

GPT3 Out-of-Practice Evening Webinar Program 2026

Region: Victoria

Registrars must attend the RACGP's out-of-practice education program. Attendance contributes to their education hours within the registrar's TMS portfolio.

Please note:

- You are required to attend 6 hours of the evening webinar program – you can choose which 6 hours you attend.
- This 6 hour's is part of your mandatory out-of-practice peer learning time – a requirement of Fellowship.
- You can attend more than 6 hours if you want to.
- You can attend webinars throughout your GPT3 and extended skills in practice terms as long as you have completed 6 hours prior to your completion of training.
- You will need to participate with your camera on.
- As the evening program is potentially outside your regular work hours, we suggest you work with your practice manager to understand how this mandatory out-of-practice release time will be managed. Time in lieu may be the best option.
- New webinars will be added to the program throughout the year.

Upcoming evening webinars for 2026:

Date	Time	Event title	Presenter(s)	Type	Status	Education hours
Wednesday 22 April	7.00pm - 8.00pm	Recognising, diagnosing, and managing dementia in general practice: Session 1 - Demystifying dementia	Dementia Training Australia	Webinar	Registration link	1
Tuesday 28 April	7.00pm - 8.00pm	Personal Finance for GPs	Dr Dev Raga	Webinar	Registration link	1
Wednesday 6 May	7.00pm - 8.00pm	Recognising, diagnosing, and managing dementia in general practice: Session 2 - Diagnosing dementia in general practice	Dementia Training Australia	Webinar	Registration link	1
Wednesday 20 May	7.00pm - 8.00pm	Recognising, diagnosing, and managing dementia in general practice: Session 3 - A structured approach to managing dementia in general practice	Dementia Training Australia	Webinar	Registration link	1
Tuesday 26 May	7.00pm - 8.00pm	*Assessment and Management of Unsettled Babies*	Dr Debbie Carrington	Webinar	Registration link	1
Tuesday 21 July *New*	7.00pm - 8.00pm	*You're not Crazy - Hormones, Mental Health and PMDD*	Dr Debbie Carrington	Webinar	Registration link	1
Thursday 30 July *New*	7.00pm - 8.00pm	Perimenopause and Menopause: from TikTok to your consulting room – Part 1	Dr Talia Follett & Dr Romey Giles	Webinar	Registration link	1
Tuesday 11 August *New*	7.00pm - 8.00pm	*Supporting Patients with Eating Disorders in Primary Care: Practical Tools for GPs - Part 1*	Dr Karen Spielman & Dr Rachel Kalman	Webinar	Registration link	1
Tuesday 25 August *New*	7.00pm - 8.00pm	*Understanding dysautonomia in General Practice*	Dr Sarah Ledger	Webinar	Registration link	1

Date	Time	Event title	Presenter(s)	Type	Status	Education hours
Thursday 3 September *New*	7.00pm - 8.00pm	*Gender Affirming Care*	Dr Robbie Mann	Webinar	Registration link	1
Tuesday 8 September *New*	7.00pm - 8.00pm	*Supporting Patients with Eating Disorders in Primary Care: Practical Tools for GPs - Part 2*	Dr Karen Spielman & Dr Rachel Kalman	Webinar	Registration link	1
Wednesday 16 September *New*	7.00pm - 8.00pm	MSK and Sports Medicine in General Practice	Dr Brad Borges	Webinar	Registration link	1
Wednesday 7 October *New*	7.00pm - 8.00pm	*Trauma and trauma-informed care*	Dr Sarah Ledger	Webinar	Registration link	1
Thursday 15 October *New*	7.00pm - 8.00pm	Perimenopause and Menopause: from TikTok to your consulting room – Part 2	Dr Talia Follett & Dr Romey Giles	Webinar	Registration link	1
Wednesday 18 November	7.00pm - 8.00pm	*Breastfeeding Medicine (and how to become a GP Lactation Consultant)*	Dr Debbie Carrington	Webinar	Registration link	1

Please see details of sessions in the table below

2026 Webinar learning outcomes / session descriptions:

<p><u>Assessment and Management of Unsettled Babies:</u></p> <ul style="list-style-type: none"> - This session will cover the common causes of unsettled babies and how to approach these challenging consultations with confidence and compassion.
<p><u>You're Not Crazy - Hormones, Mental Health and PMDD:</u></p> <ul style="list-style-type: none"> - This session will help you to feel more confident in identifying and managing PMDD, and understanding the role hormones can play in women's mental health.

Supporting Patients with Eating Disorders in Primary Care: Practical Tools for GPs - Part 1:

- Join us for an interactive webinar designed to help GPs recognise, manage, and support patients with eating disorders in everyday practice. This webinar provides GPs with practical, evidence-based tools to support the early identification, management, and referral of patients with eating disorders. It offers clinical resources and guidance to help primary care teams deliver effective, patient-centred care in everyday practice.

By the end of this activity, participants will be able to:

- Identify and assess patients at risk of eating disorders through early recognition, appropriate screening, and management in primary care, including the use of an Eating Disorder Plan (EDP).
- Utilise the GP Hub to support evidence-based assessment, management, and referral of patients with eating disorders.

Breastfeeding Medicine and how to become an IBCLC:

- This session will cover the pathway to becoming a GP IBCLC and some common GP breastfeeding presentations.

Understanding dysautonomia in General Practice:

- This session will improve your understanding of the presenting signs and symptoms of dysautonomia, along with what can be done in general practice with regards to diagnosis and management.

Gender Affirming Care:

- This session provides registrars with a practical, patient-centred overview of gender affirming care. We'll cover core principles of respectful communication, informed consent model, options for gender affirming care and the GP's role in supporting trans and gender diverse patients across the lifespan.

Supporting Patients with Eating Disorders in Primary Care: Practical Tools for GPs - Part 2:

- Join us for an interactive webinar designed to help GPs recognise, manage, and support patients with eating disorders in everyday practice. This webinar provides GPs with practical, evidence-based tools to support the early identification, management, and referral of patients with eating disorders. It offers clinical resources and guidance to help primary care teams deliver effective, patient-centred care in everyday practice.

By the end of this activity, participants will be able to:

- Demonstrate strategies for working collaboratively with practice staff, including nurses, to provide coordinated care for patients with eating disorders.
- Apply GP Hub decision support and care planning tools, incorporating escalation pathways and emergency guidance, to manage complex eating disorder presentations in primary care.

Trauma and trauma-informed care:

- This session will explore the concepts and frameworks relating to trauma, its impacts, comorbidities and trauma-informed care strategies. Impacts on the clinician, including vicarious trauma and burnout will also be considered.

Completed webinars for 2026:

Date	Time	Event title	Presenter(s)	Type	Status	Education hours
Wednesday 18 February	7.00pm - 8.00pm	Planetary Health: The climate problem in general practice – Part 1	Dr's Janie Maxwell, Jenny Huang, Pete Nightingale and Julian Cassar	Webinar	Completed	1
Wednesday 11 March	7.00pm - 8.00pm	Planetary Health: Climate solutions in the consultation – Part 2	Dr's Janie Maxwell, Jenny Huang, Pete Nightingale and Julian Cassar	Webinar	Completed	1
Tuesday 24 March	7.00pm - 8.00pm	Managing alcohol use in primary care - including pharmacotherapy	Dr Hayden Green	Webinar	Completed	1
Wednesday 1 April	7.00pm - 8.00pm	Planetary Health: Climate solutions outside the consultation – Part 3	Dr's Janie Maxwell, Jenny Huang, Pete Nightingale and Julian Cassar	Webinar	Completed	1