



The Royal New Zealand
College of General Practitioners



practical solutions
MAHIA NGA MAHI

WELCOME TO

The RNZCGP Annual Conference

Auckland, 10–13 August 2006

How can general practitioners be assisted in their busy overburdened days? What new things are going on to inspire and encourage general practice? Already general practice is doing a good job, but do we know it and how can we show it? These questions and others will be raised and addressed at the RNZCGP annual scientific conference in Auckland in August this year. 'Practical Solutions' is the theme; three streams – CME, clinical programmes and research and academic – are supported by a wide variety of workshops. Let's take a brief preview of what is in store for us.

The **clinical programmes** stream showcases many of the leading programmes available to improve care, improve outcomes and show the way for primary health care organisations. Clinical performance indicators – what are they and are they really relevant to our practice? Health Informatics New Zealand will be involved with this stream and help us all to understand implementation issues and how to assist in providing solutions. PHO mental health programmes: what has happened to the investment in primary mental health promotion? Outreach programmes and general health promotion are the topics of other sessions in the clinical programmes stream. Self-management tops it off on Sunday morning before the penultimate plenary.

The **research** stream outlines exciting studies locally and internationally. Relevance to clinical practice is

obvious and all contributors to this stream are working within the NZ context or will emphasise aspects important to clinical general practice. Qualitative research sessions will tell about experiences of illness and primary care. The differences that new treatments make will be outlined in clinical trials sessions. Expert commentators will set the context of the sessions and comment on the wider applicability of the presentations. Specific methodology sessions will help those wanting to better show off the results of their research and move forward on clinical trials design.

The **CME** stream is laden with topics including: STDs, gerontology, mental health, drugs and alcohol, genetics for the uninitiated, first trimester and postnatal care. Local and overseas experts will give concise updates; all you need to know to improve your practice.

The **expert commentators:** Invited speaker Professor Chris van Weel from the Netherlands has led general practice in that nation to the position of an integrated, efficient, leader of the health system. He has generated a lot of the evidence proving that good general practice improves health and wellbeing of the population. He will talk about steadfast flexibility within the GP team and how general practice bridges the gap between a number of opposites:

- the individual versus the population at large;

- responsiveness versus pro-active care;
- (variation in) diseases versus (continuous) care for patients;
- benefits versus risks of interventions;
- professional strength versus patient-centredness.

He will show us how general practices' innate ability to match solutions to patients' issues in their own context maintains and improves the health of the population. Chris will also inspire us with a plenary.

Professor Jane Gunn, from Melbourne, will cheer us up with talk of managing depression and postnatal issues. She will contribute to the CME streams and be an expert commentator in the research streams.

Sitaleki Finau, recently returned to NZ after a time in Fiji will talk about Cultural Democracy: The way forward for primary care of the hard to reach New Zealanders.

Mason Durie will help us to improve health care for Maori. These invited speakers will give freely of their long experience in improving health through primary care and reinforce the important work that GPs do every day. GPs do make a difference.

You will come away from this year's Conference armed with practical solutions for general practice and hopefully be inspired to motivate others to take up the task of primary care in the 21st century.

Ngairé Kerse