

## Training region: New South Wales and ACT

Dear registrars,

In 2025, NSW and ACT will offer additional educational evening webinars for GPT1-GPT4 registrars. Content for the additional evening webinar series is varied and registrars can choose which webinars they wish to attend depending on their educational needs and stage of training. Some sessions (eg Effective Study skills/Sticky Learning) are more catered towards registrars early in their training whilst they are in their GPT1 or GPT2 term.

Registrars are encouraged to attend as many sessions as possible as they will assist their progression towards independent clinical practice and attaining their Fellowship.

Registrars can self-register for each webinar from the link in the far-right column in the table below.

Once registered registrars can then access a comprehensive overview and set of learning objectives for each session

### ***Does attending evening webinars count towards a registrar's educational hours?***

Registrars entering a GPT3 or a GPT4 term that have missed educational events may count a maximum of 6 hours of education by attending evening webinars that are highlighted by an asterix.

Note: attending these webinars does not replace the daytime regional and local program for GPT3 registrars.

I hope you find the optional additional educational webinar series a useful adjunct to your learning and training.

Dr Anna Sallos  
Senior Regional Medical Educator-Registrar Education lead

Start Date	Time	Name of Event	Content details of event	Registration link
Wednesday 12/02/2025	7.30pm – 8.30pm	Musculoskeletal Health  Joint Ad- Ventures: An interactive MSK session exploring structure & function	Musculoskeletal injuries account for just over 4 million presentations to general practices in Australia each year. When assessing the musculoskeletal system, it's crucial to follow a standardised approach that ensures a thorough evaluation to help determine the source of the problem.	<a href="#">Register here</a>
Tuesday 04/03/2025	7.30pm – 8.30pm	Effective Teaching and Learning Skills	General Practitioners (GPs) play a crucial role in the healthcare system, often serving as the first point of contact for patients. Learning teaching skills is essential for GPs as it enhances their ability to educate patients about their health conditions, treatment options, and preventive measures.	<a href="#">Register here</a>
Wednesday 19/03/2025	7.30pm – 8.30pm	Effective Study skills/Sticky Learning	Preparation to becoming an independently practicing GP is unique and challenging. Foremost, the breadth of knowledge and skills is vast and potentially overwhelming. Registrars are required to balance their study with busy work and personal commitments, and finding sufficient time to study can be difficult. Furthermore, many registrars have entrenched study habits which may be ineffective for postgraduate training.	<a href="#">Register here</a>
Tuesday 13/05/2025	7.30pm – 8.30pm	Aboriginal and Torres Strait Islander Cultural training - First Nations Drug and Alcohol Rehabilitation – Taking a Culturally Safe Approach to Navigating This Space *	<p>This 90-minute webinar focuses on the critical role of general practitioners in ensuring effective and culturally safe support for First Nations patients within drug and alcohol settings.</p> <p>Featuring a presentation from Joe Coyte from The Glen, a leading residential rehabilitation service, participants will gain insights into culturally grounded approaches to healing and recovery. A panel discussion will further explore best practices in addressing key strategies for empowering registrars to provide culturally responsive care. This includes Aboriginal and Torres Strait Islander general practice case studies of supported detoxification, non-judgemental care and follow-up post residential rehabilitation.</p> <p>This webinar is designed to equip registrars with the knowledge and tools necessary to enhance the delivery of vital services to First Nations individuals and families seeking healing from substance use.</p> <p>Prior to the webinar, please consider the following:</p> <ul style="list-style-type: none"> <li>• How confident do you feel in your ability to provide culturally safe care to First Nations patients in the drug and alcohol context?</li> <li>• What culturally safe drug and alcohol services are you familiar with in your local community?</li> </ul> <p>At the end of this session participants will be able to:</p>	<a href="#">Register here</a>

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			<ul style="list-style-type: none"> <li>Identify key strategies for general practice registrars in providing culturally responsive care to First Nations patients, as exemplified by The Glen's presentation.</li> <li>Discuss the role of registrars in fostering a supportive environment that acknowledges and addresses the unique needs of First Nations patients in drug and alcohol recovery.</li> <li>Apply practical approaches that enhance registrars' capacity to effectively work with First Nations patients and their communities.</li> </ul>	
Tuesday 20/05/2025	7.30pm – 8.30pm	Black Dog Institute - Integrating Digital Resources into Mental Health Care*	<p>Evidence based digital resources are an effective and efficient way to support the mental health treatment of patients when used well. Yet, few of us know how to introduce these tools to our patients nor how to use them as an ongoing method of treatment.</p> <p>This online presentation will discuss the benefits of using digital mental health tools with patients, how to use them effectively plus how to find tools and, recommend those that are proven to work.</p> <p>At the end of this webinar, registrars will be able to:</p> <ul style="list-style-type: none"> <li>Identify reliable online resources available for effective integration into mental health care</li> <li>Identify patients in your practice who may benefit from using digital resources as part of their mental health care</li> <li>Identify strategies you might use to enhance your patient's acceptance of and engagement with digital resources in their mental health care</li> </ul>	<a href="#">Register here</a>
Tuesday 27/05/2025	7.30pm – 8.30pm	Black Dog Institute – Creating a safe space for young people in General Practice *	<p>General practice is often the starting point for young people seeking professional help. This webinar will focus on tips to create a safe space for young people to feel comfortable working with you and provides GPs with the skills to connect in a non-threatening, open-hearted way.</p> <p>At the end of this session, registrars will be able to:</p> <ul style="list-style-type: none"> <li>Design a safe, comfortable and welcoming space for young people within their practice.</li> <li>Formulate quick and easy strategies and techniques to assist young people in feeling safe to open up in a trusting, judgement-free environment.</li> <li>Mirror body language in a non-verbal way to show empathy.</li> </ul>	<a href="#">Register here</a>

Start Date	Time	Name of Event	Content details of event	Registration link
Tuesday 17/06/2025	7.30pm – 8.30pm	Rural health *	<p>It is important all GP registrars at the end of training are able to practice independently anywhere within the Australian context. This webinar will highlight the challenges when practicing in a rural and remote setting as well as strategies adopted by rural GP workforce to address these.</p> <p>At the end of this session, registrars will be able to:</p> <ul style="list-style-type: none"> <li>• Understand and describe the challenges for health care in rural areas compared to outer Metropolitan and/ or urban areas.</li> <li>• Understand the principles in how to access further help in health care whilst working in rural and remote settings (for example the vCare services)</li> </ul>	<a href="#">Register here</a>
Thursday 10/07/2025	7.30pm – 8.30pm	Menopause and Menopausal Hormonal Therapies *	Natural menopause transition generally occurs between the ages of 45 – 55 in Australia. Menopause can also occur as a consequence of surgery, primary ovarian insufficiency or after certain cancer treatments. Most Australian women can expect more than 30 years of post-reproductive life	<a href="#">Register here</a>
Tuesday 19/08/2025	7.30pm – 8.30pm	Grand Rounds *	Historically, 'grand rounds' is associated with a presentation to an audience of multi-disciplinary specialists. This type of presentation therefore works well for GPs as they are specialists in generalism. A GP focused clinical scenario will be discussed in this webinar as an effective educational and teaching tool to registrars at all stages of training.	<a href="#">Register here</a>
Tuesday 18/11/2025	7.30pm – 9.00pm	Aboriginal and Torres Strait Islander Cultural training *	This webinar will assist registrars in learning how to; identify the social, economic, and environmental factors that impact the health and wellbeing of Aboriginal and Torres Strait Islander people	<a href="#">Register here</a>
Tuesday 25/11/2025	7.30pm – 8.30pm	Domestic violence *	Due to the prevalence of abuse and violence in the community, it is imperative that general practitioners (GPs) understand abuse and violence-related presentations. GPs play an important role in recognising red flags that may indicate a patient is experiencing or has experienced abuse or violence.	<a href="#">Register here</a>