

GP Long Lunch

PROGRAM

8.00 am	Optional walk around the valley
8.30 – 9.00 am	Registration & coffee
9.00 – 9.30 am	Dr Ameeta Patel GP (Facilitator) Welcome to Country - Kevin (Gavi) Duncan Richard Nankervis, CEO, HNECC PHN
9.30 – 10.30 am	Dr Jon Fogarty & Heather Gewin, Practice Manager & Consultant Is there room for improvement? An interactive session that explores the interplay between workplace culture, teamwork, technology and risk.
10.00 – 10.30 am	Dr Colette Hourigan Starting the conversation Learn how you can increase your confidence to assist victims experiencing domestic and family violence by working as part of a team.
10.30 – 11.00 am	MORNING TEA
11.00 am – 12.30 pm	Dr Ameeta Patel & Dr Kathryn Hutt When things go wrong... medical errors, reflective practice, near misses, self-care. Where to find peer support and organisations that can provide assistance in difficult times.
12.30 – 2.00 pm	LONG LUNCH
2.00 – 4.00 pm	Choose your medicine: <ul style="list-style-type: none"> • A Walk on Country - Kevin (Gavi) Duncan • Horse riding (book online in advance cost \$115pp) • Quad bikes (book online in advance cost \$115pp) • Coaching 101: What is it and how can you start coaching conversations? Rita Holland & Dr Sancha Robinson • Featherlight Art Therapy Self Care Workshop - Linda Watkins
4.00 – 4.30 pm	Dr Ameeta Patel – The path ahead and prizes
4.30 – 5.00 pm	Networking and purchase your own drinks

CHOOSE ONE AFTERNOON SESSION

Note: You must book online well in advance of 18 June for the 2pm horse ride or quad bikes as general public can also book in that timeslot.



A WALK ON COUNTRY

Kevin (Gavi) Duncan, Darkinjung elder

Hear the Aboriginal story of Glenworth Valley including:

- art
- bush food
- history
- medicinal plants
- wildlife



IS THERE ROOM FOR IMPROVEMENT?

Dr Jon Fogarty & Heather Gewin, Practice Manager & Consultant

An interactive session that explores the interplay between workplace culture, teamwork, technology and risk.



GPs can work on solving an issue with coaching support from Rita Holland & Dr Sancha Robinson Capstan Partners in the 2-4pm session.



STARTING THE CONVERSATION

Dr Colette Hourigan

Starting the conversation can be challenging, but General Practice is well-placed to identify and respond to patients experiencing domestic and family violence. With the right tools and supports, you can help empower patients to break the silence and seek safety. Domestic and family violence is prevalent in the community. One in every four women who present to their GP with depression will be experiencing domestic and family violence. A short session on how to Recognise, Respond, Refer and Record domestic and family violence in General Practice.



WHEN THINGS GO WRONG

Dr Ameeta Patel & Dr Kathryn Hutt

When things go wrong... medical errors, reflective practice, near misses, self-care. Where to find peer support and organisations that can provide assistance in difficult times.



COACHING 101: WHAT IS IT AND HOW CAN YOU START COACHING CONVERSATIONS?

Dr Sancha Robinson & Rita Holland

Professional Coaching has been well recognised as an effective method for unlocking the potential of individuals and of teams. It is only recently that coaching in healthcare has been established as a critical way to support individuals to be their best; through performance coaching, career decisions and setting and achieving professional goals.

In this workshop GPs will develop an understanding of and provide basic coaching skills training and coaching practice, as a platform for professional growth and one that enables GPs to start using coaching skills in their daily lives.



FEATHERLIGHT ART THERAPY SELF CARE WORKSHOP

Linda Watkins

GPs and other health workers are currently being asked to respond to increased uncertainty, anxiety and complexity at work and home. It is vital for those in the caring professions to have sufficient inner resources to help others. As a fundamental component of self-care, art-making can help build resilience to manage workplace stress and compassion fatigue. Engaging with art-making can reduce stress, lead to insight and build meaningful relationships both in and out of the workplace. Participants in this workshop will be offered an art-making theme or activity with a range of materials provided such as natural or other found objects. The aim is to enjoy some time with your peers and no artistic skills are needed.



HORSE RIDING – 2 HOUR TOUR (COST \$115PP)

Self book for 2pm Sat 18 June and pay with credit card. You will need to complete a Glenworth Valley indemnity form and a PHN indemnity form will be emailed to you. <https://glenworth.com.au/activities/horse-riding/>

QUAD BIKES – 1.5 HOUR TOUR (COST \$115PP)

Self book for 2pm Sat 18 June and pay with credit card. You will need to complete a Glenworth Valley indemnity form and a PHN indemnity form will be emailed to you. <https://glenworth.com.au/activities/quad-biking/>

Date

Saturday 18 June 2022

Venue

Glenworth Valley Events Centre, Central Coast, NSW

Time

8.00 am – 5.00 pm

Cost

\$60.00 (Supported by the General Practice Incentive Fund)

Register

<https://www.eventbrite.com.au/e/gp-long-lunch-glenworth-valley-2022-tickets-274625110097>

BIOGRAPHIES



Dr Ameeta Patel

Dr Ameeta Patel is an Australian trained general practitioner with experience in a variety of primary care settings, medical education, professional development, governance and regulation.

Ameeta currently lives on Lake Macquarie and practices as a GP in her local community whilst caring for an aging mother. Her association with the Central Coast started in 1996 as an associate in a private practice at Killarney Vale.

Most recently Ameeta worked in Qatar as medical director for professional development with the national hospital and ambulance service. An occupational health program was developed for the ambulance service that included workshops in wellbeing for healthcare professionals and critical incident management. Here she experienced first-hand the challenges of being an international medical graduate in a foreign country and culture – and surviving if not thriving.

Dr Patel's career in Australia includes leadership roles in medical regulation, Aboriginal health, rural and remote health, private general practice, medical education and board directorships. In 2020 Ameeta was appointed a Director of the Doctors Health Advisory Service board.

Her interests include wellbeing for all health professionals including supporting CPD for the whole healthcare team, professionalism, Aboriginal health and medical education. Her current focus is to further explore the role of humanities and art in health.



Rita Holland

Rita is a program lead, facilitator and professional leadership coach. Over the past fifteen years Rita has successfully designed, lead and delivered a range of behavioural science-based programs. Services include group and individual coaching for leadership,

professional development, performance improvement and career transition programs. Other programs include wellbeing & resilience training and coaching, and organisational and cultural alignment consulting. Her coaching experience spans over 2000 hours with senior leaders, with a large proportion from the healthcare sector. Rita has particular strengths, experience and interest in coaching doctors. Healthcare clients include clinicians, leaders and directors from the Clinical Excellence Commission, Liverpool & Royal Prince Alfred Hospitals, eHealth, The George Institute, Health Education and Training Institute, The Royal Australasian College of Dental Surgeon, The Australian Commission on Safety and Quality in Health Care and Agency for Clinical Innovation. Her coaching credentials include a Masters in App Science – Coaching Psychology (Sydney University), and Professional Certified Coach accreditation from International Coach Federation (ICF).



Heather Gewin, Practice Manager & Consultant

General Practice Manager and Consultant. QPA accredited Surveyor for Quality Improvement in General Practice. Drawing upon professional experience, and a working knowledge of developing

and implementing solutions to optimise practice team performance. My service approach is to engage teams, improve staff performance and promote a positive culture within the workplace, developing and implementing new systems and procedures.



Dr Colette Hourigan.

Dr Colette Hourigan is a Women's Health GP working in a Central Coast family practice and provides outreach health care to women and children who have experienced domestic violence and are residing in refuge. Colette is a facilitator of The Readiness Program for the HNECC PHN.



Dr Kathryn Hutt

Dr Kathryn Hutt is the Medical Director at the Doctors' Health Advisory Service (NSW), and is a part-time general practitioner in Mona Vale, Sydney. She also provides regular fly-in GP services to remote NSW. Kathryn has additional qualifications in Public Health

and Applied Ethics and is an active clinical member on a Sydney University Human Research Ethics Committee. In her role as an on-call doctor with the Doctors' Health Advisory Service (NSW), Kathryn has spoken to hundreds of doctors and medical students about their personal experiences. In her previous experience working with the NSW Medical Council, she has also witnessed the impacts on doctors of receiving a complaint or having an involvement with the regulatory system, and the importance of ensuring they can find adequate support at these times. Kathryn is passionate about the wellbeing of her colleagues and is committed to ensuring that all doctors and medical students have access to support whenever they need it.



Linda Watkins, Art Therapist

Linda has worked in the private sector in administrative roles and spent over 18 years as a Primary school teacher, Teacher-Librarian and support teacher, before completing her Masters in Art Therapy. She firmly

believes that creating art in a supportive community of like-minded people can be deeply nurturing. Linda offers individual and group art therapy sessions, both face to face and online, to people of all ages and diverse abilities including those experiencing or have experienced trauma, bereavement, addiction, Neurodiversity, anxiety, depression and Bipolar disorder. Linda currently co-facilitates self care workshops once a month for Central Coast GPs at Gosford Regional Art Gallery and has also organised workshops for clinical teams. Linda primarily operates out of Featherlight Art Therapy studio in Toukley which she founded.



Dr Sancha Robinson

Sancha brings 20 years of healthcare experience as an anaesthetist and Training Supervisor and has interests in medical education and simulation.

Sancha's passion for coaching focuses on improved clinician wellbeing to provide best patient care. Sancha particularly enjoys coaching clients with professional speed bumps around communication, those preparing for exams and contemplating career transitions, and senior doctors looking to enhance their supervisory skills.

Sancha is an Associate Certified Coach (ICF), a Master Certified Physician Development Coach and holds a Diploma of Professional Coaching (AIPC). She graduated from St George's Hospital Medical School (London), is a Fellow of the Australian and New Zealand College of Anaesthetists and holds a Postgraduate Certificate in Medical Education.



Dr Jon Fogarty

Jon Fogarty has been a GP at Point Clare for 40 years. He has been involved in teaching medical students and GP Registrars and is a conjoint lecturer in General Practice with the University of Newcastle.

Jon has written for Australian Doctor for more than 20 years and is a regular Assessor with the NSW Medical Council. His is interested in all aspects of general practice especially aged care.