

**A Tweed Valley Clinical Society Event**

Meeting the Challenge of Complexity With Holistic Patient Care

Addressing the physical needs of your patient is only one part of the puzzle. To truly manage a patient's health, we need to connect with the person behind the disease. Many chronic conditions share common risk factors that are largely preventable or treatable. Health and wellness coaching can lead to better patient outcomes, improved patient adherence and improved job satisfaction.

What to expect

Our expert lifestyle medicine facilitators will show you how to provide an interdisciplinary, whole-system approach to the prevention and reversal of chronic and lifestyle-related diseases through the modification of your patient's behavioural, social and environmental drivers.

This event will serve as a platform for sharing your services in line with a holistic care model. Through an open forum, get to know how you can "share the load" when providing person-centred care for your patients. We'll also have time for networking.

Learning outcomes

- Describe a comprehensive lifestyle medicine approach to patient assessment and management
- Increased knowledge of local service providers to support your patient's health journey
- Develop strategies to improve patient/clinician communication
- Identify obstacles to optimal patient health and ways to overcome them

Who should attend?

All primary care professionals interested in sharing the power of healthy life choices.

Tuesday 20 April 2021**6.00–8.00pm**

Kingscliff Beach Bowls Club
131 Marine Parade, Kingscliff NSW 2487

FACILITATED BY

Dr Andy Williams, General Practitioner

Leanne Bryant, Workforce Manager,
Healthy North Coast and Registered Nurse

SPEAKERS

Dr Sarah Cunningham, GP and
Senior Lecturer, University of Queensland

Sarah Campbell, Director and Clinical
Psychologist, Ascending Psycholog

Ruth Carter, Behavioural Health Coach

Julie Le Boutillier, Naturopath

Register Now**hnc.org.au/tweed-cs-holistic-care**

CPD POINTS

Certificates of attendance will be provided, and we encourage you to self-submit for CPD/PDP.

ENQUIRIES

02 6618 5445
education@hnc.org.au