



South West  
HEALTH PROFESSIONALS  
network



## PRELIMINARY PROGRAM

# YP Health Summit 2021

SATURDAY 13 FEBRUARY 2021 | 9.00am-5.00pm  
Bunbury Regional Entertainment Centre

REGISTER  
NOW

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. The health summit will feature 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 Craig Challen SC, OAM

In 2019, Dr Craig Challen, alongside Dr Richard 'Harry' Harris SC OAM, were named as the first dual Australians of the Year for their heroic efforts as part of an international rescue mission to save 12 boys from flooded caves in Thailand.

Craig is an Australian cave diver, notable for his efforts in saving a soccer team of twelve boys and their coach in the 2018 Thailand deep Tham Luang Cave, in a story that gripped the world.



His unwavering and selfless bravery following the successful rescue of the trapped soccer team saw him be awarded the Star of Courage as well as the Order of Australia for 'service to the international community'.

This inspirational rescue operation will never be forgotten and will now be immortalised in a movie and book which promises to portray to viewers the adverse conditions and difficult decisions which were made to rescue the children.

Since the rescue, Craig, a retired vet, has spoken out about how the Thai cave rescue had taught him about the importance of taking advantage of life's opportunities and being ready when they arise.

The pair worked 14-16 hour days making trips into the cave on a daily basis, working cooperatively to ensure the safe evacuation from the cave for everyone. Craig's expertise and experience in diving saw him help to de-kit the boys of their diving equipment after escaping the first flooded section of the evacuation route, carry them to the next section and prepare them for the next dive.

*This event is proudly sponsored by*



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Bunbury Hospital



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# Preliminary Program

**Saturday 13 February 2021 | Bunbury Regional Entertainment Centre**

TIME	EVENT
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8.30am	Registration
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## OPENING PLENARY

9.00am	Welcome
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	Welcome to Country
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9.30am	<b>Keynote address – Dr Craig Challen SC, OAM</b>
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10.30am	Morning tea
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***It's all about YOU – choose one of the following sessions***

TIME	EVENT
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11.00am	<b>What to seek in a mentor – finding the right person for your career</b>
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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 healthcare. 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 healthcare setting? This session, for those who aspire to leadership roles, will explore specific skills young health professionals need to master in order to work collaboratively with others.

### **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
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# Preliminary Program

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

TIME	EVENT
1.30pm	<p><b>Pain management update</b></p> <p><b>CLINICAL UPDATE   MULTIDISCIPLINARY   INTERACTIVE</b></p> <p>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.</p>
	<p><b>Emergency skills workshop</b></p> <p><b>HANDS-ON   TEAMWORK   SKILLS STATIONS</b></p> <p>Aimed at junior doctors, Emergency Department/critical care nurses, paramedics and medical students.</p>
	<p><b>Chronic disease management</b></p> <p><b>CONDITIONS PREVALENT TO SOUTH WEST   MULTIDISCIPLINARY   ALL HEALTH PROFESSIONALS</b></p> <p>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.</p>
	<p><b>Stroke rehabilitation management</b></p> <p><b>CLINICAL   MULTIDISCIPLINARY   ALL HEALTH PROFESSIONALS</b></p> <p>Aimed at all health professionals who plan and deliver subacute and rehabilitation care for people in the South West.</p>
3.00pm	Afternoon tea

## Registration fee

\$50 for members | \$55 for non members

**Scholarships for registration, travel and accommodation expenses are available.**

For more information, or to register visit:

**[ruralhealthwest.eventsair.com/yp](http://ruralhealthwest.eventsair.com/yp)**

**REGISTER  
NOW**

# Preliminary Program

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

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



*Live, Learn, Love your South West*