



Nepean GP Network

Mental Health in Older People

A free Conference

(CPD Accredited Activity - 40 points pending)

for General Practitioners, GP Registrars,

Practice Health Staff and Allied Health Professionals
in the Nepean, Blue Mountains and Hawkesbury areas
in collaboration with

Nepean Blue Mountains Local Health District

Older Persons Community Mental Health Team



Health

Nepean Blue Mountains
Local Health District

Saturday 29th October 2022

9am until 5pm

Penrith Panthers

Mulgoa Road, Penrith

RSVP by Friday 14th October 2022



Register here

Places are limited so please register your interest

https://form.jotform.com/Nepean_Network/ConferenceRegistration

Free all day parking

Morning Tea and Lunch Provided

www.nepeangpnet.org.au



Richard Baldacchino (CNC)

BHSc, MN(Hon), MMHN, GradDipDiv

The NSW Ministry of Health Older People's Suicide Prevention Pathway Project

Richard is a credentialed mental health nurse with the ACMHN who works as CNC with the Older Persons Community Mental Health Team at NBMLHD. He has worked in the areas of mental health rehabilitation, acute adult mental health (community and inpatient), ED, consultation liaison psychiatry, and older persons mental health. Richard has been the Project Lead for a NSW Ministry of Health initiative to develop and implement an Older Persons Suicide Prevention Pathway for the NBMLHD and is currently completing his final subject of his Master of Nurse Practitioner (Mental Health).

Dr Shailja Chaturvedi

MBBS, FRANZCP

Dementia

Dr Chaturvedi was the first Consultant Psychiatrist to open a practice in Penrith in 1982. With an interest in mental health across the lifespan, she is the author of the books *Raising a Child* and *Reflections of a Psychiatrist*. With a commitment to provision of health services to socially disadvantaged members of the community, Dr Chaturvedi has been passionate about her involvement in changing attitudes toward societal norms around mental health and initiating changes to the collective mindset to support those experiencing mental health. She has also made significant contributions in improving mental health services in Fiji as part of her international voluntary work. With her decades of experience in the Nepean region, Dr Chaturvedi brings unique local insight into mental health in the older person.

Professor Laretta Luck

BA, MA, Registered Nurse, Ph.D.

The use of non-pharmacological approaches to Managing Behavioural and Psychological Symptoms of Dementia (BPSD) in the acute hospital setting

Associate Professor Laretta Luck is the Director of the Centre for Nursing and Midwifery Research, a conjoint position of the School of Nursing and Midwifery, Western Sydney University and Nepean Blue Mountains Local Health District. Laretta supports and mentors nurse clinicians undertaking research focused on improving patient care and outcomes and enhancing nursing practice. Her areas of research include violence towards nurses, nursing workforce issues and nursing education. She has published in, and reviews, national and international journals and has presented at national and international conferences.

Katherine Paulette (CNC)

Registered Nurse

Katherine is a Clinical Nurse Consultant with the Nepean Blue Mountains Local Health District working with Associate Professor Luck in the area of Dementia and Delirium. Having participated in many large scale, multi-centred research projects, Katherine has been invited to share her knowledge through speaking engagements, sharing her passion about care for those with confusion.

Dr Indrapal Singh

MBBS, MD (Psych), FRANZCP, Advanced training in Geriatric Psychiatry at St Louis University (MO, USA)

The Role of Physical Exercise in Prevention of Dementia

Dr Indrapal Singh is a staff specialist in old age psychiatry, currently working for Nepean Blue Mountains and Northern Sydney Local Health Districts. He previously worked in academic roles and was involved in research related to the mental health of older people. Dr Singh published ten articles on dementia or delirium. His key areas of interest are dementia, BPSD, and the prevention of neurocognitive disorders.

Dr Satya Vir Singh

MBBS, DPM, MRCPsych, MSc (Gerontology), FRCPsych (UK), FRANZCP, AFCRMAA

Case Studies: ADHD, NPH and the role of volunteers in nursing homes

Dr Satya Vir Singh has a holistic approach to treating patients. Besides absence of mental health disorder's signs and symptoms, he believes in helping his patients to achieve their full potentials, be studying further, find suitable employment, or improve their relationship at home with their family. For older adults, he helps his patients to live independently as long as it's practically possible.

Professor Zachary Steel

BA Hons Macq, M Psychol (Clinical), Ph.D.

Trauma, Anxiety and Depression

Professor Steel holds the St John of God Chair of Trauma and Mental Health in Australia and heads a program of clinical research into the impact of trauma on veterans, first responders, refugees, asylum seekers and civilian populations. He has established a highly cited research program that has investigated the prevalence, social determinants, and intervention models for mental health problems within Australia and the Asia-Pacific region. The work of Professor Steel with asylum seeker populations in Australia has helped to develop an evidence base on the adverse mental health consequences of harsh asylum policies.

Professor Viviana Wuthrich

B.Psych(Hns), MPsych(Clin), Ph.D., MAPS, MAPA, IPA, AAG, AACBT

The Ageing Wisely Program

Professor Wuthrich is the director of the Centre for Ageing, Cognition and Wellbeing at Macquarie University, and holds an NHMRC Emerging Leadership Fellowship. She has developed and led the evaluations of the Ageing Wisely program for treating comorbid anxiety and depression in older adults, as well as developing its adaptations for use in Parkinson's patients, and for reducing risk for dementia. Professor Wuthrich has a particular interest in translating evidence-based practice into public and private mental health settings

Agenda

- 8:45am Registration
- 9:00am Official Opening by Dr Anju Aggarwal (Chair - NGPN) and Welcome to Country
- 9:20am Professor Viviana Wuthrich
The Ageing Wisely Program
- 10:10am Morning Tea
- 10:25am Dr Satya Vir Singh
Case Studies: ADHD, NPH and the role of volunteers in nursing homes
- 11:15am Dr Indrapal Singh
The Role of Physical Exercise in Prevention of Dementia
- 12:05pm Professor Loretta Luck & Katherine Paulette
Non-pharmacological approaches to Managing Behavioural and Psychological Symptoms of Dementia (BPSD) in the acute hospital setting
- 12:55pm Special Guest
- 1:30pm Lunch
- 2:30pm Dr Shailja Chaturvedi
Dementia
- 3:20pm Richard Baldacchino
The NSW Ministry of Health Older People's Suicide Prevention Pathway Project
- 4:05pm Professor Zachary Steel
Trauma, Anxiety and Depression
- 4:55pm Farewell Message from Dr Anju Aggarwal (Chair - NGPN)
- 5:00pm Conference Close



Nepean GP Network

*Your local GP Association
supporting your needs*

Fax Registration

RSVPs by 14th October 2022 are essential

Fax to: (02) 9673 6856 Attn: NGPN

Your Name: _____

Your Email Address: _____

Your Mobile No. _____

Gender (circle your selection)

Male

Female

Prefer not to answer

RACGP/ACRIM No. (if applicable): _____

Practice: _____

Practice

Address: _____

Suburb: _____ Postcode: _____

Practice Ph: _____

Practice Fax: _____

Practice Email: _____

Do you have any dietary Requirements? If yes, then please give details.

