

All GPs and Practice Nurses Welcome... All GPs and Practice Nurses Welcome... All GPs and Practice Nurses Welcome...



**Heavily Subsidised Study Morning  
for GPs and Practice Nurses only £29 inc VAT**

Part Funding provided by sponsors exhibition including pharmaceutical companies. List of sponsors available on the website and on the day programme.



Promoting excellence  
in health education

## Mental Health Study Morning

**Saturday 13th May 2017**

**Conference Centre, John Innes Centre,  
Norwich Research Park, Norwich NR4 7UH**

Introducing your speaker

**Dr Laura Pogue**

MBChB DCH DFFP MRCP

**GP Principal St Helens**

**Clinical Lead for Mental Health St Helens CCG**

**All delegates will receive**

- A set of lecture notes available for download for delegates' personal use
- A certificate for your appraisal portfolio

**Course Accredited for 3 hours CPD**

## Meet the Speaker ...

### **Dr Laura Pogue** MBChB DCH DFFP MRCGP



I have a portfolio career working as a GP Partner since April 2015 and for St Helens CCG as clinical lead for mental health. I worked for 15 years a GP with special Interest in mental health, supporting primary care services. I implemented The Positive Mental Training programme (mindfulness based hypnotherapy programme) across Halton and St Helens. I have enjoyed working with our local Personality Disorder Psychologist delivering educational sessions for local clinicians.

My mental health roles in the past including leading a Cognitive Function clinic, developing and redesigning Primary Care services.

I have had acclaim for my work including endorsements from the RCGP, WONCA and NICE. I have also worked as Director for a Social Enterprise Company, The Wellbeing Project, which won the mental health prize for Innovation in Mental Health in 2010. In the past I set up a North West mentoring group for GPwSI and also educational meetings with PRIMHE and The Priory Hospitals.

I have been a GP trainer for 6 years and have set up a mentoring support group for current and past trainees. I have just commenced a UCLAN course for GPs called PED (professional education and development) and am embracing the benefits of having a student card!!

I have also recently discovered Mindfulness and appreciate the benefits for myself, work colleagues and patients.

My spare time is spent being an embarrassing mum, travelling, singing, doing endurance events and my most recent challenge is helping managing a boys football team (well....manage their parents! ).

## Your Learning Agenda ...

### Learning Objectives

- ▶ Identify and manage complex/challenging patients with mental health problems
- ▶ Practical tips on communication, brief interventions and assessments in primary care mental health
- ▶ Prescribing tips – good practice and handy hints
- ▶ Using a whole patient approach in achieving a positive outcome eg alternatives to prescribing
- ▶ Primary care overview of treatment resistance in depression and personality disorders

### Learning Outcomes

- ▶ Increase confidence in managing mental health problems
- ▶ Safe, rational prescribing of mental health drugs
- ▶ Increase understanding of specific mental health disorders
- ▶ To be able to use more resources during a mental health consultation

## Programme ...

<b>9.00-9.30am</b>	<b>Registration and Coffee</b>
<b>9.30-11.00am</b>	<b>Mental Health Study Morning Part 1</b>
<b>11.00-11.30am</b>	<b>Coffee and Exhibition</b>
<b>11.30-1.00pm</b>	<b>Mental Health Study Morning Part 2</b>
<b>1.00pm</b>	<b>Conference close</b>

There are 2 methods of booking:

- Book and pay online at [www.medicconf.co.uk](http://www.medicconf.co.uk)
- Post a cheque for £29.00 (Course fee inc. VAT) payable to MediConf UK Ltd together with your completed booking form to the address below.

**We do not take bookings over the phone**

Please note that all confirmations will be sent to you via email **ONLY** acknowledging your place, candidate registration number and other essential information. It is therefore crucial that you print legibly and clearly your email address on the booking form.

Payment is required in full at the time of booking, otherwise a place will not be allocated.

MediConf do not release delegate emails to 3rd parties. Occasionally we may use email addresses to inform you of future events or services provided by our supporting organisations. Facilities are available for you to unsubscribe to this at any time.

For a full list of our booking terms and conditions please click on our website

**IF YOU DO NOT RECEIVE YOUR CONFIRMATION WITHIN 48 HOURS please contact the office**

Name

Surgery Address

LIMITED PLACES AVAILABLE  
EARLY BOOKING ADVISED  
HIGH DEMAND EXPECTED

Tel No.

Email

ESSENTIAL FOR CONFIRMATION

GP  GP Reg  Nurse  ANP  NP  Sister

(Please tick the appropriate boxes)

42 St Annes Road East | Lytham St Annes | Lancashire | FY8 1UR  
T. 01253 712894 | W. [www.medicconf.co.uk](http://www.medicconf.co.uk) | E. [janet@medicconf.co.uk](mailto:janet@medicconf.co.uk)