



# BLACK DOG INSTITUTE

## General Practice Education and Training

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### Ups and Downs: Managing Bipolar Disorder in General Practice

<b>Duration</b>	6-hours
<b>Accreditation</b>	<ul style="list-style-type: none"><li><input checked="" type="checkbox"/> 40 RACGP QI&amp;CPD points in total for participants who complete predisposing activity and reinforcing activity requirements.</li><li><input checked="" type="checkbox"/> ACRRM 30 PRPD points</li><li><input checked="" type="checkbox"/> Approved by the General Practice Mental Health Standards Collaboration (GPMHSC) for Mental Health CPD (MH CPD), formerly Level 1 Ongoing</li></ul>
<b>Pre-requisites</b>	Pre-disposing activity must be completed and submitted prior to the event
<b>Program Aims</b>	<p>This workshop aims to introduce GPs to the current understanding of bipolar disorder and its management, using lecture, case studies and interactive exercises. It will cover;</p> <ul style="list-style-type: none"><li>– What is Bipolar disorder?</li><li>– What are the different types of bipolar disorder?</li><li>– Diagnostic techniques</li><li>– Treatment - Medication and non-medication</li><li>– Relapse prevention and staying well</li></ul>
<b>Learning Outcomes</b>	<p>By the completion of this Program, participants will be able to:</p> <ul style="list-style-type: none"><li>● Define bipolar disorder and understand the BDI model</li><li>● Recognise the different subtypes</li><li>● Assess, diagnose and plan treatment for patients presenting with bipolar disorder</li><li>● Use medication appropriately for the different aspects of bipolar disorder</li><li>● Use an appropriate range of non-pharmacological strategies for pluralistic management of patients</li></ul>
<b>Program Calendar</b>	All dates for our training programs are posted on our website.
<b>More Information</b>	<p>Katie Denton General Practice Education Project Officer Tel: 02 9382 8518 Email: <a href="mailto:k.denton@blackdog.org.au">k.denton@blackdog.org.au</a></p>

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