

ANXIETY IN GENERAL PRACTICE: Working with anxiety in GP Land

7th March 2019



The Anxiety Disorders Association of Victoria, Inc presents an Information Session on a Practical View of Working with Anxiety in General Practice

Mental health is very commonly encountered in general practice. Anxiety and depression are a significant part of the daily consultations. 2 million people see a GP every week. GPs need to work in teams across the community to ensure optimal care for patients. Patients and their carers need to be given the tools to work better with their condition and this condition also needs to be normalised:

GPs' work with patients includes:

- History
- Discussion
- Referral
- Medication
- Targeted psychological strategies

About the presenter

Mukesh Haikerwal is a General Medical Practitioner practicing in Altona North. He is in a group teaching and training practice where he has worked since 1991 with his wife Karyn Alexander.

They worked with a partnership of 9 to build the "Integrated" North Altona Health Hub – Circle Health (www.circlehealth.com.au) and merged two local practices under the new Altona North Medical Group (www.anmg.com.au).

Part of their vision is CIRQIT Health (Community Innovation Research Quality and Information Technology – www.cirqithealth.com.au) built on the upper floor.

The practice has a significant role in supporting patients needing psychiatric and mental health care in the area coordinating care with members of the Mental Health professionals' network and beyond.

Mukesh has been the Federal President, Vice President and State President of the AMA. His career has involved national policy development, including optimisation of healthcare through IT (eHealth reforms). Notably, he worked for the Australian Prime Minister on the National Health and Hospital Reform Commission formulating a future vision for Australia's health. Mukesh was awarded the Order of Australia in 2011 for distinguished service to medical administration, to the promotion of public health through leadership roles with professional organisations.

His drivers are to see that systems "do the right thing" for patients and practitioners, never lie, never sell 'the Emperor's new clothes' and always hold administrators accountable.

Date	7 th March 2019
Time	7.30 pm – 9.00 pm
Location	Cirqit Health 6 T12/230 Blackshaws Rd Altona North VIC 3025
Cost	\$5 for general entry FREE for ADAVIC members
Bookings	Phone: ADAVIC (03) 9853 8089 Email: adavic@adavic.org.au Website: www.adavic.org.au BOOKINGS ESSENTIAL! Monies non-refundable (no credits available)



This event and associated information resources are supported by
RestoreHopeAus

PAYMENT AND REGISTRATION FORM

Anxiety Disorders Association of Victoria, Inc.
ABN 70 607 186 815 | Ph: (03) 9853 8089

I would like to attend the information session on **Anxiety in General Practice** presented by **Mukesh Haikerwal** on **Thursday 7th March, 2019**.

PLEASE COMPLETE THE FOLLOWING DETAILS

Total No. of people attending: _____

Name / s: _____

Address: _____

Phone: _____ Email: _____

Would you like to receive free Enews & Email updates? Yes / No

How did you hear about this event? _____

PAYMENT (please tick)

\$5 - General Entry

FREE – ADAVIC Members

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