



MARCH WEEKEND

Continuing education focusing on men's and women's health ... a 'battle of the sexes'

Pharmaceutical Society of Australia

Annual Therapeutic Update

Friday 26 – Sunday 28 March 2010

Mantra Ettalong Beach, Central Coast NSW

www.psa.org.au

27.5
CPD&PI
Points

MARCH WEEKEND

The venue

Mantra Ettalong Beach
51-54 The Esplanade
Ettalong Beach NSW 2257

T: 02 4343 0121 F: 02 4342 3639
www.mantraettalongbeach.com.au

Mantra Ettalong Beach is located on the New South Wales Central Coast overlooking Brisbane Waters and Broken Bay, just a 90 minute drive north of Sydney. With an array of attractions at your doorstep, including pristine beaches, great fishing spots, stunning scenery and plenty of cafés and restaurants. The resort features modern, spacious, deluxe studio rooms, and one and two bedroom waterfront suites, terraced to provide panoramic coastal and hinterland views.

Ettalong Beach is a popular recreational area, known for its nature parks and offers a wide variety of entertainment for the entire family, including river cruises boating, golf, seaside dining, deep-sea fishing, kayaking, quad-biking, horse riding, and leisurely strolls along the beach.

Things to see and do

Australian Reptile Park

Visit the zoo with bite and get up close and personal with amazing reptiles and cuddly mammals. Discover unique exhibits like Lost World of Reptiles, Spider World and Frog Hollow. Stroll through the Australian bush, with native birds and wildflowers. Open 9am–5pm, 7 days a week.

A: Pacific Hwy, Somersby
T: 02 4340 1022
W: www.reptilepark.com.au

Mt Penang Gardens

A contemporary Australian garden, which, like a gallery, presents a changing face for visitors, with stunning seasonal displays. Visit the Dragon Garden and be amazed by the cacti family. See Banksias, Waratahs, Wattles and more. For the kids visit the Puddle Garden or register for a 'dip, dip, dip day'.

A: Mt Penang Parklands, Kariang
T: 02 4340 1002
W: www.mpp.nsw.gov.au

Tuggerah Lakes Golf Course

Acclaimed as 'the best golf course on the Central Coast' – set against the stunning backdrop of the Pacific Ocean, with seaside terrain guaranteed to challenge any golfer. Social golf times available daily. Excellent practice and golf shop facilities. Vast range of golf equipment at competitive prices and expert advice.

A: Shelly Beach Rd, Shelly Beach
T: Club 02 4332 3400
Golf Shop 02 4332 1103
W: www.tlgc.com.au

Jhalu Spa and Fitness

'Jhalu' is Tibetan for 'State of Bliss' and here is the perfect place to find it. Located on Level 1 of Mantra Ettalong Beach, Jhalu offers a day spa with a full range of massage and beauty treatments and a fully-equipped gym. Relax and unwind with spa packages or energise with a personal training session or workout.

T: 02 4341 3370
W: www.jhalu.com.au

Accommodation

The PSA has blocked a number of rooms for conference delegates at special conference rates. These rooms will be released after 31 January 2010. Accommodation is to be booked directly with the hotel either via their website **www.mantragroup.com.au** or using the 2010 PSA March Weekend Conference, Mantra Ettalong Beach Accommodation Booking Form.

Hotel rooms and suites start at \$168 for a studio spa suite, \$189 for a 1 bedroom spa suite and \$280 for a 2 bedroom spa suite. Sofa beds in each suite are complimentary. To book your room with breakfast add \$15 per person to the room rate.

Check in and check out times

Normal check in is after 2pm and checkout is before 10am.

Parking

Complimentary parking is available subject to availability.

President's message



The Annual Therapeutic Update Conference, often referred to as, the PSA March Weekend, will be held this year at the Mantra Ettalong Beach resort on the NSW Central Coast.

Our theme this year is Men's and Women's Health. We welcome pharmacists and pharmacy assistants to come and enjoy the relaxing atmosphere and benefit from the exciting education program. It's also a great networking opportunity. Catch up with old friends and meet new ones from all over NSW. I hope you'll be able to join us. Early registrations are welcome.

Peter Gissing

President, Branch Committee NSW

'Battle of the sexes'

Men are from Mars and Women are from Venus – so what does that mean for your daily practice in the frontline of health care? Besides having unique health issues, each sex has different rules of engagement. Come along to learn more about both these topics so you can become master or mistress of your own pharmacy universe.

The 2010 conference promises to continue the fine tradition of March Weekends before it by offering a high quality professional development and practice support experience in a relaxed, refreshing atmosphere. As always there will be plenty of networking opportunities across the weekend, not to mention a number of social events including the Friday night BBQ, Saturday night cocktails and the announcement of the 2009 NSW Intern of the Year, sponsored by Saccasan Bailey.

The Annual Therapeutic Update has earned its reputation for providing pharmacists with professional education and networking opportunities in a relaxing and invigorating environment. March is the perfect month to take a break. This is a brief overview of the education on offer, full details will be available on the PSA website closer to the event.



Education and social activities

Friday

For those who want to extend their weekend and take advantage of a slightly more intensive education program the Friday workshops allow you to arrive at the resort at your leisure and meet for lunch. You can choose from two concurrent programs.

The Respiratory Workshop comprises three topics which can build to a credential in respiratory disease management.

The Interview Skills Workshop is designed to help pharmacists develop their skills in taking medication histories for medication reviews.

Welcome BBQ buffet

On Friday evening all delegates are invited to catch up with friends and colleagues and introduce themselves to other pharmacists in the relaxed atmosphere of a BBQ dinner by the pool.

Saturday

The Saturday morning program will feature lectures by expert speakers in three major areas of men's and women's health. After lunch the speakers will join pharmacists in an interactive forum for case study discussions in their related fields. A great program to help pharmacists apply knowledge from the experts to their every day practice.

The topics

The male psyche and beyond: men in our multicultural community

An exploration of innovative ways to engage with men to assist them in enhancing their well-being and to navigate significant life stressors.

Women and the "C" word

A focus on cancers that effect women, early warning signs, the importance of screening and treatment options.

COC's, POP's and more

An update on contraception and contraceptive options.

Saturday afternoon cocktails

After the education sessions on Saturday afternoon, hang around and chat with your colleagues and friends, enjoy a refreshing cocktail and celebrate the achievements of some of our outstanding young pharmacists at the award presentation for NSW Intern of the Year.

The evening is at your leisure or you may choose to join a dinner group.

If you like the company of the young and young at heart you can join the Early Career Pharmacists function. More information about dinner options will be circulated before the event.

Sunday

Sunday will provide concurrent programs for pharmacists and pharmacy assistants. The pharmacist's program will continue the theme of men's and women's health and conclude with a 'Battle of the sexes' speakers' forum. The pharmacy assistant program includes topics to improve communication and interaction with patients, S2S3 training and education in product knowledge areas. The topics will build knowledge in line with the competencies for the community pharmacy certificates.

The topics

For pharmacists:

Men with heart: the right tools to keep them ticking

Why do men have higher cardiovascular risk than women and what measures are available to reduce the risk?

The prostate and problems with the plumbing

An overview of the prostate, its function and idiosyncrasies and prostate cancer: when and what to treat.

Drugs and myths in pregnancy

Unjumble the categories – when and what drugs are preferred in pregnancy. As well as the truth about what grandma said and does mother really know best?

Hot flush: Menopause the musical

The natural transition from menstruation to menopause and the not so natural symptoms. What is available to help women cope with the hot flushes, the night sweats, mood swings and the rest...?

For pharmacy assistants:

S2S3 Training provides training and information regarding support and sale of *Pharmacy* and *Pharmacist Only Medicines*. Assistants are given the option of completing the QCPP recognised unit of competency from *Certificate II in Community Pharmacy (Unit SIRPPKS001A)* on completion of this workshop.

Communicating in the workplace

Details the skills and knowledge required for effective communication with customers and other staff in the workplace. It involves the selection of verbal and non verbal communication techniques to interact with colleagues and customers in a positive and inclusive manner, reading and interpreting retail documents and how to generate workplace information in a variety of formats.

Interact with customers

Entails improving effective communication with customers, applying store policies and industry codes of practice, responding to customer complaints, processing sales orders and identifying special customer requirements.

Baby and infant care

Provide information to customers on products, services and customer self care practices related to baby and infant care products, including identifying situations that require referral to the pharmacist

Pregnancy and maternal health

Provide information to customers on products, services and customer self care practices related to pregnancy and maternal health including identifying lifestyle factors that would improve or impact on the health of the pregnant woman or the new mother and situations that require referral to the pharmacist.

March weekend registration form

Delegates	Friday workshops Includes Friday night BBQ buffet				Weekend (Sat / Sun)	Saturday only	Sunday only
	Respiratory course	Respiratory sessions – ab	Respiratory session – c	Interview skills workshop	Includes Friday night BBQ buffet and Saturday pre-dinner cocktails		
Pharmacist (PSA member)	\$280	\$220	\$95	\$220	\$395	\$280	\$220
Pharmacist (Non member)	\$420	\$330	\$145	\$330	\$595	\$420	\$330
Non pharmacist guest / accompanying person (Includes lunch and tea breaks)	Friday buffet \$50	Friday buffet \$50	Friday buffet \$50	Friday buffet \$50	\$195	\$135	\$80
Pharmacy Assistant (PSA Affiliate member)	N/A	N/A	N/A	N/A	\$195	N/A	\$120
Pharmacy Assistant (Non member)	N/A	N/A	N/A	N/A	\$295	N/A	\$180

Pharmacist: Name 1: PSA No:

Name 2: PSA No:

Pharmacy Assistant: Name 1: PSA Affiliate No:

Your details and guests / accompanying persons

Name 1:

Name 2:

Address:

Suburb: Post Code:

Email: Fax:

Phone (day): Phone (a/h): Mobile:

Conference registration Please tick relevant boxes

Friday Respiratory Course

- | | Full course (NP100004) | Afternoon sessions (NP100004ab) | Evening session (NP100004c) |
|--|------------------------|---------------------------------|-----------------------------|
| <input type="checkbox"/> Pharmacist (PSA member) | \$280 x | \$220 x | \$95 x = \$..... |
| <input type="checkbox"/> Pharmacist (Non member) | \$420 x | \$330 x | \$145 x = \$..... |
| <input type="checkbox"/> Non pharmacist guest /accompanying person. Friday night buffet. | | | \$50 x = \$..... |

Friday Interview skills workshop

- | | Afternoon sessions (NP100003a) |
|--|--------------------------------|
| <input type="checkbox"/> Pharmacist (PSA member) | \$220 x = \$..... |
| <input type="checkbox"/> Pharmacist (Non member) | \$330 x = \$..... |
| <input type="checkbox"/> Non pharmacist guest /accompanying person. Friday night buffet. | \$50 x = \$..... |

Saturday only

- | | Full day (NP100005a) |
|--|-------------------------|
| <input type="checkbox"/> Pharmacist (PSA member) | \$280 x = \$..... |
| <input type="checkbox"/> Pharmacist (Non member) | \$420 x = \$..... |
| <input type="checkbox"/> Non pharmacist guest /accompanying person | \$135 x = \$..... |

Sunday only

- | | Full day (NP100005b) |
|--|-------------------------|
| <input type="checkbox"/> Pharmacist (PSA member) | \$220 x = \$..... |
| <input type="checkbox"/> Pharmacist (Non member) | \$330 x = \$..... |
| <input type="checkbox"/> Non pharmacist guest /accompanying person | \$80 x = \$..... |
| <input type="checkbox"/> Pharmacy Assistant (PSA affiliate member) | \$120 x = \$..... |
| <input type="checkbox"/> Pharmacy Assistant (Non member) | \$180 x = \$..... |

Weekend Saturday and Sunday

- | | Full days (NP100005) |
|--|-------------------------|
| <input type="checkbox"/> Pharmacist (PSA member) | \$395 x = \$..... |
| <input type="checkbox"/> Pharmacist (Non member) | \$595 x = \$..... |
| <input type="checkbox"/> Non pharmacist guest /accompanying person | \$195 x = \$..... |
| <input type="checkbox"/> Pharmacy Assistant (PSA affiliate member) | \$195 x = \$..... |
| <input type="checkbox"/> Pharmacy Assistant (Non member) | \$295 x = \$..... |

Enclosed is a cheque / money order – or debit my Amex / Visa / MasterCard for TOTAL \$.....

Credit card number: / / /

Card holder name: Expiry date: /

Card holder signature:

I have read and will abide by the PSA (NSW) cancellation policy on the back of this brochure (please tick)

To register, complete this form with payment details and Fax to: 02 9431 1150

OR send with cheque to PSA (NSW), PO Box 162, St Leonards NSW 1590

OR register online at www.psa.org.au

The speakers



Barry Taylor

Barry Taylor has worked in suicide prevention for 22 years at local, national and international levels. A Churchill Fellow, he developed a youth

specific suicide risk assessment tool which is internationally recognised. He is known especially for his lecturing, conference presentations and training work in mental health promotion, suicide risk assessment and postvention, loss and grief, spirituality and well-being.



Dr Victor O'Toole

Dr Victor O'Toole has practiced as a specialist in Obstetrics and Gynaecology for over thirty years. He is a Fellow of both the Royal

College of Obstetrics and Gynaecology (London) and the Royal Australian College of Obstetrics and Gynaecology; He is currently Director of Gynaecology at Strathfield Private Hospital.



Dr Terri Foran

Dr Terri Foran is a Sexual Health Physician and is the co-ordinator of the new undergraduate medical course in Women's Health at the University

of NSW she also works at the Menopause and Research Units at the Royal Hospital for Women in Randwick. Dr Foran's primary area of practice is in reproductive health and she has a particular interest in contraception, menopause issues and the management of sexually transmitted infections.



Alexandra (Sasha) Bennett

Sasha Bennett is a pharmacist at St Vincent's Public Hospital, Sydney where her role in the outpatients' heart failure clinic and the

cardiac rehabilitation program involves educating patients and carers about their medications and self-care strategies. She is also an associate lecturer at the Faculty of Pharmacy, University of Sydney.



Dr Phillip Katelaris

Dr Phillip Katelaris is a Urological Surgeon who specialises in the diagnosis and management of prostate cancer. He is a member of the Prostate Cancer

Foundation's Scientific Review Board and is the Director of the Prostate Cancer Research Division of the Institute of Magnetic Resonance Research.

Danielle Tukuniu

Danielle Tukuniu is the Pharmacy Liaison Officer for NSW. She has extensive experience in front of shop pharmacy and has trained and managed pharmacy support staff for a number of pharmacies in Sydney South West and the Southern Highlands. She was also involved in providing pharmacies with assistance with the introduction and implementation of QCPP.

Lia Mahony

Lia Mahony is a community pharmacist and pharmacy owner with a keen interest in training pharmacists and staff. She is accredited to conduct medication reviews and a trainer for the diabetes medication assistant service.

Dr Rebekah Moles

Dr Rebekah Moles is an associate lecturer at the Faculty of Pharmacy, University of Sydney, and works in a community pharmacy in Newtown and occasionally in a private hospital. She completed her PhD in pharmacy services in private hospitals, where she developed a medication education or counselling service that was provided to patients on multiple medications before discharge.

Simone Diamandis

Simone Diamandis is a learning and development associate working in prescription medicine at Boehringer Ingelheim. Prior to this she worked as the Professional Development and Education Director, in the development and implementation of programs for pharmacists and relevant to community pharmacy practice across NSW and the ACT. Simone is also a past Associate Lecturer in Pharmacy Practice in the Faculty of Pharmacy at the University of Sydney.

MARCH WEEKEND 2010

March weekend program

Friday 26 March: max 12 CPD points	
1.00–5.30pm	Workshop 1: Respiratory protocols and hands on devices
1.00–5.30pm	Workshop 2: Interview skills
6:00–8:00pm	Short Course: Clinical Respiratory 101
8.00–11.00pm	Welcome BBQ Buffet
Saturday 27 March: max 7.5 CPD points	
8.30–9.00am	Registration
9.00–9.15am	Welcome
9.15–10.15am	The male psyche and beyond: men in our multicultural community
10.15–10.45am	Morning Tea
10.45–11.45am	Women and the 'C' word
11.45–12.45pm	COCs, POPs and more
12.45–1.45pm	Lunch
1.45–4.15pm	COCs, POPs and more – interactive sessions
1.45–4.15pm	Women are from Venus – interactive sessions
1.45–4.15pm	The male psyche – interactive sessions
4.15–4.45pm	Pre-Dinner Cocktails and <i>Intern of the Year Award</i> , Early Career Pharmacists Function
Sunday 28 March: max 8 CPD points (including external quiz)	
9.00–9.30am	Registration
9.30–10.15am	Men with heart: The right tools to keep it ticking
10.15–11.00am	The prostate and problems with the plumbing
11.00–11.30am	Morning Tea
11.30–12.15pm	Drugs and myths in pregnancy
12.15–1.00pm	Hot flush: Menopause the musical
1.00–1.45pm	Lunch
1.45–2.45pm	'Battle of the sexes' speakers' forum
2.45–3.00pm	Close

Pharmacy Assistant Program

Sunday 28 March: max 8 CPE points	
9.30–12.00pm	S2S3 Training
9.30–10.15am	Communicating in the workplace 1
10.15–11.00am	Communicating in the workplace 2
11.00–11.30am	Morning Tea
11.30–12.00pm	Interact with customers
12.00–1.00pm	Baby and infant care
1.00–1.45pm	Lunch
1.45–2.45pm	Pregnancy and maternal health
2.45–3.00pm	Close

For more information

email nsw.branch@psa.org.au
or phone 02 9431 1100

The Pharmaceutical Society of
Australia NSW Branch (ABN 53 000 001 936)
PO Box 162, St Leonards NSW 1590
Fax: 02 9431 1150



Cancellation Policy and Conference Inclusions

Disclaimer: Please be aware that a minimum number of registrants must be achieved for each PSA event. It is possible therefore that an event may not proceed if the minimum number is not achieved. Registrants will be advised in due time and registration fees refunded if an event does not proceed.

Cancellation policy: By registering for this event you have agreed to abide by this PSA cancellation policy. Cancellations received up to fourteen (14) working days before the conference are refundable, minus a \$25 (inclusive of GST) registration service charge. Cancellation within five (5) and fourteen (14) days of the conference will incur a charge equivalent to 50% of registration cost. After that cancellations

are subject to the entire conference fee. Please note that if you do not cancel and do not attend you are still subject to the entire fee.

Responsibility disclaimer: Participation is acknowledgement that conference organisers and associated contractors disclaim liability for any financial or other loss, damage, accident or injury to property or persons, change or schedules, speakers or topics or other irregularities caused or arising from circumstances beyond their control including industrial disputes.

The Pharmaceutical Society of Australia (PSA) has a database of member's names, addresses and other relevant information to membership of the PSA. This data is accessed by PSA to mail information including publications and member services. It is made available to related organisations with which

PSA has formed a relationship to provide member services and benefits. This includes mailing houses that provide these services. Members may request personal information not be passed onto a third party; however this will result in the member being unable to receive Society mailing. A member may request a copy of personal information held by the Society.

Conference inclusions

Daily refreshments on arrival
Daily morning teas
Daily lunches
Welcome BBQ Buffet
Saturday pre-dinner cocktails
Conference Handbook
Conference Program
Entry to lectures and interactive sessions