrison a Medical Educator and Generalist Emergency physician and Anaesthetist at Echuca will copresent.

Afternoon Emergency skill stations. Coordinator Sue Harrison. 20 places.

Intraosseous vascular access tuition. This important ancillary technique needs to be available in all casualties and is a skill required all on-call rural GP VMOs because of the 1 minute only required to obtain vascular access in patients of all ages and habitus. Needles have been made available by Cook and Co. **Sue Harrison** is a Generalist, Anaesthetist and Medical Educator at Echuca.

Chest Tube insertion. This is a life-saving technique for chest injury where pneumothorax has occurred. It an essential skill for medical trauma responders, including all rural GP VMOs. **Mark Zagorski** works in Mt Beauty and is a Generalist, Anaesthetist, Alpine specialist and EMST instructor. He will teach using the EMST method of instruction.

Defibrillation Scenarios. Life-threatening arrhythmias with cardiac compromise are not uncommon in rural practice. Rural GP VMOs must be able to implement defibrillation at any time and without warning. It can't be practiced often enough. Head Clinical Associate Professor **Tim Baker** is the Director of Deakin University's Centre for Rural Emergency Medicine (CREM), which is a joint initiative between the Department of Health and Alcoa of Australia. The Centre provides research and training for medical emergencies in rural areas. He is an emergency physician and director of the Emergency Departments at Portland and Warrnambool.

Use of the Slit Lamp. Slit lamp capability is not widespread in rural Australia, a defect that needs to be remedied. Corneal foreign bodies, surface evaluation and anterior chamber problems in particular often require management and ideally they should be standard equipment in all doctors surgeries, as they are in optometrists. This segment will be taught by **John Griffiths and Ian Wood**. John is a GP Anaesthetist, Obstetrician and Emergency Medic at Kilmore. Ian is a local optometrist

with slit lamp skills and skilled in dilated funduscopy. We hope to have 2 slit lamps, one linked to a computer screen. Dilated funduscopy will be discussed.

Mirena workshop. Dr. Kathy McNamee Family Planning Victoria. Box Hill. Senior medical officer at Family Planning Victoria. Honorary lecturer Monash Department Obstetrics and Gynaecology. Co-editor Contraception: Australian clinical practice handbook. Mirena insertion is an essential skill for rural GPs, both for contraception, bleeding problems and post-menopausal hormone replacement therapy. The talk will cover Basic science, indications, technique, selection of client, use of local anaesthetic and blocks, ancillary aspects, complications and use in HRT. Whether inserted in the surgery or the theatre, this is a skill much needed by rural doctors. Dummies for practicing insertion will be available for the weekend with tuition. The workshop may be attended by itself or as part of a procedural training day. Category 1 points and full certification: these can be obtained by filling in and returning the predisposing activity questionnaire, attending on the day, doing the pre-reading, completing the evaluation, and attending one day's clinical experience in Box Hill. All registrants will be sent the paperwork and reading. There will be subsidy from Bayer.

Forum. With the Hon David Davis, State Minister for Health. This will be an opportunity for the Minister to deliver his vision for rural medicine in Victoria and for doctors to raise matters of concern with him.

Saturday Lectures.

Forum: Rural Generalist training. Phillip Steele is chair of the Bogong Regional registrar training consortium and a specialist GP Obstetrician in Wodonga. **Sue Harrison** is a senior educator with Beyond Medical Regional registrar training consortium and specialist GP Anaesthetist in Echuca. **Nola Maxfield** is a former vice-Chair of the Board of Directors of Get GP Regional registrar training consortium, President of both RDAA and RDAV and also General Practice Divisions Victoria. **Dean Raven** is responsible for coordination of the Rural Generalist Training Program in the Department of Health. With the program due to commence in 2012, this is an important segment to inform rural GPs of its future nature.

Dr Tim Baker. Head Clinical Associate Professor Tim Baker is the Director of Deakin University's Centre for Rural Emergency Medicine (CREM), which is a joint initiative between the Department of Health and Alcoa of Australia. The Centre provides research and training for medical emergencies in rural areas. He is an emergency physician and director of the Emergency Departments at Portland and Warrnambool. His topics are **Pleuritic chest pain and Sick kids** Recognising the sick child is a paramount topic of GP education and was the subject of a training module produced by the RACGP. Failure to recognize the seriously ill child is a disaster that happens all too frequently and knowing the subtle signs is an essential clinical skill. Childhood vaccination has radically reduced the rate of killer bacterial infections in febrile children, but the basic problem for the clinician remains the same: Most children will have self-limiting illness, but some children have life threatening disease that can be cured if treated early. Recent international guidelines provide a

framework to recognise and manage potentially serious illness, while avoiding unpleasant and unnecessary medical interventions in a child with minor illness

Pleuritic chest pain has a variety of causations and can be difficult to manage in a distressed patient. It has to be distinguished from other forms of chest pain especially with cardiac causes. The management of pleuritic chest pain abounds with myths and clinical scores. Each new blood test developed seems to increase complexity without seeming to decrease the number of scans needed. Where should a clinician look for guidance? This talk reviews the evidence behind current recommendations, suggests when tests should be ordered, and when you should doubt the results.

Dr Janelle Brennan is a practicing Urologist in Bendigo and visiting Urologist to Swan Hill and Echuca. Her topics are Prostate update and Urogynaecology. The management of prostate cancer is evolving and newer forms of surgery are providing life-saving opportunities. Early diagnosis is becoming more important since the advantages of intervention are becoming more clear. Negotiating screening with the patient, and assisting them through management pathways is important in the rural context, especially with the strain on medical resources that this disease is starting to cause. GPs have had a growing role in management with the advent of anti-androgen implants. Urogynaecology and the management of the various forms of incontinence is an expanding field and such problems are far more widespread than acknowledged to the extent that GPs need to play a much more significant part in recognition, investigation, management, and assistance in conjunction with the various teams that are being set up in larger centres.

Dr Quentin Tibbals is a Generalist Anaesthetist in Bacchus Marsh. He is very active within the Australian Anaesthetic Association in promoting support and providing education for Victorian rural anaesthetists. He has conducted a study of the availability of blood products in Victorian Rural Hospitals and we feel it is relevant to present the result of this study to the conference. There will be a number of doctors involved in anaesthetics present but all GP VMOs need to be aware of the scale and scope of available products, including packed cells, O negative blood, platelets and albumin, and the indications for appropriate use.

John Murtagh is familiar to us all and will be lecturing on musculoskeletal injections. This is an important topic and one that needs to be recurrently presented in GP conferences because of the enormous benefit that they provide in the relief of specific problems including carpal tunnel syndrome, subacromial bursitis, trochanteric bursitis, tennis elbow, and so forth. He is still as bright as a button, and updating a rewriting his books together with his wife Jill Rosenblatt. His latest will be given as a floor prize. John worked 10 years as a rural doctor in Neerim with Jill and based his work on that experience. This is his 3rd RDAV conference.

Professor Rebecca Mason is Head of the Department of Physiology and Deputy Director of the Bosch Institute in Sydney. She is President of the Australia and New Zealand Bone and Mineral Society. She is a well known and leading expert on

Vitamin D. She will be lecturing on this and Osteoporosis. The importance of Vitamin D has been under-estimated, along with the incidence of deficiency, and relevance to osteoporosis, immunity to infection, intelligence, depression and mental function. Recognition, screening, and treatment will be discussed, including large single dose management. Osteoporosis needs revisiting on a regular basis and with earlier diagnosis being funded in many instances, GPs can play a more proactive role in the prevention of fracture. The relative merits of the growing number of products available need elucidation to guide choice of treatment. Exercise and the value of judicious amounts of sunlight for both these topic will no doubt be emphasised.

David Vivien opened the Brighton Spinal and Metropolitan Spinal clinics in the 1980s and is one of the founders of the Australasian Association of Musculoskeletal Medicine, which has fostered the Diploma and has been a world leader in this subspecialty. He has long assisted GPs with lectures and tutorials. Along with John Murtagh and Clive Kenna he helped promote GP practice in the field and put the discipline in its proper place in GP. This workshop will focus on the recognition and management of spinal pain. This is one of the most common set of problems presenting in General Practice, as mentioned in John Murtagh's Books, and very much under-recognised. The workshop for 10 persons will provide hands on teaching and close interaction to communicate skills.

Bob Birrell is the director of the Centre for Population and Urban Research at Monash University in Melbourne. He is one of Australia's leading social scientists and demographers. He has recently made a study of the supply of Overseas Trained Doctors to General Practice which indicate that a more robust regulatory framework is required, particularly with respect to supervision of doctors in training. This work will be published some weeks before the conference and may well be a topic of public debate, so that allowing review and questioning of the research will be of benefit to those attending, who will include leaders from rural medicine and probably representatives of medical schools.

EMED Introductory Ultrasound workshop. This Sydney based consortium has various accreditations including ACCRM and ACEM. The Workshop covers the primary applications for bedside emergency ultrasound and can be considered to include those indications that identify specific life threatening conditions in which ultrasound is recognised as a standard imaging modality and ultrasound-guided procedures such as vascular access that may be time critical: Focused Abdominal Sonography in Trauma (FAST); assessment of Suspected Ruptured Abdominal Aortic Aneurysm (AAA); Identification of Pelvic Free Fluid (Blood) in Suspected Ruptured Ectopic Pregnancy; Emergency Cardiac Ultrasound in Cardiac Arrest; Ultrasound-Guided Vascular Access. All these are of growing importance in the casualty setting and of especial relevance to rural doctors, many of whom are acquiring their own machines.

Sunday

Stan Stavros is a chartered accountant who runs, as part of his Albury-based

business advisory firm, a subsidiary company called "Medical Practice Consultants", which specialises in improving practice efficiency. Stan is principal sponsor for this conference and is also delivering segments to the practice managers' section. Whilst his emphasis is on efficiency this is achieved by fostering team work, delegation and achievable working methods. Stan will be running a workshop for 8 doctors which was highly appreciated last year, focusing on the opportunities for evolution of practice offered by Health reform.

Jill Rosenblatt is John Murtagh's wife and has worked with him through their rural years in Neerim and ever since, and on his books, which she now officially co-authors. They lecture together and have been touring China to do this in 2011. We are very pleased that she is speaking to us for the first time. She will deliver a segment of tips for care of the elderly and will no doubt focus on key aspects of community geriatric care for 'not-miss' situations. Geriatrics is becoming an enormous area of medicine for general practitioners which will always be far too large to be taken care of by specialty physicians and provides an opportunity for integrated care across a large number of disciplines ideally provided by specialist General Practitioners.

Ross Pagano is an Obstetrician and Gynaecologist and head of the Vulval Disorder Clinic at the Royal Women's Hospital. He has an excellent collection of slides and we will ask him to include a Quiz in his delivery. Vulval disorders are poorly understood because they are rarely taught and not often seen or recognized. They are often also not disclosed and GPs need to have an understanding and readiness to inquire, especially in older women.

Professor Rebecca Mason is Head of the Department of Physiology and Deputy Director of the Bosch Institute in Sydney. She is President of the Australia and New Zealand Bone and Mineral Society. She is a well known and leading expert on Vitamin D. She will be lecturing on this and Osteoporosis. The importance of Vitamin D has been under-estimated, along with the incidence of deficiency, and relevance to osteoporosis, immunity to infection, intelligence, depression and mental function. Recognition, screening, and treatment will be discussed, including large single dose management. Osteoporosis needs revisiting on a regular basis and with earlier diagnosis being funded in many instances, GPs can play a more proactive role in the prevention of fracture. The relative merits of the growing number of products available need elucidation to guide choice of treatment. Exercise and the value of judicious amounts of sunlight for both these topic will no doubt be emphasised.

Professor Dawn de Witt has started the Melbourne rural medical school in Shepparton. After 8 years she is returning to North America. She commenced her stay in Australia with an address to the Rural Doctors Conference in Mt Buffalo. She will review the role of rural medical schools in delivering doctors to rural practice in Victoria for the future. As rural generalist training develops it will be important for rural doctors to maintain and develop their understanding of the way in which medical students can be stimulated to become interested in rural work and the gains

and sacrifices that it entails, and to carry this through their intern years. Many rural doctors are now involved in training medical students not just in attachments but year round, and this segment will be of great use in concentrating thoughts on the task at hand.