



Sue Thomas

## How are you Caring for your Patients with Chronic Disease and Disability

Many chronic sick and disabled patients require a multiplicity of caring professionals and service agencies to be involved in their care, including the primary care team, therapists as well as social service staff. Communication and collaboration is at the heart of providing a fully integrated service. RCN Policy and Practice Adviser, **Sue Thomas**, will help you to develop an effective practice plan, using Parkinson's disease as a model to achieve this. **Addressing Chronic Disease, Disability and Dependency in General Practice** Fri 8th at 5.00pm.



Professor Gordon McVie



Helen Yates

## Dietary Fibre Could Prevent Bowel Cancer

Bowel Cancer is the UK's second biggest killer cancer yet research has suggested that one in two cases could be prevented. Evidence further suggests that those with diets rich in fibre – cereal, fruit or vegetable – have a lower tendency to develop the disease. With the Government putting increased pressure on healthcare professionals to play an active role in cancer prevention, delegates will be keen to attend Kellogg's two sessions on **The Role of Dietary Fibre in Bowel Cancer Prevention** (with Cancer Research Campaign's Director General **Prof. Gordon McVie**) and **The Importance of Incorporating Fibre into the UK Diet** (with Nutritionist **Helen Yates**). Fri 8th at 11.45am GP and Nutrition programme.

Sponsored by Kellogg's.

See back page for your complimentary Kellogg's breakfast voucher.

## Dealing with Dementia

Problems associated with older people with dementia commonly occur in the community but how are you dealing with them? **Trevor Adams**, Lecturer in Nursing, will outline the nature and development of dementia in older people, looking at the various forms including Alzheimer's and multi-infarct dementia. He will provide practical strategies for helping patients and their carers, especially coping with the difficulties they encounter. Fri 8th at 10.00am.

Sponsor: Community Psychiatric Nurses' Association.

## Tackling Communication Problems

Do you know how to communicate effectively? A must at this conference is **Whose Line is it Anyway?**, an interactive and humorous look at common communication dilemmas. It is vital that we avoid the pitfalls that all too often lead to complaints and claims for negligence as well as addressing aspects of inter / team and inter / professional relationships. Working through a series of scenarios such as written correspondence between GP and patient, out of hours home visits, GP's and practice staff and partner to partner communication. MDDUS' **Merril Whalen** and **Bill Mathewson** promise a lively and entertaining session with clear messages and practical ideas.

Sat 9th at 10.45am. Sponsored by Medical & Dental Defence Union of Scotland.



Septicaemia Tumbler Test

## Meningitis and Septicaemia Can Kill in Hours – Would You Recognise the Symptoms?

Meningococcal disease can be difficult to diagnose in its early stages, especially if meningitic symptoms are not present. Children under the age of 5 remain the group at highest risk and early diagnosis, prompt treatment and rapid transfer to hospital provide the best chance of survival. This joint collaboration between the National Meningitis Trust and Meningitis Research Foundation will provide training and examples to enable you to diagnose the disease. **Julie Hughes**, ICN at the Royal Liverpool Children's Hospital, Alderhey and **Dr Andrew Riordan**, Consultant Paediatrician at Birmingham Heartlands Hospital will discuss the nurse's role in educating parents, managing cases in hospital and on discharge, and in preventing the spread of infection through vaccination and chemoprophylaxis.

Sat 9th at 9.00am. Sponsors: Meningitis Research Foundation and National Meningitis Trust.



David Duffy



Dr Ian Banks

## Health Equality for Men!

Make sure you hear this enlightening and entertaining double act, with the BMA's official spokesman on men's health, **Dr Ian Banks** and Salford Mental Health Services' **David Duffy** RMN. Ian firmly believes that men are the poor relations when it comes to resource allocation: "to have suicide as the second biggest cause of death in young men is nothing short of a national disgrace. We have to convince Government that both men and women should have equal opportunities for health". A part-time GP and casualty officer in Belfast with six degrees, four children and a string of books to his name including *the Trouble with Men*, he promises to be both enigmatic and informative. David will be addressing the increasing concern about suicide levels among young men, meeting the challenges faced by primary care in tackling social, economic and individual issues. With a vigorous and positive approach, combining effective assessment, training and co-ordination of services, he believes that primary care professionals can make a real difference.

Improving Mens' Health Sat 9th at 2.15pm.

Sponsored by the BMA.



Sarah Marshall



Dr Judy Buttriss

## Calcium and Bone Health in Women

Led by **Dr Judy Buttriss**, Nutritionist **Sarah Marshall** and **Dr Susan New** will be discussing the diet and lifestyle factors that influence bone health, including how peak bone density can be maximised in young women and a healthy skeleton maintained around the time of the menopause. Sarah will be offering practical ways to achieve calcium recommendations in the context of a balanced diet, and Susan will be telling delegates about her current research projects on nutrition intervention in three age groups of women – adolescents, perimenopausal and older women who have suffered a hip fracture.

Sat 9th at 11.45am.

Sponsor: The National Dairy Council.

Conference Supported by



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