

CQ GP Conference

30 – 31 August 2025 – Rockhampton



Saturday 30 August | CocoBrew Function Room

8am		Doors open Coffee served upon arrival
8:30am		Welcome and Housekeeping Dr Nick Wong, <i>GP and GPLO CQHHS (MC)</i> Ms Lisa Blacker <i>Chief Executive</i> <i>Central Queensland Hospital and Health Service</i> Mr Jan-Christoph Grimmer, <i>Primary Care Representative CSL Seqirus</i>
9am	Session 1	Paediatric Potpourri: A Medley of Clinical Updates and Insights Dr Tim McDonald, <i>Paediatrician</i> This session will explore a curated selection of recent developments and evolving practices in paediatric care. From subtle shifts in asthma management to the expanding understanding of neurodevelopmental disorders, this presentation aims to equip GPs with practical, evidence-informed updates relevant to everyday practice.
9:45am	Session 2	Management options for patients with radiculopathy - cervical and lumbar Dr Jason Papacostas and Dr Antonio Tsahtsarlis, <i>Neurosurgery</i> <i>Brisbane Clinical Neuroscience Centre</i> Conservative measures form the mainstay of treatment for sciatica and such treatment will produce effective pain relief within a few weeks in most patients. However, pain may persist, and these patients may require surgical intervention to attain effective pain relief. Which patients achieve best patient outcomes on which pathway and why.
10:45am	Session 3	Linking Healthy Ageing outcomes with Primary Care Paige Martinez, <i>Senior Manager Healthy Ageing and End of Life Care, CCQ</i> The session will explore in-depth a GP's pivotal role in healthy ageing, insights from CCQ's consultations, successful aged care model implementation, and the regulatory landscape shaping the sector.



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11:30am

Lunch

12:30pm

Session 4

Dementia, Depression, and Delirium: Challenges in Diagnosis and Management in General Practice

Dr Udaya Balakrishna, *Psychiatrist*

Dementia, depression, and delirium are often overlapping conditions, especially among older adults. Despite their prevalence, these conditions are frequently underdiagnosed and undertreated. Accurate diagnosis is critical, yet often challenging due to overlapping symptoms, time constraints, and limited access to specialist resources.

1:15pm

Session 5

The menopause story, is HRT a hero or a villain?

Associate Professor David Shaker, *Obstetrician and Gynaecologist*

The presentation will target the current understanding behind the use of HRT and the evidence behind the benefits and risks as well as the alternatives of HRT. Special emphasis on targeting the specific need of the patient.

1:45pm

Session 6

A Wee Problem with Pelvic Flaw

Mischa Bongers, *Director and Practice Principal, APA Titled Women's, Men's and Pelvic Health Physiotherapist*

The transitional phase of perimenopause commonly presents challenges for women around urogenital symptoms and general health and wellbeing. Learn how women's health physiotherapists can support GPs in holistically managing issues around pelvic floor dysfunction, incontinence, prolapse, dyspareunia, physical activity participation and lifestyle.

2:15pm

Afternoon tea

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2:45pm

Session 7

Grasping Solutions

Dr Simon Flemming, *Orthopaedic Surgeon*

Explore the modern management of hand conditions—particularly thumb carpometacarpal joint osteoarthritis—within the outpatient surgical setting. As minimally invasive techniques and day procedures become more common, understanding the benefits, challenges, and evolving options for patients is essential for healthcare providers, allied health professionals, and policy planners alike.

3:30pm

Session 8

Introducing AI to the medical practice and the required legal guidelines

Ben Ryan, *Partner - Commercial and Corporate Law, Avant Law* and Erica Reed, *Associate - Commercial and Corporate Law, Avant Law*

This session will address some of the risks and regulatory considerations that practice owners and managers need to understand before utilising artificial intelligence (AI) in their practice, including ensuring AI tools meet Australian medical, privacy, and data security standards, navigating consent requirements when AI is used in patient care, understanding and complying with the implications of recent privacy law updates, surveillance laws and professional responsibilities when using AI tools.

4pm

Session 9

The Complexities of Diabetic Care

Lisa Grice, *Diabetes Educator*, Dr Ruth Varell, *Clinical Director of Orthopaedics* and Dr Shiromali Malalasekara, *General Medicine*.

This panel discussion brings together a diabetes educator, a general physician, and an orthopaedic foot surgeon to share practical insights through real-world case studies. With a focus on collaborative care, the session will highlight key points in diabetes management relevant to GPs—from prevention to complication handling.

5pm

Evaluation and close

Fiona Hebbard, *Chief Executive Officer, Hillcrest*

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Sunday 31 August | CocoBrew Function Room

8am

Doors open

Coffee served upon arrival

8:30am

Welcome and Housekeeping

Gillian Ingram, *Deputy Director, Education and Workforce, CCQ (MC)*

Allison Cassidy, *General Manager, Mater Rockhampton*

8:45am

Session 10

Contagion Central: What's Spreading in Central Queensland?

Dr Jemma Taylor, *Infectious Disease Physician*

Infections-where the Global South meets the North: updates on Dengue, Melioidosis and TB.

9:45am

Session 11

Workforce Support for General Practice: Turning Plans into Action

Vicky Meyer, *General Manager - Workforce, CheckUP and*

Alina Khalid, *Industry Workforce Advisor - Health, CheckUP Australia*

This session will explore how tailored workforce support through the Health-Industry Workforce Advisor (IWA) Program—delivered by CheckUP in partnership with the Department of Trade Employment and Training—can help small to medium health businesses strengthen both the capacity and capability of their practices. It will unpack what effective workforce planning looks like in a health setting and walk through a practical case example to show how these supports can be implemented.

10:30am

Morning tea



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| 11am | Session 12 | Modern Maternity: Innovations in Antenatal Care 2025
<i>Dr Claudine Lanthier, Staff Specialist Obstetrics and Gynaecology</i>
This session highlights the critical impact of missed antenatal care in Central Queensland, examining real-world consequences for maternal and infant outcomes. We'll explore how CQHHS is responding with expanded midwifery-led services, designed to improve access and continuity of care. The presentation will also touch on the latest Medicare Benefits Schedule (MBS) reforms, including new items for preconception and early pregnancy testing, and extended antenatal and postnatal consultations—empowering midwives to work to their full scope and deliver better outcomes for families. |
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| 12pm | Session 13 | Mental Health Reform – CCQ tackles fragmented care.
<i>Angela Matheson, Director Mental Health, Alcohol and Other Drugs, CCQ</i>
An exploration of how CCQ is tackling system fragmentation through integrated reform initiatives including Better Connect, Medicare Mental Health Centres, multidisciplinary teams, and the Mental Health Phone Service. GPs will gain practical insights into referral flows, care coordination, and how to navigate and connect with the evolving service system. |
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| 12:45pm | | Evaluation and close
<i>Gillian Ingram, Deputy Director, Education and Workforce, CCQ</i> |
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Practice Manager Workshop Program

Saturday 30 August | Rockhampton Leagues Club

8am

Doors open

Coffee served upon arrival

8:30am

Welcome and Housekeeping

Trudy Braybrook, *Engagement Manager, Medical Community, Mater Health (MC)*

Fiona Hebbard, *Chief Executive Officer, Hillcrest*

Mr James Gaudin, *Head of Partnerships, Private Emergency Health Australia*

8:45am

Session
PM1

'People Styles: Behavioural model in the workplace

Gillian Ingram, *RN, MN. Deputy Director Education and Workforce, Country to Coast PHN*

Based on the work of Dr David Merrill, this model is about behaviour, not personality. Awareness of peoples' perceiving and processing (communication) styles is important as a leader as it allows you to more easily develop rapport with your colleagues and patients. Rapport is the first step for any type of communication, whether that is presenting information, providing instruction, giving feedback, influencing to get buy-in, negotiating, coaching or managing conflict.

10am

Session
PM2

Leading Culture in Action: Practical Strategies for Impact

Courtney Purse, *Chief Operations Officer - Brisbane Clinical Neuroscience Centre and QLD President - Australian Association of Practice Managers*

Identify practical strategies to make change in workplace culture to achieve maximum impact.



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11am	Session PM3	Real talk.... Where courage meets conversation <i>Fiona Hebbard, Chief Executive Officer, Hillcrest</i> Navigating difficult conversations in general practice—whether with patients, colleagues, or GPs—can be challenging but essential for effective care and team cohesion. Learn how to approach these conversations with confidence, empathy, and clarity, and guide them toward constructive, positive outcomes.
12pm		Lunch
12:45pm	Session PM4	Creating a Compassionate Workplace <i>Glenda Gray-James, Psychologist</i> Learn how administrative staff can support individuals with mental health challenges.
1:30pm	Session PM5	Introducing AI to the medical practice and the required legal guidelines. <i>Ben Ryan, Partner - Commercial and Corporate Law, and Erica Reed, Associate - Commercial and Corporate Law, Avant Law</i> This session will address some of the risks and regulatory considerations that practice owners and managers need to understand before utilising artificial intelligence (AI) in their practice, including ensuring AI tools meet Australian medical, privacy, and data security standards, navigating consent requirements when AI is used in patient care, understanding and complying with the implications of recent privacy law updates, surveillance laws and professional responsibilities when using AI tools.
2:30pm		Afternoon tea

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3pm	Session PM6	Partnering for Success: Strengthening Primary Care Through Integration Sam King, <i>Senior Manager, Regional Programs CCQ (Central Queensland)</i> CCQ PHN strengthens primary care through engagement, and collaboration across the health system. This session showcases a practical example of quality improvement, highlighting how data-driven initiatives and coordinated efforts lead to better patient outcomes.
3:45pm	Session PM7	Leading through change Courtney Purse, <i>Chief Operating Officer Brisbane Clinical Neuroscience Centre and QLD President Australian Association of Practice Managers</i> Nicole Dickhaut, <i>General Manager, BITS Medical Centre</i> A professional discussion on balancing operations, patient care and workforce management.
5pm		Evaluation and close Alison Cassidy, <i>General Manager, Mater Rockhampton</i>

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Nurse Workshop Program

Saturday 30 August | Allentown Hotel Function Room

8am		Doors open Coffee served upon arrival
8:30am		Welcome and Housekeeping Kristine Kelly, <i>Director of Clinical Services, Hillcrest (MC)</i> Allison Cassidy, <i>General Manager, Mater Rockhampton</i> Mark Andrews, <i>Senior Medical Representative, Novartis</i>
8:45am	Session N1	Beyond the Name Tag Kristine Kelly, <i>Director of Clinical Services, Hillcrest</i> Interactive activity to create networking opportunity with your colleagues from other general practice clinics.
9:15am	Session N2	Future Care Planning: My Aged Care and supports for older persons Beth Ford, <i>Hillcrest Social Worker (Geriatric)</i> Connecting clients in the community to funding and services. Let's look at what you can do in the community space to support clients into future plans.
9:45am	Session N3	Lymphoedema management in Aged Care Natalie Mills, <i>RN Complex Decongestive Therapist, Living in Harmonie</i> Lymphoedema is one of the chronic conditions affecting our aged care clients. We will look at the different challenges when working with these particular clients.
10:15am	Session N4	The acute patient: How to triage and when to refer Dr Muhummad Umer Ishan, <i>Director Mater Private Hospital Emergency Centre</i> Understand the critical role the practice nurse plays in accessing and triaging the acute patient. Provide confidence through education on when to escalate to a tertiary facility or manage in the primary care setting to achieve best patient outcomes.



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11am	Session N5	Little Patients, Big Impact: Managing Kids in General Practice Kellie Hill, <i>Nurse Educator (Paediatric), Education and Research</i> Isabella Tilbury, <i>Paediatric Ward Acting Facilitator</i> This session gives GP nurses essential tips for assessing unwell children, with a sharp focus on recognising early signs of sepsis. Through practical guidance and real-world cues, the talk empowers nurses to triage confidently and escalate when it counts.
11:45am	Lunch	
12:45pm	Session N6	Infuse with Confidence: Clinical Tips for Iron Therapy and Cannulation Carolyn Dodds, <i>Clinical Facilitator</i> Learn safe and effective administration techniques of iron infusions in a clinical setting, with a focus on protecting both patient and nurse. Attendees will gain a clear understanding of procedural best practices and develop confidence in vein access techniques to ensure successful cannulation every time.
1:45pm	Session N7	Reading the Rhythm: Basic ECG interpretation skills every nurse should know Kimberlee Yewell, <i>Clinical Facilitator (Cardiac Services)</i> Reading an ECG doesn't have to be intimidating. It's a skill every nurse can master with the right foundation. This session breaks down the basics of ECG interpretation in a clear, hands-on way. You'll learn how to spot the key components of a normal ECG, recognise abnormal rhythms that signal danger, and understand what those squiggly lines really mean for your patient's heart. With real-life examples and practical tips, this presentation will help you go from guessing to knowing — so you can respond with confidence when every second counts.
2:45pm	Afternoon tea	

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3pm **Session N8** **Mental Health Awareness Essentials for General Practice Nursing Staff**
Stacey Styles, Nurse Practitioner, *ASHAR Health*

This presentation explores knowledge and practical skills that general practice nurses need to consider when caring for patients with mental health challenges. It covers evidence-based strategies for assessment, communication, safety considerations, and collaborative care approaches to ensure optimal patient outcomes and staff safety in primary healthcare settings.

3:30pm **Session N9** **Chronic Wound Management**
Siobhan Ramsay, *Wound Care Clinical Nurse*

Chronic wounds are complex injuries that fail to heal within a typical timeframe due to factors like persistent inflammation, infection, and biofilm presence. They require comprehensive assessment and targeted management strategies. Effective treatment hinges on accurate diagnosis, chronic disease management, and ongoing reassessment to improve outcomes and reduce the significant personal and healthcare burden.

4pm **Session N10** **Scope of Practice: Charting a New Course in Primary Care Nursing. A professional discussion.**

Gillian Ingram, *Deputy Director Education and Workforce, CCQ*
Julie Thompson, *Business Manager, Yeppoon Family Practice*
Stacey Styles, *Nurse Practitioner, ASHAR Health*

An open forum and professional debate on extended scope of nursing practice in Primary Care.

5:30pm **Evaluation and close**
Gillian Ingram, *Deputy Director Education and Workforce, CCQ*
