

ICGP WINTER MEETING 2018

Cultivating a Happy Healthy Workplace

Friday 16th November

ICGP Special Interest Groups

19:00 – 20:30	<p>Nursing & Care Home Special Interest Group</p> <p>The Nursing and Care Home group was set up two years ago and caters for the needs of GPs who work in Nursing and other long term care homes. This type of work presents unique challenges for GPs and our group attempt to improve the quality of care we deliver to this vulnerable group of patients and provide support to GPs who work in this area.</p> <p>The meeting is for members of the group to review progress to date particularly in relation to guideline development, audit project development and research following the recruitment of our GP research fellow Dr Paul Ryan. We will also review our engagement with other organisations such as HIQA, HSE and Nursing Home Ireland and plan priorities for the year ahead. If you are not a member of this group but would like to join please e-mail Dr Brian Meade at brian.meade@icgp.ie</p>
19:00 – 20:30	<p>Irish General Practice & Global Health – Where to Next?</p> <p>The Global Health Special Interest Group are seeking to develop an education project that would allow general practice teams in Ireland to become involved in training clinical staff in the primary care management of conditions initially focusing on non-communicable diseases (chronic diseases). This session will give an update on the activities of the Global Health Special Interest Group and enable participants' experience a hands on session of what an education project in Africa might look like, as well as hearing from the experiences of those working in global health. Group discussion and feedback will be encouraged to develop initiatives further.</p>

Saturday 17th November

9:00 – 10:00	<p>Emerging Infectious Disease Threats in Europe</p> <p>Attendees will learn about the following:</p> <ul style="list-style-type: none">• Interactive Knowledge exchange using resources available to Irish GPs• To achieve familiarity with emerging threats and sources of further knowledge update <p><i>Dr Conor Maguire, GP in Dublin with special interest in Travel Medicine and Member National Immunisation Advisory Committee</i></p>
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	<p>Practical Assessment of a Patient with Neck Injuries suffered in Road Traffic Accidents("Whiplash")</p> <p>This is a skills based workshop to demonstrate practical implications and requirements which will include a review of a neck examination as well as the required reporting process. We will also explore the various definitions required in the proposed standardisation of reporting and discuss the practicalities of the proposal with those attending</p> <p><i>Dr John O’Riordan, GP and Sports Medicine Specialist, Course Principal Diploma MSK, ICGP/FSEM (RCPI/RCSI)</i></p> <hr/> <p>Managing Teenage Anxiety & Depression</p> <p>Recent statistics and key facts in the psychological management of teenagers presenting with anxiety and depression including:</p> <ul style="list-style-type: none"> • CBT • Mindfulness • Case examples • Q&A <p><i>Dr Deirdre O’Donnell, Consultant Clinical Psychologist B.A., H. Dip.Ed, Dip. Clin. Psychol., D.Psych. Sc., Reg. ClinPsychol. Ps.S.I.</i></p> <hr/> <p>Establishing in Practice: Getting it Right from the Start</p> <p>This session will focus on the basics of running an efficient, viable Practice. Barry O’Brien will focus the absolute basics of Practice Management; core financial control, HR compliance, people management and the implementation of effective systems and processes in your practice. This session is especially suited for GPs in newly established Practices, but will also serve as a concise reminder of key management functions critical to the running of any successful Practice, whether it is in its infancy or established for many years. An ideal opportunity to refresh and remind yourself of what you (or your manager) should be focusing on in the management of your Practice.</p> <p><i>Barry O’Brien, Founder & Management Consultant – Abbey Medical Management Consulting. CEO – KDOC, TLC Doc. Course Tutor & Lecturer – ICGP, Management in Practice courses</i></p>
10:00 – 11:00	<p>End of Life Care at Home</p> <p>Attendees will learn about the following:</p> <ul style="list-style-type: none"> • Prescribing and symptom control at end of life • Resourcing dying at home <p><i>Dr Paul Gegan, half time GP Principal and half time Consultant in Palliative Medicine, Blackrock Hospice</i></p> <hr/> <p>Sexual Health Medicine Update for General Practitioners</p>

Attendees will learn about the following:

- Update on sexually transmitted infections
- Treatment
- Case examples

*Dr Dominic Rowley, Consultant Physician in Genito-Urinary (Sexual Health) Medicine at St James's Hospital Dublin and Himerus Health Clinic Dublin
Facilitator: Dr. Sinead MacEoin, Network of Establishing GPs*

Valuing your Practice and Options for Retirement

This session will focus on the various different methods for retirement from General Practice and the importance of planning for your exit many years in advance. Barry O'Brien will look at options including traditional work-in/work-out methods and how they might compare to a 'corporate buy out'. Consideration of a gradual reduction in sessions vs. an immediate retirement will also be discussed. This session is suited for all GPs; those planning to retire, those mid-career (and especially GPs mid-career but with retirement age Partners) and GPs considering working in or buying in to a Practice.

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The New ESC/ESH Guidelines for Hypertension

Action for Ireland and the New 2018 European Hypertension Guidelines

- New standards for diagnosing high blood pressure
- New thresholds and targets for intervention and treatment; revised combinations.
- How the new standards can be implemented in everyday practice.

*Professor Adrian Brady, British and Irish Hypertension Society
Honorary Professor, University of Glasgow. Consultant Cardiologist, Glasgow Royal Infirmary. European Society of Cardiology (ESC) Global Spokesperson on Hypertension. Past President, British and Irish Hypertension Society.
Dr John Cox, GP, Fethard on Sea, New Ross, Co Wexford*

Managing Conflict & Aggression in General Practice

Attendees will learn about the following:

- Appreciate the common causes of conflict
- Understand the importance of communication when dealing with potential conflict
- Understand human behaviour
- Identify methods and practical tips for dealing with conflict situations

*Ms Suzanne Creed, Clinical Risk and Education Manager,
Medical Protection*

8:30 – 11:00	<p>Suicide Prevention Workshop</p> <p>This session, by 2 trained colleagues, will focus on mitigation of suicide risk by simple, universal and context specific primary care responses leading to the development of improved knowledge and expertise in dealing with patients with suicidal crisis and self-harm</p> <p><i>Dr Patsy Brady & Dr. Siobhan Tobin,</i></p>
11:00 – 11:30	Morning Refreshments – Meet your Exhibitors
11:30 – 12:15	<p>Navigating the Maze - PCRS/State Scheme Systems</p> <p>Attendees will learn about the following:</p> <ul style="list-style-type: none"> • Making the most of the GP online Suite to suit your Practice • Improving Administrative Systems in the Practice • Awareness of Current Updates <p><i>Jean Hubbard, Practice Manager, Waterford Medical Centre</i></p>
	<p>Top Tips in Head and Neck Cancer for GPs</p> <p>Attendees will learn about the following:</p> <ul style="list-style-type: none"> • HPV+ Oropharyngeal Cancer, Gender equal HPV vaccination • Thyroid cancer – rise in incidence • Hoarseness • Urgent referral pathway <p><i>Mr Paul Lennon, Consultant Otolaryngologist, Head and Neck Surgeon St. James's Hospital Dublin, Royal Victoria Eye and Ear Hospital and St. James's Private Clinic</i></p>
	<p>Troublesome Asthma - What Can We Do?</p> <p><i>Dr Dermot Nolan, GP Tramore, ICGP Clinical Lead</i></p>
	<p>A Cure for the Common Complaint?</p> <p>Attendees will learn about the following:</p> <ul style="list-style-type: none"> • the most up to date trends in complaints • embedding appropriate policies in the practice • top tips for policies to mitigate against the most common types of complaints • dealing effectively with local complaints, including communication strategies and record keeping • the Medical Council complaint process : what to expect and how to handle it <p><i>Aisling Malone, In-house legal Counsel, Medisec Ireland CLG</i></p>

12:30 – 13:00	<p>Termination of Pregnancy – Education Support Programme</p> <p>Dr Mary Short, Director of the ICGP Womens Health and Reproductive Health program, will present an overview of the education and training supports being developed to support the roll out of the new service.</p> <p><i>Chair: Dr Tony Cox, Medical Director, ICGP</i></p>
13:00 – 14:00	Lunch
14:00 – 15:00	<p>The Power of Positive Change in the Practice</p> <p><i>Many factors impact the health and wellbeing of a GP. Despite the pressures of the job, there are many positive aspects of working in general practice.</i></p> <p><i>In this lively session, we start by looking at the realities of the work environment of GPs in 2018. A panel of speakers will then share positive changes made in their own practices in areas such as in-practice communication, business, and financial systems, clinical care and the physical environment.</i></p> <p><i>We will hear from colleagues who have overcome obstacles to make positive changes at work, and take home practical tips and ideas that can help us improve our own resilience, health, happiness, and personal effectiveness.</i></p> <p><i>Chair: Dr Rukshan Goonewardena, Acting Director, Network of Establishing GPs</i></p> <p><i>Introduction: Dr Andrée Rochfort, Director of Quality Improvement & Doctors Health in Practice Programme</i></p>
15:00 – 17:00	<p>Balint Workshop</p> <p>A Balint group is a form of case- discussion, originally developed by Michael Balint in the 1950's for general practitioners. It is a method for increasing understanding of the doctor-patient relationship in all its complexity. It is used as a tool for self-reflection and self-care and helps to protect the doctor from heart sink, stress and burnout.</p> <p>This session will provide an experiential opportunity to participate in a Balint group. We look forward to seeing you there.</p> <p><i>Dr Elaine Cooke, GP West Dublin and Assistant Programme Director on the TCD GP Training scheme</i></p> <p><i>Dr Patsy Brady, Psychotherapist, Clinical Supervisor & Trainer</i></p> <p><i>Facilitator: Dr. Irina Berkun, Network of Establishing GPs</i></p>

15:00 – 16:00	<p>Digital Medicine: Hype or Hope</p> <p>Digital Medicine will become part of how we deliver healthcare. In order for doctors and patients to benefit from advances in healthcare technology we need to first understand what the history of the area has taught us and more importantly how doctors can separate utility from hype.</p> <p><i>Dr Paddy Barrett, Consultant Cardiologist, Blackrock Clinic</i></p> <hr/> <p>Managing Insomnia in General Practice</p> <p>Recent statistics and key facts in the psychological management of Insomnia and poor sleep hygiene, focusing on the following:</p> <ul style="list-style-type: none"> • CBT • Mindfulness • Healthy lifestyle • Case examples will be included • Q&A <p><i>Dr Deirdre O'Donnell, Consultant Clinical Psychologist B.A., H. Dip.Ed, Dip. Clin. Psychol., D.Psych. Sc., Reg. ClinPsychol. Ps.S.I.</i></p>
16:00 – 16:05	Stretch Break – Afternoon Refreshments
16.05 – 17:00	<p>HRT and Menopause - Treatment is easy; side effects are difficult</p> <p>Attendees will learn about the following:</p> <ul style="list-style-type: none"> • Identification of special groups eg premature menopause • Treatment options and management of iatrogenic side effects of medication • Identifying problems that may require further attention <p><i>Dr Mary Short, ICGP Director of Women's Health</i></p> <hr/> <p>A Suicide in your Practice: How would you Cope?</p> <p>The object of this interactive yet reflective workshop is to explore the impact of suicide on the doctor and on the practice. Through guided peer support, delegates will participate in a shared learning session on the professional and personal impact of a suicide event in the practice, and discuss coping with the aftermath of a suicide.</p> <p><i>Dr Andree Rochfort, Director of Quality Improvement & Doctors' Health in Practice Programme, ICGP</i> <i>Dr Deirdre Kinlen, D. Monica McWeeney, and Dr David Thomas, representatives of the Retired and Semi-Retired GP Discussion Group</i></p>

