

11 May 2018



# Exercise is Medicine Workshop

## For GPs, nurses and allied health professionals

This interactive two-hour workshop details the role of physical activity in the prevention and management of chronic disease by treating physical activity as a vital sign. The suite of resources made available to participants will support them in their assessment, management and referral of patients with and at risk of chronic disease.

### Event details

**Presented by** Rebecca Hallam, an accredited exercise physiologist

### Learning objectives

- Describe how exercise can be used to prevent and manage patient chronic conditions
- Recognise the importance of graded exercise therapy in relation to patient safety
- Recall key aspects of the Australian Physical Activity Guidelines
- Describe behavior change strategies specific to the adoption of physical activity
- Outline existing physical activity assessment tools in medical software including Medical Director and Best Practice

### CPD points:

**RACGP:** Allocated 4 Category 2 points (Activity 10931) in the RACGP QI&CPD Program for the 2017-2019 triennium

**APNA:** 2 CPD hours

**ACRRM:** 2 Core Points

### Registrations

Registration is limited to health professionals working in the Eastern Melbourne PHN catchment with no more than 2 from each practice. To register click on 'register now' button or go to [www.emphn.org.au/events](http://www.emphn.org.au/events).

### Event Details

Date: Friday 11 May 2018

Venue: Eastern Melbourne PHN  
Level 1 Room 101  
12 Ormond Boulevard  
Bundoora

Time: 12.30pm registration & light refreshments  
1-3pm session

Parking: 2 hour parking on side streets

Registrations:

[Register now](#)

Enquiries: Josie Terron 9046 0300 or  
[events@emphn.org.au](mailto:events@emphn.org.au)



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