



# Annual Conference & AGM 2019

## A HEALTHIER FUTURE FOR GENERAL PRACTICE

Convention Centre Dublin

**Friday 3<sup>rd</sup> May, 2019**

9:00 – 10:00

### **COPD & Integrated Care – Concepts & Tips for General Practice**

- Diagnosis & Spirometry (Peter O’Toole - Respiratory Nurse Specialist)
- Cornerstones of Care & Inhalers (Dr Mark O’Kelly GP)
- Clinical Cases (Prof. Tim McDonnell - Respiratory Specialist)
- Pulmonary Rehab & Outreach (Anne Lanigan - Respiratory Physiotherapist)

*Dr Mark O’Kelly, ICGP HSE Primary Care Lead for Integrated Care Programmes*

### **End of Life Decision Making in the Nursing Home Setting?**

Key findings from Irish Hospice Foundation Study on Do not resuscitate orders  
*Dr Paul Gregan, GP & Consultant in Palliative Medicine, Blackrock Hospice*

Audit project for GPs on end of life planning in the nursing home  
*Dr Paul Ryan, GP and Pharmacist*

What are the issues for GPs and nurses? - open discussion

*Chair : Dr Zita O’Reilly, Chair of the Guidelines sub group of the ICGP Nursing and Care Home special interest group*

### **Mindfulness and Movement**

*Dr. Ming Rawat, Assistant Program Director, North Dublin GP Training Program.*

10:00 – 11:00

### **Cardiovascular session - Five things you should know.**

In this session a variety of speakers will highlight five important or practice changing pieces on hypertension, atrial fibrillation and dyslipidaemia with opportunity for discussion afterwards

*Dr Joe Gallagher, ICGP HSE Primary Care Lead for Integrated Care Programmes*

### **A Multidisciplinary Course in Nursing Home Medicine**

An overview of proposed course for GPs, Nurses and allied health professionals involved in nursing homes.

	<p><i>Dr Brian Meade, Chair of the ICGP Nursing and Care Home Special Interest Group</i></p> <p><b>Psychological Medicine, from basics to cases</b></p> <p>Overview and intro to eating disorders, self-harm and psychosomatic things- the sort of medical and mental health things we see in acute hospital</p> <p><i>Dr Elizabeth Barrett, Assoc. Prof. Child and Adolescent Psychiatry, UCD, Consultant in Child and Adolescent Liaison Psychiatry, Children’s University Hospital, Temple Street.</i></p> <p><b>CBT Strategies for developing Resilience at Work</b> <i>Claire Hayes, Clinical Psychologist</i></p>
9:00 – 11:00	<p><b>Sexual &amp; Reproductive Health Hot Topics</b></p> <ul style="list-style-type: none"> <li>• <b>Folic Acid and Reproductive Health</b> Dr Sinead Howley, GP. Coordinator of Folic Acid Awareness Campaign Ireland</li> <li>• <b>Female Hormones and the Migranous brain</b> <i>Dr Mary Kearney, GP, CME Tutor</i></li> <li>• <b>Women’s experience of Maternity Care –the role of the GP</b> <i>Tracy O’Carroll, Senior Programme Manager, The National Patient Experience Survey, HIQA</i></li> <li>• <b>Complications of HRT</b> Deirdre Lundy, Coordinator Sexual &amp; Reproductive Health Courses Course Principal</li> <li>• <b>Ectopic Pregnancy</b> <i>Dr Aoife Mullaly, Consultant Obstetricians/Gynaecologist, Coombe Women &amp; Infants University Hospital</i></li> </ul> <p><i>Chair: Dr Mary Short, Director, Sexual &amp; Reproductive Health</i></p>
11:00 – 11:30	Morning Refreshments with your exhibitors
11:30 – 12:30	<p><b>The Rise of the “Superbugs” - what does it mean for the GP</b></p> <ul style="list-style-type: none"> <li>• CPE VRE ESBL MDRKP ..... What the GP needs to know.</li> <li>• Combating Antimicrobial Resistance AMR - Any progress?</li> <li>• How You can help fight AMR</li> </ul> <p><i>Dr Nuala O’Connor, ICGP GP Lead Advisor Antibiotic Resistance ICGP GP Lead HSE Antimicrobial Resistance and Infection Control Team</i></p> <p><b>Medication safety in an Irish General Practice</b> Tips and tricks for the practicing Irish GP</p> <p><i>Dr Paul Ryan, GP &amp; Pharmacist</i></p>

	<p><b>Anxiety and Depression in Children and Adolescents</b></p> <p>Varying underlying presentations within a Clinical Psychology Practice and tailoring cognitive behaviour therapy interventions that are developmentally appropriate</p> <p>The session will look at the use of cognitive behavioural therapy for children and adolescents with anxiety and depression and underlying conditions such as autistic spectrum disorder, attention deficit hyperactivity disorder, posttraumatic stress and medical conditions such as Crohn’s disease and juvenile arthritis.</p> <p><i>Dr Mary Hayes, Senior Clinical Psychologist, Oakwood Psychology and Psychotherapy Clinic, Limerick</i></p> <hr/> <p><b>Female Genital Mutilation</b></p> <p><i>Dr Caitriona Henchion - Medical Director, Irish Family Planning Association</i></p> <p><b>Violence in Pregnancy</b></p> <p><i>Siobán O’Brien Green, expert in the fields of migrant women, sexual health and domestic violence</i></p> <hr/> <p><b>Peer Support for Past and Potential Incidents in the Practice</b></p> <p><i>Dr Andree Rochfort, Director of Quality Improvement and Doctors’ Health in Practice Programme, ICGP</i></p> <p><i>Dr Deirdre Kinlen, Dr Monica McWeeney, Dr David Thomas, representatives of the Retired and Semi-Retired GP Discussion Group</i></p> <hr/> <p><b>GPs and Media - how the voice of general practice can be heard</b></p> <p><i>Aileen O’Meara, Communications Consultant, ICGP</i></p>
12:30 – 13:30	Lunch with your exhibitors
13:30 – 14:30	<p>Dying for a Drink: Ireland’s unhealthy relationship with alcohol</p> <p><i>Prof. Frank Murray, Chair of the RCPI Policy Group on Alcohol</i></p>
14:30 – 15:30	<p><b>What can general practice do for global health?</b></p> <p>In this session Dr David Weakliam from the HSE Global Health Programme will discuss what role Irish general practice could play in improving global health and we will hear an update on the ICGP global health project.</p> <p><i>Dr Joe Gallagher, Chair, ICGP Global Health Sub Committee</i></p> <hr/> <p><b>A practical approach to implementing the new diabetes guidelines in your practice</b></p> <p><i>Dr Diarmuid Quinlan ICGP HSE Primary Care Lead for Integrated Care Programmes - (Diabetes)</i></p>

**Making Every Contact Count (MECC) – Benefits for me and my patient.**

Making Every Contact Count (MECC) is a key programme under Healthy Ireland which aims to support the prevention and management of chronic disease through early intervention. A short bespoke module for GPs will be launched by ICGP and the Making Every Contact Count programme later this year. In addition to this GP practice software which supports MECC, has also been piloted successfully in a number of GP practices. This session sets MECC in the context of current GP practice and the management of chronic disease, and includes practical information on the use of this new piece of software.

**PrEP & PEP – HIV pre and post prevention strategies in the community**

*Dr Fiona Lyons, Consultant, Genitourinary Medicine Physician & National Clinical Lead for Sexual Health Services*  
*Dr Patrick O'Donnell, Clinical Fellow at UL GEMS*

**Enjoying Self- Care: Antidote to Stress!**

This taster will introduce simple Capacitar body-mind-spirit practices of healing and well-being, which are effective for self-care, awakening people to their own source of wisdom and strength. The approach is experiential, non-invasive and non-intrusive and is beneficial for stabilising and resourcing participants. The taster will include Tai Chi movements/visualisation, Fingerholds for managing emotions, Breath Work, practices for establishing self-protection and boundaries.

*Carmel Byrne, Capacitar Wellness workshop Facilitator*  
*Dr. Maria O'Mahony, GP specialising in Substance Misuse*

**The Anthropocene: the pathophysiological relationship between our plate, our patient and our planet**

A introduction to the evolving concept of Planetary Health: Why healthcare professionals are the first to be singled out for action with respect to safeguarding human and planetary health in the anthropocene epoch. Why promoting plant based nutrition is no longer an option but an obligation. And how our day to day consultations can be the most powerful tool we have in allowing our children to inherit a habitable planet.

*Dr Sean Owens MB BCh NUI MPharm*

**Small group ICGP CME , where are we now and where we are going?**

*Dr. Finola Minihan, National Director of the CME Small Group Tutor Network*  
*Dr. Stephanie Dowling, Assistant National Academic Director of the CME Small Group Tutor Network*

**Practical Management of Alcohol Problems in Primary Care**

Clinical Assessment & Detox:

	<p><i>Dr. Hugh Gallagher, GP Coordinator in the HSE Addiction Service in North Dublin</i>  Mental Health Consequences of Alcohol Misuse:  <i>Dr John Sheehan, Consultant Psychiatrist, Mater Hospital</i></p> <p><i>Chair: Dr. Íde Delargy, Director Addiction Management in Primary Care Programme</i></p>
15:30 – 16:00	Afternoon Refreshments with the Exhibitors
16:00 – 17:00	<p><b>Asthma in the under 6's</b></p> <ul style="list-style-type: none"> <li>• Diagnosis</li> <li>• Differential diagnosis</li> <li>• Drugs</li> <li>• Delivery devices</li> <li>• Acute care</li> <li>• Cycle of care</li> </ul> <p>Dr Dermot Nolan, ICGP HSE Primary Care Lead for Integrated Care Programmes</p> <hr/> <p><b>Developing a sustainable career in General Practice</b></p> <p>A holistic look at establishing in GP while looking at the career from start to finish.</p> <p><i>Dr John Ball, GP, Author, Signposts to Success</i>  <i>Dr Rukshan Goonewardena, Director (Acting) Network of Establishing GPs</i></p> <hr/> <p><b>Is the Pill Obsolete (LARC vs Pill)</b></p> <p><i>Dr Deirdre Lundy, ICGP Coordinator for Sexual &amp; Reproductive Health Courses</i>  <i>Dr Mary Short, Director, Sexual &amp; Reproductive Health</i></p> <hr/> <p><b>Managing Common Childhood Allergies in Primary Care</b></p> <p><i>Dr John Fitzsimons, Consultant Paediatrician, Our Lady of Lourdes Hospital, Drogheda</i></p> <hr/> <p><b>Visual Arts, Literature and Music in Medical Continuing Professional Development</b></p> <p><i>Dr Andree Rochfort, Director of Quality Improvement &amp; Doctors Health in Practice Programme</i></p>
17:00 – 17:15	Opening Address
17:15 – 18:15	<p><b>'Don't label me'</b> Liam Farrell</p> <p>A UCD graduate, family doctor in Crossmaglen for 20 years. He is an award-winning columnist, and his columns have included the <i>British Medical Journal</i>, the <i>Lancet</i>, the <i>Journal of General Practice</i>, and <i>GP</i> magazine.</p>

18:15 – 22:00	<p>Jazz Reception</p> <p><i>After an exhilarating day, relax and socialise, catch up with colleagues at a complimentary reception including selection of canapes and a variety of drinks.</i></p>
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## Saturday, 4<sup>th</sup> May, 2019

8:00 – 8:45	<p>5K Run</p> <p>Pack your running shoes and join us for a 5k run</p>
8:00 – 8:45	<p>RCGP ROI AGM</p>
9:00 – 10:00	<p><b>The Cross Border Directive</b></p> <p>A full description of how to access healthcare in Europe and be reimbursed by the HSE. The CBD allows patients to access healthcare without going on a waiting list.</p> <p>The European Health Insurance Care – used to access emergency healthcare in Europe – how it works and its limitations.</p> <p>The Treatment Abroad Scheme - for treatments not available in Ireland but which are available in Europe.</p> <p><i>Catherine Donohoe, General Manager, Acute Hospital Division, HSE</i></p> <hr/> <p><b>The National Cancer Control Project: What is it, and why does it matter to me?</b></p> <p>The role and the work of the NCCP in the prevention, early detection and treatment of cancer and the development of cancer referral guidelines.</p> <p><i>Una Kennedy, National Cancer Control Project</i></p> <hr/> <p><b>Pitfalls and Protocols – Safer Management of Test Results in your practice</b></p> <p>Appreciate the systems and processes with test results, necessary to avoid patient harm. Improve your processes and reduce avoidable harm to your patients from errors relating to test results.</p> <p><i>Ms. Suzanne Creed, Clinical Risk and Education Manager, Medical Protection</i></p> <hr/> <p><b>Insects and the skin</b></p> <p>To explore the various clinical presentations and management of the more common the more common cutaneous problems caused by insects.</p> <p>Topics covered will include scabies, bed bugs, Lyme disease, flea bites and lice.</p>

	<p><i>Dr Johnny Loughnane, GP in Newcastle West, Co. Limerick since 1986. Assistant Programme Director Mid-Western GP Training Scheme. Former ICGP Primary Care Clinical Lead for Dermatology</i></p>
	<p><b>New Paediatric Management Algorithms</b></p> <p><b>Children’s Health Ireland has produced 12 new paediatric algorithms to support the management of common childhood illnesses</b></p> <p><i>Dr David Coghlan, Consultant Paediatrician, Clinical Specialty Lead, Children’s Hospital Group</i></p>
	<p><b>Quality &amp; Safety in Practice Awards</b></p> <p><i>Supported by Medisec</i></p>
	<p><b>Crisis Pregnancy: Audit of the 24 hour helpline</b></p> <p><i>Dr Mary Short, Director, Sexual &amp; Reproductive Health</i></p>
10:00 – 10:45	<p><b>Gertrude Ronan Foundation Lecture</b></p> <p>The Art of Ignoring the Obvious Health Inequity- the single biggest and most under-treated preventable cause of premature mortality.</p> <p><i>Dr Austin O’Carroll, GP Mountjoy Street Family Practice, GP Director GMQ Ireland (Safetynet affiliated). Programme Director North Dublin City GP Training Scheme Chair: Dr Tony Cox, Medical Director, ICGP</i></p>
10:45 – 11:00	<p><b>Presentation of Quality &amp; Safety in Practice Awards supported by Medisec</b></p>
11:00 – 11:30	<p>Morning Refreshments</p>
11:30 – 12:30	<p><b>Headaches</b></p> <ul style="list-style-type: none"> <li>• Red Flags in "a" particular headache</li> <li>• History taking in recurrent headaches &amp; clinical examination</li> <li>• Chronic daily headache - how to assess - likely diagnosis</li> <li>• Step-wise approach to managing acute &amp; chronic migraine</li> </ul> <p><i>Dr Mary Kearney ,GP, CME Tutor</i></p>
	<p><b>Need to know IT for GPs in 2019</b></p> <p>Diabetes Cycle of Care data returns Implementation of Maternity and Newborn systems in Dublin, Laboratory in Beaumont catchment area, as well as a push to increase eReferral and Healthmail usage</p> <p><i>Dr. John Sweeney, National GPIT Project Manager</i></p>

*Dr. Conor O'Shea, National GPIT Co-ordinator*

***Perils in Practice: 10 difficult patient interactions***

Discussion of 10 real life scenarios, presenting legal and ethical dilemmas. Opportunity for audience participation through polling (voting cards), discussion and time permitting, Q&A session.

- Heightened awareness of potential for inadvertent breaches of patient confidentiality and tips on how to avoid them
- Refreshed awareness of reporting obligations in varying situations
- Best practice guidance on appropriate practice policies and procedures
- Communication strategies for difficult interactions with patients and third parties and practical tips on local complaint resolution
- Attendees will also receive Medisec's Key to Best Practice (USB key with our up to date suite of template policies and guidance) and can request any of our practice risk management posters.

*Ruth Shipsey CEO & Aisling Timoney Legal Counsel - Medisec Ireland CLG*

**Managing Eczema in Primary Care – What's new and what's useful**

*Dr Johnny Loughnane, GP in Newcastle West, Co. Limerick since 1986. Assistant Programme Director Mid-Western GP Training Scheme. Former ICGP Primary Care Clinical Lead for Dermatology*

**The Assisted Decision-Making (Capacity) Act 2015: Implications for Healthcare Professionals**

This session will focus on the principles and key reforms introduced by this important legislation. Practical implications for healthcare professionals and provide an update on the pathway to full implementation.

*Aine Flynn, Director of the Decision Support Service, Mental Health Commission*

**Research Awards:**

- **Best published Research Paper**
- **Jim Slein Award**
- **Maria Kidney Award**

Presentations from the winning candidates

**Audit Award: ICGP Professional Competence Scheme Audit**

Practice based studies which delivered results

Presentation from the winning candidate

*Chair: Dr. Claire Collins, Director of Research & Innovation*

**Concussion & other sports medicine hot topics**

*Dr Brendan Murphy, MICGP and MRCPI. Member faculty sports and exercise*



	<i>medicine. Tipperary hurling team doctor</i>
12:30 – 13:30	Lunch with the Exhibitors
13:30 – 14:00	<p><b>General Practice : Past , present and future</b>  <i>Dr. Mayur Lakhani, President, RCGP</i>  <i>Chair: Dr. John O’Brien</i></p>
13:30 – 15:00	<p><b>College Forum: Shaping a Healthier Future for General Practice</b></p> <p>The College Forum Debate focuses upon what is needed to help shape a healthier future for General Practice. It includes speakers on health policy and planning, on service delivery and on public need and demand. It promises to be a very lively debate with time for audience participation and questions afterwards.</p> <ul style="list-style-type: none"> <li>➤ <i>Dr Michael Harty, GP, TD and Chair of Oireachtas Health Committee</i></li> <li>➤ <i>Dr Mark Murphy, GP and Lecturer RCSI</i></li> <li>➤ <i>Ms. Priscilla Lynch, journalist and editor, specialising in health, medical science &amp; current affairs</i></li> </ul> <p><i>Chair: Dr. John O’Brien, President, ICGP</i></p>
15:00 – 15:15	Comfort Break
15:15 – 17:00	AGM Business Session
20:00	Gala Dinner (Black Tie) Convention Centre Dublin