Dealing with Depression in Rural Australia

Mental Health Skills Training, Category 1- 40 CPD Points, 6 Hours CPD

Duration
6-hours
Plus morning tea, lunch and afternoon tea

Program Outline
Depression is a common condition frequently managed in primary care. Identifying and managing depression in a rural context presents a unique set of challenges for health professionals providing mental health care in their communities.

Dealing with Depression in Rural Australia is a highly interactive, multi-disciplinary program developed specifically to address the needs of clinicians delivering health care for people presenting with depression in a rural setting.

Using a case-based problem solving format, the program outlines a practical framework for assessment and management planning readily applicable to primary care.

Accreditation
• 40 RACGP QI&CPD Category 1
• 30 ACRRM PRPD
• Approved by the General Practice Mental Health Standards Collaboration (GPMHSC) for Mental Health Skills Training (MHST)

Prerequisites
Completion of predisposing activity

Suitable for
Primary audience: GPs, GP Registrars. Psychologists, mental health nurses, counsellors, practice nurses

Topics Covered
• Assessment and Diagnosis
• Management

Learning Objectives
• Differentiate between the differing sub-types of clinical depression
• Recognise the contribution of biological, social and psychological factors to the current depressive episode
• Assess and manage risk in the depressed patient
• Select pharmacological treatment best suited to the individual patient
• Develop a comprehensive mental health treatment plan derived from the formulation of the depressive episode

To Register