



# Demystifying Dementia – Part 1 and 2

HNECCPHN IN COLLABORATION WITH  
DEMENTIA TRAINING AUSTRALIA

**This workshop will offer a practical and stepwise approach to improving your knowledge, skills and confidence in recognising, diagnosing, and managing dementia in primary care.**

Topics will include:

- stages and domains approach to recognising and diagnosing dementia
- inclusion and exclusion criteria
- the role of cognitive assessment tools
- brain health (via the 45 – 49 Health Assessment)
- a practical approach to support GPs in diagnosing dementia.
- the dementia trajectory and post diagnostic care
- resources to support your work with people living with dementia such as GP management plans and HealthPathways

Dr Hilton Koppe and Dr Peter Silberberg will facilitate the session:

- building on the skills, knowledge, and experience in the room
- ensuring relevance to the general practice context
- inviting participation and contribution if the platform allows
- using a case study to explore key concepts

Participants will be encouraged to reflect on:

- their own experiences with recognising and diagnosing dementia
- how they might integrate the brain health check into practice
- how the frameworks might influence their practice and benefit patients



RACGP  
CPD Approved  
Activity

Educational  
Activities

3  
hours

#### Learning Outcomes:

- Recognise features other than memory loss in people with dementia by applying the Domains Framework
- Explain the trajectory of dementia by applying the Stages Framework
- Apply the Inclusion and Exclusion Criteria Frameworks in assessing patients for a possible diagnosis of Alzheimer's Dementia
- Implement an effective management plan for people living with dementia based on the stages and domains of dementia
- Access and appropriately integrate health pathways to improve patient outcomes

**SPEAKERS:** **Dr Hilton Koppe**, GP, and Medical Educator, Dementia Training Australia.

**Dr Peter Silberberg**, GP and Medical Educator, Dementia Training Australia

**WHO:** **General Practitioners, Practice Nurses, Aboriginal Health Practitioners/Workers, Allied Health Professionals, Pharmacists**

**WHEN:** **Wednesday 23<sup>rd</sup> August 2023, 6:30pm – 8:00pm | [CLICK HERE](#) to register for Part 1**

**Wednesday 6<sup>th</sup> September 2023, 6:30pm – 8:00pm | [CLICK HERE](#) to register for Part 2**

**WHERE:** **Online via GoTo Webinar**

**NOTE:** You need to attend both sessions to receive 3 RACGP Educational Activity hours. An opportunity for “Reviewing Performance” hours will be explained in the first session



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### Dr Hilton Koppe



Dr Koppe is a general practitioner in Lennox Head, a small village on the east coast of Australia. Hilton combines his clinical work with an active role in medical education, training new and experienced doctors within the region and around Australia.

Since 2017, Hilton has been working with the team at University of Tasmania's Wicking Dementia Research and Education Centre and with Dementia Training Australia to develop and deliver innovative education

programs to assist with the recognition, diagnosis and management of dementia in the general practice setting.

Hilton also runs creative writing workshops for doctors and health professionals with the goal of deepening their compassion, overcoming professional isolation and reducing the risk of burn out. He is regularly invited to present this work at conferences and workshops around Australia and overseas. Hilton is a fledging writer himself, and his writing can be found in a diverse range of publications including Grieve, The Examined Life, Pulse, Chrysalis, The Universal Doctor and More Voices.



### Dr Peter Silberberg

Peter is an experienced GP, GP Supervisor and medical educator. He recently joined Dementia Training Australia as a medical educator in 2022. He has worked in many primary health sectors and currently works as a GP as the lead clinician at Rekindling The Spirit Health Service in Lismore (AMS) and as a GP at Lennox Head Medical Centre.