

YP Health Summit 2021



Live, learn, love your South West

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NOW**

PRELIMINARY PROGRAM

The South West Health Professionals Network is pleased to host a unique, one-day health summit for young and emerging health professionals in the South West.

Featuring professional development workshops, hands-on clinical skills stations and networking drinks, this event will provide young health professionals in the South West with a locally-delivered education and networking opportunity.

Keynote speaker

Dr Nikki Stamp holds a Bachelor of Medicine and Bachelor of Surgery with Honours from UWA and holds a Fellowship of the Royal Australasian College of Surgeons, specialising in cardiothoracic surgery.

She works as a cardiac surgeon and has a special interest in heart disease in women and transplantation. Dr Stamp has a strong desire to change the way we think about health and she is committed to raising awareness of women's heart disease, currently the number one killer of Australian women.

As a strong advocate for heart health, Dr Stamp hosted *Heartbeat: The Miracle Inside You* on ABC's flagship science show *Catalyst*, and is author of the book *Can You Die of a Broken Heart?* exploring our most amazing organ, the heart.

She was the expert commentator on Channel 7's *Operation: Live* and also appears regularly on national shows such as *The Today Show*, *Studio 10* and ABC's *Matter of Fact*.

Dr Stamp is a passionate advocate for women achieving in domains that are traditionally dominated by men and is a strong advocate for the importance of self care and work-life balance. She has written for publications including *The Huffington Post*, *The Guardian*, *The Sydney Morning Herald* and *Mammamia*.



*This event is proudly
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Preliminary Program

TIME	EVENT
8.30am	Registration – Breakfast on arrival

OPENING PLENARY

9.00am	Welcome
	Welcome to Country
9.30am	Keynote address Dr Nikki Stamp FRACS Cardiothoracic surgeon, author and TV presenter

10.30am	Morning tea
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It's all about YOU – choose one of the following sessions

TIME	EVENT
11.00am	What to seek in a mentor – finding the right person for your career Could you do with a local brain to pick, an ear to listen, and a push in the right direction? This session looks at the benefits and influences of having a mentor throughout your emerging career, and the opportunity to meet experienced health mentors, who live and work in the South West.
	Enhancing your cultural awareness Person-centred care has been widely recognised as a foundation to safe and high quality health care. This relies on health professionals understanding that each patient is an individual with distinct, beliefs, behaviours and requirements. This session will provide you with the knowledge, skills and behaviours required to work across cultures to help you adapt your practice to address the wants and reasonable expectations of the patient.
	Developing your leadership and teamwork skills Are you keen to develop your leadership and teamwork skills to improve patient safety, optimise care and communicate effectively with other professionals in the regional health care setting? This session will explore specific skills young health professionals need to master in order to work collaboratively with others and for those who aspire to leadership roles.
	Managing your own mental health Being mentally strong to ensure that you can take care of yourself and take care of others is essential, particularly amid the global COVID-19 pandemic. This session will teach you to recognise your limits, implement useful coping strategies and foster local support networks to help you to be the 'best you' and keep on top of your mental health.
12.30pm	Lunch

Preliminary Program

It's all about YOUR SKILLS (A)– choose one of the following sessions

TIME	EVENT
1.30pm	Pain management update CLINICAL UPDATE MULTIDISCIPLINARY INTERACTIVE Aimed at all health professionals who deal with pain and pain-related problems. This includes junior doctors, nurses, psychologists, physiotherapists, pharmacists, dentists, occupational therapists, exercise physiologists, osteopaths, chiropractors, and students in all health disciplines.
	Emergency skills workshop HANDS-ON TEAMWORK SKILLS STATIONS Aimed at junior doctors, ED/critical care nurses, paramedics and medical students.
	Chronic disease management CONDITIONS PREVALENT TO SOUTH WEST MULTIDISCIPLINARY ALL HEALTH PROFESSIONALS Aimed at all health professionals who plan and deliver care for people with a chronic condition/ disease in the South West. This includes junior doctors, nurses, psychologists, physiotherapists, pharmacists, occupational therapists, exercise physiologists, osteopaths, chiropractors, and students in all health disciplines.
	Stroke rehabilitation management CLINICAL MULTIDISCIPLINARY ALL HEALTH PROFESSIONS Aimed at all health professionals who plan and deliver subacute and rehabilitation care for people in the South West.
3.00pm	Afternoon tea

For more information, or to register visit:

<https://ruralhealthwest.eventsair.com/yp>

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Preliminary Program

It's all about YOUR SKILLS (B)– choose one of the following sessions

TIME	EVENT
3.30pm	Oral and dental health update CLINICAL UPDATE TEAMWORK Aimed at junior dentists, doctors and dental technicians.
	Emergency skills workshop HANDS-ON TEAMWORK SKILLS STATIONS Aimed at junior doctors, ED/critical care nurses, paramedics and medical students. REPEAT – available to participants who have not attended the 1.30pm session
	Mental health case study discussions ILLNESSES, ADDICTIONS, AOD, SUBSTANCE ABUSE MULTIDISCIPLINARY SMALL GROUP LEARNING Aimed at all health professionals who plan and deliver care for people with a mental health condition in the South West.
	Musculoskeletal and sports medicine management HANDS-ON INTERACTIVE MULTIDISCIPLINARY Aimed at all health professionals who plan and deliver care for people with musculoskeletal pain or sports injury in the South West. This includes junior doctors, nurses, physiotherapists, occupational therapists, exercise physiologists, podiatrists, osteopaths, chiropractors, and students in all health disciplines.
5.00pm	Networking Sundowner <i>Includes complimentary drinks and canapés</i> Network and connect with your peers, colleagues, specialists and presenters at the close of the YP Health Summit. Only open to YP Health Summit attendees.

