



Promoting excellence
in health education

Mindfulness for the GP – the bug you will want to catch!

Saturday 25th February 2017

Hilton Hotel

North Promenade, Blackpool FY1 2JQ

Dr Janet Johnson MBChB DRCOG DFFP MRCGP
GP Principal Fleetwood

New
Programme
for 2017

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 Janet Johnson MBChB DRCOG DFFP MRCGP

Jan thrives on change.

She began her medical degree at the tender age of 38, so you could say she was a late starter! As a medical rep for ten years, Jan always had the burning desire to become a GP – forever curious about the person behind an illness or presenting complaint.

Jan is sand-grown and began her career as GP in her home town of Blackpool - an area of high deprivation - where stress and the inability to cope is commonly the underlying reason for poor physical and mental health. It is also an area where medicines and referring onto already overstretched services were not meeting the needs of the population. Then one day, Jan discovered Mindfulness and life was never the same again.

Jan currently works full time as a GP partner and GP trainer in Fleetwood. Her interest in mental health and well-being flourished. Mindfulness has now become a way of life for Jan and the patients she serves, with the practice now having its own in-house mental health team.

Jan recently presented to 'Healthier Fleetwood', a local initiative to promote self-care group, on the subject of 'Mindfulness' – A topic she has researched over many years with methods and techniques tried and tested to support wellbeing, improve resilience, preventing stress and burnout.



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Learning outcomes

Session one: - It's all about you..

- ▶ Where did the mindfulness bug come from?
- ▶ The problem with the mind.
- ▶ Understanding how doing less can achieve more
- ▶ Tried and tested self-care techniques for the busy GP

Session two : Its all about the patient ..

- ▶ Evidence
- ▶ Application
- ▶ How to infect patients with the mindfulness bug
- ▶ Tried and tested techniques for patients in a consultation
- ▶ Tools to thrive

Programme ...

09.00-09.30am	Registration, Coffee and Exhibition
09.30-11.00am	Mindfulness Session 1
11.00-11.30am	Coffee and Exhibition
11.30-13.00pm	Mindfulness Session 2
13.00pm	Conference Closes

There are 2 methods of booking:

- Book and pay online at www.medicconf.co.uk
- Post a cheque for £15.00 (Course fee inc. VAT) payable to Medicconf 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.

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ESSENTIAL FOR CONFIRMATION

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GP Reg

Nurse

ANP

NP

Sister

(Please tick the appropriate boxes)

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