

# Nocturnal Nightmares

A focus on sleep disorders and mental health concerns.

Epworth Camberwell is hosting a Category 2 update for GPs on sleep disorders and associated comorbid mental health and weight conditions.

## Speakers

### Dr Peter Solin, respiratory physician

Diagnosing sleep disorders in general practice.

### Dr Kevin Ong, psychiatrist

The psychiatry of sleep: the mind-body balance.

### Senior dietitian

Weight management issues – a case study presentation.

## Learning outcomes:

1. Recognise the symptoms of sleep apnoea and associated comorbid conditions i.e., mental health and excessive weight.
2. Develop a treatment pathway for patients with sleep apnoea and other comorbid conditions in the GP practice.
3. Identify which patients require additional diagnostic testing and/or specialist referral.
4. Identify and implement a recall system for patients with sleep apnoea, mental health concerns and weight issues.

## RACGP CPD Points

4 Category 2 QI&CPD points

## RSVP instructions

Please ensure you give the following details when you RSVP:

- QI&CPD (RACGP) number
- First name and surname
- Practice name
- Practice postcode
- Dietary requirements.

## Details

### When

Thursday 22 March 2018

### Where

Level 3

Epworth Camberwell

888 Toorak Road

Camberwell

*Free car parking is available under the hospital, entry via Burke Road. Please see Janet Nichol by the end of the evening for an exit pass. Alternatively, street parking is available in the surrounding area.*

### Program

6.30pm Registration and dinner

7.15pm Presentations

8.45pm Questions

9.15pm Meeting close

## RSVP and more information

Please RSVP by

Tuesday 20 March 2018 to:

Janet Nichol – Business

Development Manager

### Phone

03 9415 5731

### Mobile

0411 265 798

### Email

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