

NPS MedicineWise invites your practice to participate in an educational visit for our latest program.

## Anxiety: rethinking the options – starting March 2019

Anxiety is the most common mental health problem reported in Australia. This program considers recommendations for assessment of anxiety disorders and evidence-based approaches to management. Both psychological and pharmacological treatment options will be discussed.

### Information and resources covered as part of this educational visit

- ▶ An independent roundup of the latest guideline updates and evidence relating to diagnosis and management of anxiety.
- ▶ Discussion of psychological treatment options, including recent evidence for eCBT programs.
- ▶ Receive clarification on when to initiate and how to optimise medicines when managing anxiety.
- ▶ Resources that will help you discuss with patients a range of treatment strategies for anxiety.

### Educational visits are available as:

- ▶ One-on-one tailored discussion for GPs (30 minutes)  
We also offer our one-on-one visits via video conferencing software ('virtual visits'), so that GPs who find it difficult to schedule an in-practice visit can still benefit from our visiting program
- ▶ Small group meeting for up to 10 health professionals – GPs, practice nurses and pharmacists (1 hour)

### Visits are accredited for:

- ▶ 2 Category 2 RACGP QI&CPD points
- ▶ 1 Core point in the ACRRM PD Program

Recognised as counting towards the Practice Incentives Program Quality Prescribing Incentive (PIP QPI)



### BOOKING FORM

If your practice has not already made a booking for this topic, please provide the details below via:

- ▶ **Fax:** (02) 9211 7578      ▶ **Email:** [bookavisit@nps.org.au](mailto:bookavisit@nps.org.au)      ▶ **Phone:** (02) 8217 8700

NPS MedicineWise offers two types of educational visits. Please select your preference:

- One-on-one visit** for GPs (30 minutes duration)  
Recommended for a more comprehensive and tailored education experience
- Small group meeting** for up to 10 health professionals (1 hour duration)

<p><b>Practice name:</b> _____</p> <p>_____</p> <p><b>Practice address:</b> _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p><b>Postcode:</b> _____</p>	<p><b>Contact name:</b> _____</p> <p><b>Phone:</b> _____</p> <p><b>Fax:</b> _____</p> <p><b>Email:</b> _____</p> <p><b>Preferred contact method:</b> Email <input type="checkbox"/> Phone <input type="checkbox"/> Fax <input type="checkbox"/></p> <p><b>Number of attendees:</b> _____</p> <p><b>Please tick day and time preference</b></p> <p><b>Monday</b>      AM <input type="checkbox"/> / PM <input type="checkbox"/></p> <p><b>Tuesday</b>     AM <input type="checkbox"/> / PM <input type="checkbox"/></p> <p><b>Wednesday</b>   AM <input type="checkbox"/> / PM <input type="checkbox"/></p> <p><b>Thursday</b>     AM <input type="checkbox"/> / PM <input type="checkbox"/></p> <p><b>Friday</b>        AM <input type="checkbox"/> / PM <input type="checkbox"/></p>
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**TO OPT OUT** ☎ (02) 8217 8700 | ✉ 02 9211 7578 | @ [info@nps.org.au](mailto:info@nps.org.au)