

# january 2010

welcome and welcome back!

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# Happy 2010! Prosit Neujahr! Pace e Salut!

*NCGPT CEO  
John Langill*



Welcome to the first edition of the North Coast Post for 2010!

Can you believe it, another January and here we are at the start of a new training year?! On behalf of the entire team here at NCGPT we hope that you had a fantastic Christmas and New Year and that you are feeling refreshed and ready for the year ahead.

Towards the end of 2009 we were all excited to be awarded the next three year contract to deliver the Australian General Practice Training program until 2012. Definitely the best Christmas present we could have asked for! Much of the credit for our successful bid rests with our dedicated training practices and our hard working supervisors and practice managers. Without you we wouldn't be here, so a big thanks from the team and the NCGPT board for your hard work and commitment to training the next generation of GPs for our communities.

In 2010, we will have over 80 NCGPT registrars enrolled on the program. Add another 15 – 20 registrars undertaking mandatory rural terms this year and we are coming close to the 100 registrar mark. That's a very long way from our first intake of 10 registrars back in 2003.

January is a busy time of year for everyone involved in the program. This week we welcome 25 new NCGPT registrars to the program plus another 10 registrars who are joining us for their rural term. Welcome to you all! We are very happy that you chose to entrust us with your training. We think you've made a fantastic decision and we look forward to getting to know you and your families over the next few months and years.

In addition to our new registrar cohort, this year we have received funding from GPET to support two Prevocational GP Placement Program (PGPPP) posts. During the course of the year, up to 10 prevocational doctors will participate in supervised 10 week GP rotations to provide these doctors with a well supported introduction to general practice. NCGPT is pleased to be partnering with Goonellabah Medical Centre, Toormina Medical Centre and both Lismore Base and Coffs Base hospitals to deliver this exciting new program.

Finally, welcome back to all of our continuing registrars, GP proceduralists and overseas trained doctors. 2010 is going to be another great year at NCGPT and we look forward to working with all of you over the next 12 months!

*NCGPT RLO, George Forgan-Smith*

Welcome to 2010 and welcome to North Coast GP Training!

Just wanted to say giddyay to all of the new registrars on behalf of the RLO team, and welcome back to the locals!

I'm George, just coming to the end of my training on the North Coast and I am joined by Katherine. We are here to help ensure your time here is smooth, fun and enjoyable.

Here in the North we have a rather laid back life with plenty of time for relaxation in addition to the great learning experiences that are available. You name your interest and we can do our best to help you find the best way to do it.

As RLO's we are your first point of contact if you have any questions or concerns about your training, your supervision or perhaps you may not be sure of some of the finer points of completion of your training.

We are also available for a good chat, a cool beer or informal information about the area to help make your time here as smooth as possible.

Please feel free to contact either myself or Katherine if you have any questions... contact details below.

Looking forward to meeting you all at the up coming workshops.

**George**

T: 0408 159 418

E: [gefsmith@mac.com](mailto:gefsmith@mac.com)



**Katherine**

T: 0417 429 653

E: [katdent10@hotmail.com](mailto:katdent10@hotmail.com)

# Sawadee Pee Mai! Bonne Annee!

NCGPT Director of Training, Christine Ahern



Hello and welcome to 2010!

Each year brings its own unique set of opportunities, although some may come heavily disguised as loss and misfortune. 2009 certainly seemed to bring its share of these both globally and locally. The challenge, for those affected by distressing circumstances, is always to reach into that inner toolbox and pull out that elusive quality labelled 'resilience'.

And what is resilience?

According to that well known source of knowledge, Wikipedia, it is the property of a material that absorbs energy when it is deformed elastically and then, upon unloading, to have this energy recovered. When applied to humans, it is more simply an ability to recover from or adjust easily to misfortune or change.

I strongly believe that as GPs we often 'absorb' damaged energy in the course of our work. It is often useful to reflect upon what mechanisms we have in place to unload and restore at the end of the day and the end of the week.

It could just be that resilience is the most important tool that we can cultivate in our lives and share with those we come into contact with. NCGPT has long had an interest in this vital area of self care.

So, in 2010, alongside the obviously ever important clinical skills and knowledge that we strive to impart with greater skill each year, our program will once again place emphasis on the health and wellbeing of registrars and supervisors, as well as our staff.

We are all teachers and mentors in some aspect of our lives, and this is certainly a role that can give purpose and meaning to what we do. So in welcoming you to 2010, I ask all supervisors and registrars to give some thought to how you will guide those you come into contact with this year, and what positive messages and encouragement you will give to them. I also ask you to consider how you cope personally with adversity and how best you can pass these skills on to the people around you.

Finally a quote...

*"The best way out is always through."* - Robert Frost

Don't forget, if you have any questions regarding the NCGPT training program please contact me.

T: 02 6681 5711 E: [christinea@ncgpt.org.au](mailto:christinea@ncgpt.org.au)

## NCGPT RSO, Sue Gramza

A very big welcome to term one, 2010. For some of you, this means a change of practice, for others it is the big move from hospital to general practice.

For all of our brand new registrars, I hope you enjoy your initial orientation days and settle into practice life quickly. Orientation days are always a great opportunity, for you to meet your peers and your local NCGPT staff, who will help you settle into life as a GP trainee. I look forward to meeting all of the you at the Basic Workshop, and work together with you throughout your training.

The beginning of each year is also a sad time for me, as I say farewell to the registrars that have completed their training and are leaving the NCGPT 'nest'. Congratulations to each and every one of you, I will miss you all!!

Throughout each year NCGPT hosts a number of social events in each region. These events are a fantastic opportunity for you to acquaint yourselves with your fellow NCGPT peers. I will email details of these to you as they draw nearer. I will also use email to send through other important information regarding your training. Please ensure you check your emails on a regular basis, maintain your inbox, and advise us of changes to your email address.

Bye for now and I look forward to working with you throughout 2010!

Don't forget, if you need to contact me for any reason, I can always be reached at

T: 02 6681 5711 or E: [sueg@ncgpt.org.au](mailto:sueg@ncgpt.org.au)



# People you should know



- **Name:** Denise Sheehan
- **Position:** Administration Officer - General
- **When would you call me?** I'll mostly always be the one to answer your calls and then direct you through to the appropriate member of staff. But if you have general enquiries about North Coast GP Training I'll be able to help!
- **My email address is:** [denises@ncgpt.org.au](mailto:denises@ncgpt.org.au)



- **Name:** Rhonda O'Dell
- **Position:** Administration Officer - Education
- **When would you call me?** If you have any general questions about the education program, educational release days or education events.
- **My email address is:** [rhondao@ncgpt.org.au](mailto:rhondao@ncgpt.org.au)



- **Name:** Sue Gramza
- **Position:** Registrar Support Officer
- **When would you call me?** I am here to provide support to the registrars, and I'm just a phone call away. So if you have any questions about how the training program works, any problems with your practice or supervisor, require information or help to settle in to the area or anything else you feel you need support with, pick up the phone or send me an email.
- **My email address is:** [sueg@ncgpt.org.au](mailto:sueg@ncgpt.org.au)



- **Name:** Neil Bambrook
- **Position:** Education Officer
- **When would you call me?** If you have any questions about the when's, where's and how's of the educational releases or other educational events.
- **My email address is:** [neilb@ncgpt.org.au](mailto:neilb@ncgpt.org.au)

# People you should know (cont.)

● **Name:** Christine Ahern  
**Position:** Director of Training

**When would you call me?** If you require any information or have any questions regarding your educational program.  
**My email address is:** [christinea@ncgpt.org.au](mailto:christinea@ncgpt.org.au)



● **Name:** Liz Degotardi

**Position:** Overseas Trained Doctor (OTD) Fellowship and Program Manager  
**When would you call me?** If you're an OTD and require any information about our OTD education events or require any information about our OTD programs.

**My email address is:** [lizd@ncgpt.org.au](mailto:lizd@ncgpt.org.au)



● **Name:** Bruce Barling

**Position:** Project Officer, Procedural Training and Prevocational Placements

**When would you call me?** If you have any questions about the GP Procedural Training Program or the Pre-Vocational GP Placements Program.

**My email address is:** [bruceb@ncgpt.org.au](mailto:bruceb@ncgpt.org.au)



● **Meet the NCGPT Medical Education team**

L-R: John Langill (CEO), Dr Debbie Kors, Dr Christine Ahern, Dr Hilton Koppe (supervisor support), Dr Nicola Holmes, Dr Peter Silberberg, Dr Rob Trigger, Dr Linda Brown (ACRRM), Dr Tim Francis (procedural and pre-vocational placements), Dr Sharon Sykes, Dr Kayte Evans (pre-vocational placements).

Absent from photo: Dr Helena Johnston



# Conferences and Workshops

## **Pain Management Multidisciplinary short course, Sydney, 8-11 February and 15 - 18 February 2009**

This two week short course at Royal North Shore Hospital is designed for professionals with an interest in learning about current views and approaches to the assessment and management of pain. More information is available from the Pain Management Research Institute [www.pMRI.med.usyd.edu.au](http://www.pMRI.med.usyd.edu.au) or contact Helen Johnston T: 02 9926 8423

## **Northern Rivers University Department of Rural Health Beginners to Intermediate CBT Workshops, Byron Bay**

15-19 February 2010 - Starting out or doing a bit of CBT?

19-23 April - Basic to Intermediate skills in CBT

17-21 May - Starting out or doing a bit of CBT?

For more information visit the CBT website [www.cbtraining.com.au](http://www.cbtraining.com.au) or contact the NRUDRH T: 02 6620 7570

## **Measuring Patient Outcomes. Sydney, 17 and 18 February 2010**

More information from <http://www.measuringpatientoutcomes.com>

## **Advanced Life Support, Port Macquarie, 20-21 February 2010**

For more information contact A+A Training Australia T: 0427 774 851 E: [craig.beamish@aatl.com](mailto:craig.beamish@aatl.com)

## **6th Australian update on HIV in Children and Families, Sydney, 25 and 26 February 2010**

For more information contact T: 02 9382 1654 or visit [www.sch.edu.au/events/?e=310&t=1](http://www.sch.edu.au/events/?e=310&t=1)

## **17th Annual Women's Health Conference, Gold Coast, 26-28 February 2010**

For more information visit [http://www.whers.com.au/wp-content/uploads/2009/07/whers\\_broch2010.pdf](http://www.whers.com.au/wp-content/uploads/2009/07/whers_broch2010.pdf) or contact Julie Buchan T: 07 4320 4771

## **NSW RDN/ RDA (NSW) 2010 Summer Refresher Conference, Coffs Harbour, 26-28 February 2010**

Lectures and workshop topics include Renal Disease in Indigenous Australians, Paediatric Emergencies, Palliative Care, Autism Spectrum Disorders, Infectious Diseases and Sleep Apnoea. For more information contact Arna Wotherspoon T: 02 8337 8100 E: [conferences@nswrdn.com.au](mailto:conferences@nswrdn.com.au) or visit [www.nswrdn.com.au](http://www.nswrdn.com.au)

## **Australian Doctor Education seminars present Mental Health**

**Sydney 13 March 2010, Melbourne 20 March 2010, Brisbane 27 March 2010**

Earn 40 Category 1 points and additional Category 2 points plus complete your basic CPR training. In addition, this seminar will be submitted to the RACGP for accreditation as Mental Health Skills Training. For further information visit [www.australiandoctor.com.au/pdf/ADE\\_MH\\_2010.pdf](http://www.australiandoctor.com.au/pdf/ADE_MH_2010.pdf)

## **Australian Wound Management Association Conference, Perth, 24-27 March 2010**

For more details visit [www.conlog.com.au/awma2010/registration.html](http://www.conlog.com.au/awma2010/registration.html)

## **Australian Obesity Summit: Policy & Prevention, Sydney, 29 and 30 March 2010**

For more information visit [www.informa.com.au/conferences/healthcare/the-inaugural-australian-obesity-summit](http://www.informa.com.au/conferences/healthcare/the-inaugural-australian-obesity-summit)

## **Diploma in Child Health (DCH), Sydney or external correspondence, enrolments for 2010 still welcome**

DCH offers a comprehensive overview of current best practice in child health care. Australian GP registrars can complete this extensive course for \$2,190. The program is offered via distance education. For more information visit <http://www.chw.edu.au/about/jobs/cro/dch/2010/australia/>

## **Keep your eye out for information on:**

### **GPRA Breathing New Life Conference, Parliament House Day, Canberra, 17 March 2010**

Keep your eyes out in the new year for more information regarding this conference <http://www.gpra.org.au/>

### **2010 GPET Convention, Alice Springs, 8-9 September 2010**

Keep your eyes out in the new year for more information regarding the convention <http://www.agpt.com.au/>

### **GP'10 (RACGP annual conference), Cairns, 6-9 October 2010**

Keep your eyes out for more information coming to the conference website <http://www.gp10.com.au/>

## **Beyond the Medical Record: creative writing retreat for doctors**

12-14 March 2010

Lennox Head, NSW

**Registrations close Friday 12 February 2010.**

To download a registration form visit

[www.ncgpt.org.au/beyond](http://www.ncgpt.org.au/beyond)



## date claimer: 2010.1 training calendar

18 January	9.00am	<b>Orientation Day</b> All new registrars	Port Macquarie and Coffs Harbour
19 January	9.00am	<b>Orientation Day</b> All new registrars	Ballina
27-29 January		<b>Basic Workshop</b> Three-day workshop GPT1 registrars	Angourie Rainforest Resort
30-31 January		<b>OTD exam preparation workshop</b> Two-day workshop OTDs and GPT3 registrars	Angourie Rainforest Resort
10 February	9.00am	<b>Emergency Medicine</b> Full day release GPT1 and GPT2 registrars	Port Macquarie
18 February	9.00am	<b>Emergency Medicine</b> Half day release GPT1 and GPT2 registrars	Ballina
26 February	9.00am	<b>Emergency Medicine</b> Full day release GPT1 and GPT2 registrars	Coffs Harbour
27-28 February	9.00am	<b>GPT3 Workshop: negotiation skills</b> Two-day workshop GPT3 registrars	Ballina
3 March	9.00am	<b>Immunisation</b> Half day release GPT1 and GPT2 registrars	Port Macquarie
4 March	9.00am	<b>Sexual Health</b> Half day release GPT1 and GPT2 registrars	Ballina
5 March	9.00am	<b>Sexual Health</b> Half day release GPT1 and GPT2 registrars	Coffs Harbour
6 March		<b>2010.1 RACGP written exam</b> Registrars sitting 2010.1 RACGP exam	TBC
17 March	9.00am	<b>Paediatrics</b> Half day release GPT1 and GPT2 registrars	Port Macquarie
18 March	9.00am	<b>Immunisation</b> Half day release GPT1 and GPT2 registrars	Ballina
20 March		<b>2010.1 ACRRM MCQ exam</b> Registrars sitting 2010.1 ACRRM exam	TBC
23 March	3.00pm	<b>Local Supervisor's Workshop</b> Four hour workshop Northern region supervisors	Ballina
25 March	3.00pm	<b>Local Supervisor's Workshop</b> Four hour workshop Port region supervisors	Port Macquarie

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<b>26 March</b>	9.00am	<b>Immunisation</b> Half day release GPT1 and GPT2 registrars	Coffs Harbour
<b>26 March</b>	3.00pm	<b>Local Supervisor's Workshop</b> Four hour workshop Coffs region supervisors	Coffs Harbour
<b>17 April</b>	9.00am	<b>Trial 2010.1 RACGP OSCE</b> For registrars sitting 2010.1 RACGP exam	Ballina
<b>21 April</b>	9.00am	<b>Dermatology</b> Full day release GPT1 and GPT2 registrars	Port Macquarie
<b>22 April</b>	9.00am	<b>Dermatology</b> Full day release GPT1 and GPT2 registrars	Ballina
<b>30 April</b>	9.00am	<b>Dermatology</b> Full day release GPT1 and GPT2 registrars	Coffs Harbour
<b>5-7 May</b>		<b>Combined Sydney Workshop</b> Three-day workshop NCGPT GPT1 and GPT2 registrars	Sydney
<b>8 May</b>		<b>2010.1 RACGP OSCE</b> Registrars sitting 2010.1 exam	Ballina
<b>12 May</b>	9.00am	<b>Mental Health</b> Half day release GPT1 and GPT2 registrars	Port Macquarie
<b>20 May</b>	9.00am	<b>Mental Health</b> Full day release GPT1 and GPT2 registrars	Ballina
<b>21 May</b>	9.00am	<b>Mental Health</b> Half day release GPT1 and GPT2 registrars	Coffs Harbour
<b>3-4 June</b>		<b>Life Stages Workshop</b> Two-day workshop GPT1 registrars	Breakfree Aanuka Beach Resort
<b>5-6 June</b>		<b>OTD exam preparation workshop</b> Two-day workshop OTDs and GPT3 registrars	Breakfree Aanuka Beach Resort
<b>9 June</b>	9.00am	<b>Musculoskeletal and Workcover</b> Full day release GPT1 and GPT2 registrars	Port Macquarie
<b>17 June</b>	9.00am	<b>Youth Health</b> Half day release GPT1 and GPT2 registrars	Ballina
<b>24 June</b>	9.00am	<b>Youth Health</b> Half day release GPT1 and GPT2 registrars	Coffs Harbour
<b>26-27 June</b>	9.00am	<b>OTD Consultation Skills Workshop</b> Two-day workshop OTDs and GPT3 registrars	TBC

**Please note: NCGPT reserves the right to make changes to dates and sessions as necessary. Participants are asked to refer to the NCGPT website for up to date calendar information [www.ncgpt.org.au/members](http://www.ncgpt.org.au/members)**

## free emergency medicine podcasts

**ABC Health Report**

[www.abc.net.au/rn/healthreport/default.htm](http://www.abc.net.au/rn/healthreport/default.htm)

**AFP emergency medicine podcasts**

[http://www.racgp.org.au/scriptcontent/search/afpsearchresults.cfm?cx=000337812831128799297%3Acwnpzvtvg-0a&section=Australian\\_Family\\_Phys&cof=FORID%3A11&searchterm=emergency+medicine+podcasts](http://www.racgp.org.au/scriptcontent/search/afpsearchresults.cfm?cx=000337812831128799297%3Acwnpzvtvg-0a&section=Australian_Family_Phys&cof=FORID%3A11&searchterm=emergency+medicine+podcasts)

**Annals of Emergency Medicine**

[www.annemergmed.com/content/podcast](http://www.annemergmed.com/content/podcast)

**E Med**

[http://www.emedhome.com/cme\\_emcast\\_list.cfm](http://www.emedhome.com/cme_emcast_list.cfm)

**Podanza - emergency medicine**

<http://www.podanza.com/podcast/emergency-medicine-lecture-series/c5de93d0faf2634fe5f5470de6eda1f8/>

