



# ANNUAL THERAPEUTIC UPDATE

19 MAY 2019

PERTH CONVENTION AND EXHIBITION CENTRE



**The Annual Therapeutic Update (ATU) advances clinical knowledge and medication management to enhance professional practice and quality outcomes for patients.**

Expand your knowledge in key therapeutic areas and learn from medical specialists and subject matter experts. Develop your personal and professional skills to have greater impact on patient care.

The WA ATU is the premier CPD event for WA and offers valuable networking opportunities with colleagues and industry representatives.

## PROGRAM HIGHLIGHTS

### Removing the bias from clinical judgement

Speaker: **Jill Klein**

As we form clinical judgments and make diagnostic decisions we can fall prey to predictable and consistent errors known as cognitive biases. Biases include the overconfidence bias, the framing bias, confirmatory bias and stereotyping. These biases can impact the quality of our clinical decisions. Fortunately, there are remedies that can be applied to avoid or overcome these biases. This session will provide a discussion of cognitive biases and how we can manage them in order to make optimal clinical judgments.

Learning objectives:

- Demonstrate an understanding of the key cognitive biases that can affect medical decision making including overconfidence, framing, confirmatory, stereotyping
- Discuss and apply remedies to lessen the presence and impact of cognitive biases to improve medical decision making



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# PROGRAM HIGHLIGHTS

## Resilience in the face of error

Speaker: **Jill Klein**

Clinical practice can be challenging, and resilience skills are necessary to perform at your best. Resilience is the ability to function at normal and healthy levels in the face of adversity. It is more than simply 'bouncing back' - it is the capacity to maintain growth through hardships and emerge from challenges stronger than before. Research shows that resilience is key for success and satisfaction in life. This session will help you to approach adversity with a growth mindset, develop healthy appraisals of difficult situations, and provide support to others during tough times.



Learning objectives:

- Describe crucial factors in resilience based on the latest research in psychology
- Explain the difference between a fixed and growth mindset, and learn growth mindset thinking
- Demonstrate how to face challenges using specific resilience tools
- Demonstrate how to respond appropriately and constructively to difficult situations, making healthy attributions that promote emotionally competent responses
- Describe how to model resilient behaviours to others as you lead your clinical teams

## Kidneys and hearts: what's the link?

Speaker: **Professor Markus Schlaich**

The link between chronic kidney disease and cardiovascular disease is well documented. Chronic kidney disease has a propensity to cause hypertension in its early stages, which can lead to cardiovascular disease as kidney function declines. It is important that pharmacists recognise chronic kidney disease as a risk factor for cardiovascular disease to ensure that measures can be taken to reduce disease risk.



This session will cover risk factors for both chronic kidney and cardiovascular disease, including lifestyle risk factors, and the impact that progressing kidney function decline has on the cardiovascular system. Pharmacological and lifestyle modifications that may reduce disease risk will also be covered.

## Palliative Care Update

Speaker: **Dr Fiona Findlay**

The last days of a person's life can be a difficult time for the person, their loved ones, caregivers and health professionals involved in their care. Ensuring people receive the best care possible is paramount, and pharmacists are well-placed to ensure appropriate, evidence-based medication management is being provided. Pharmacists can advise the healthcare team, the person and their caregivers about safe medication storage and access, medications for symptom management, the staged de-prescribing of medications as the person's disease progresses.



This workshop will equip pharmacists with skills to support people with palliative care needs and contribute as part of a multi-disciplinary team to ensure best possible outcomes for people at the end-of-life.

## Hypertension management

Speaker: **Prof Markus Schlaich**

Over 6 million Australians are classified as hypertensive (BP  $\geq$  140/90 mmHg) or are currently taking antihypertensive medication. With a large proportion of pharmacy patients with hypertension, it is important that pharmacists are up to date with current practices, including treatment goals and medication regimens, as well as risks associated with uncontrolled or poorly-controlled hypertension.

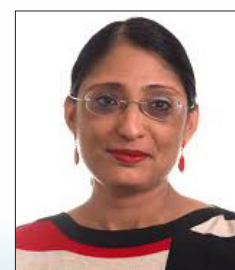


This session will update pharmacists on current practices in management hypertension, based on the National Heart Foundation of Australia Guidelines, updated in 2016.

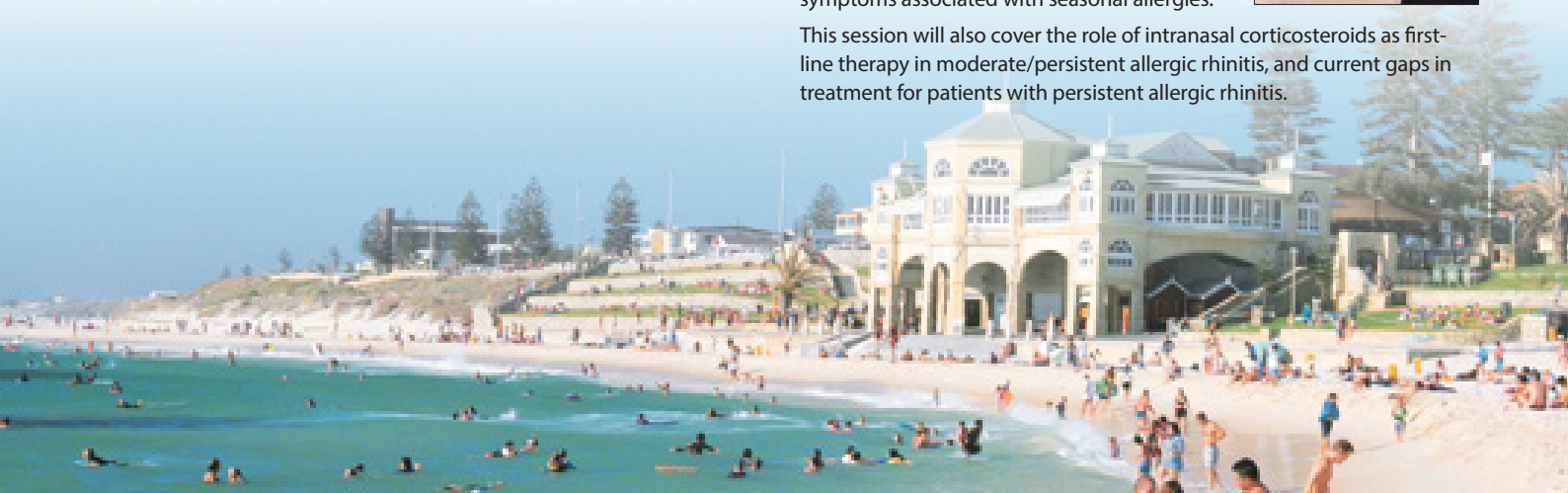
## Nothing to sneeze at: allergies and rhinitis

Speaker: **Assoc Prof Bandana Saini**

Despite being relatively self-limiting, allergies can cause considerable morbidity to patients. With a multitude of various management options, including both preventative and treatment, pharmacists are well-placed to provide adequate primary care to patients presenting with allergic rhinitis and other symptoms associated with seasonal allergies.



This session will also cover the role of intranasal corticosteroids as first-line therapy in moderate/persistent allergic rhinitis, and current gaps in treatment for patients with persistent allergic rhinitis.



## Overcoming barriers to MHR use in pharmacy

Speaker: [Travis Bailey](#)

Interactive workshops will be used to support participants in working through specific practice change issues, in order to optimise enablement of the My Health Record in their practice.

The workshops will provide participants with practical evidence-based strategies for practice change, and the opportunity to engage with digital health leaders to overcome potential barriers to successfully implementing MHR in their pharmacies.



## Inflammatory bowel disease: digesting the evidence

Speaker: [Professor Ian Lawrance](#)

Inflammatory bowel disease affects tens of thousands of Australians each year. Of the various types of IBD, Crohn's disease and ulcerative colitis are the most common. In 2018, the Gastroenterological Society of Australia updated the Australian guidelines on the treatment and management of IBD, which includes a range of treatment options, including biologics available through community pharmacy.

Pharmacists play a vital role in ensuring appropriate treatment decisions are being made, and that patients are achieving positive outcomes through the quality use of medicines. This session will update pharmacists on inflammatory bowel disease, and the various treatment and management options currently available, in line with 2018 guidelines.



## Mastering the practical management of eczema, psoriasis and contact dermatitis

Speaker: [Dr Chris Quirk](#)

Dermatological conditions like eczema, psoriasis and contact dermatitis are commonly presented to pharmacists for an initial diagnosis or management as part of primary care. They can lead to reduce effectiveness of the skin as an immunological barrier; complications and discomfort for the patients and their family. This session will highlight the management of this conditions by providing pharmacists with the latest development and best practice in this space and debunking dermatology myths.



## Clinical Controversies

Speaker: [Dr Jack Bourke](#)







Most patients who report a penicillin allergy have a vague history and may not be allergic at all. Avoiding penicillin in those that are not truly allergic may result in denying patients treatment with an antimicrobial unnecessarily, especially if they have a serious infection for which that antimicrobial would be the most effective treatment. This session will discuss the place of confirming allergies, cross reactivity with cephalosporins and suggested management of patients reporting penicillin hypersensitivity in whom a penicillin antibiotic is indicated.





PROGRAM

Sunday 19 May

Time	Session		
	Riverview Room 5		
8.30 am – 8.55 am	<i>Registration</i>		
8.55 am – 9.10 am	<i>Pharmacists in 2023</i>		
9.10 am – 10.10 am	<i>Removing the bias from clinical judgement</i> <i>Professor Jill Klein</i>		
10.10 am – 11.10 am	<i>Resilience in the face of error</i> <i>Professor Jill Klein</i>		
11.10 am – 11.30 am	<i>Morning tea - Southern Foyer</i>		
<b>Workshops</b>	<b>Riverview Room 5</b>		<b>Meeting Room 6</b>
11.30 am – 1.00 pm	<i>Kidneys and hearts: what's the link?</i> <i>Professor Markus Schlaich</i>	<i>Palliative care update</i> <i>Dr Fiona Findlay</i>	
1.00 pm – 1.40 pm	<i>Lunch - Southern Foyer</i>		
<b>Workshops</b>	<b>Riverview Room 5</b>	<b>Meeting Room 6</b>	<b>Meeting Room 7</b>
1.40 pm – 2.40 pm	<i>Hypertension management update</i> <i>Professor Markus Schlaich</i>	<i>Nothing to sneeze at: allergies and rhinitis</i> <i>Associate Professor Bandana Saini</i> 	<i>My Health Record: Overcoming barriers to implementation</i> <i>Travis Bailey</i>  
2.40 pm – 3.40 pm	<i>Inflammatory bowel disease: digesting the evidence</i> <i>Professor Ian Lawrence</i> 	<i>Mastering the practical management of eczema, psoriasis and contact dermatitis</i> <i>Dr Chris Quirk</i> 	
3.40 pm – 4.00 pm	<i>Afternoon tea - Southern Foyer</i>		
<b>Workshop</b>	<b>Riverview Room 5</b>		
4.00 pm – 4.55 pm	<i>Clinical Controversies - Penicillin Allergy – True allergy or misdiagnosis?</i> <i>Dr Jack Bourke</i> <i>Calcium supplements and CVD – Is there a risk?</i> <i>Dr Leanne Chalmers</i>		
4.55 pm – 5.00 pm	<i>Closing Address</i>		

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