



SEGi COLLEGE

Penang

Anxiety and Depression Workshop for Medical / Surgical Nurses



Organized by
SEGi College Penang
School of Nursing

Venue
Cititel Hotel, Penang
66, Jalan Penang,
10000 Penang

Date
Saturday, 27 February, 2010

Time
09:00



Synopsis

Literature indicates that 22% - 61% of patients admitted to General Hospitals will experience emotional distress^{1,2,3,4}. While in some cases this distress is only transient, there is ample evidence to suggest a significant number of hospitalized medical / surgical patients meet diagnostic criteria for either anxiety or depression (and in some cases both). Sadly, evidence indicates that only 14% of these cases will ever be identified by medical staff⁵ and referred for appropriate psychiatric care. Consequently, it will often fall to the ward nurse to provide essential counselling and therapy. This ½ day workshop, designed especially for Registered Nurses working in Medical / Surgical wards, will educate on how to recognize anxiety and depression in medical and surgical patients as well as provide an overview of both basic counselling techniques and Cognitive Behaviour Therapy (CBT); an evidence-based treatment approach to working with anxiety and depression.



About the Presenter

Mr. Charles Daud Abdullah Meekings (M.N. [Aus], B.N. [Aus]) is a Registered Nurse with over 15 years experience in the provision of both Child & Adolescent Psychiatry and Adult Community Mental Health services in Sydney (Australia) where he gained valuable experience in the field of Consultation-Liaison Psychiatry (the provision of mental health consultation services to General Hospital departments). He has previously lectured at the New South Wales College of Nursing in Sydney (Australia) and has been a consultant to the NSW State Parliament on mental health economic policy and ethnic affairs. His publications appear in both the International Journal of Mental Health Nursing and the Cochrane Collaboration Database of Systematic Reviews. An advocate of scholarly practice in nursing, he has presented conference papers in both Malaysia and Australia on subjects as diverse as 'Mindfulness-Based Treatments for Self-Harming Behaviour', 'Dialectical Behaviour Therapy for Borderline Personality Disorder', 'Media & Islam: A Psychological Perspective in an Australian Context', and 'Evidence Based Nursing: Finding & Selecting Credible Evidence'.

¹ Cavanaugh, S. V. (1983). The prevalence of emotional and cognitive dysfunction in a general medical population: using the MMSE, GHQ, and BDI. *General Hospital Psychiatry* (5), 15-24.

² Maguir, G. B., Julier, D. L., Hawton, D. E., & Bancroft, J. H. (1974). Psychiatric morbidity and referral on two general medical wards. *British Medical Journal* (1), 260-270.

³ Moffic, H. S., & Paykel, E. S. (1975). Depression in medical inpatients. *British Journal of Psychiatry* (162), 346-353.

⁴ Schwab, J. J., Bialow, M., Brown, J. M., & Holzer, C. E. (1967). Diagnosing depression in medical inpatients. *Annals of Internal Medicine* (67), 695-787.

Outline

TIME	PROGRAMME
0830-0900hrs	Registration (coffee, tea, and light snacks available)
0900-0930hrs	Overview of anxiety and depression in both the global and local (i.e. Malaysian) context - the imperative to act.
0930-1015hrs	Assessment and Referral skills <ul style="list-style-type: none">• Mental Health assessment• Suicide risk assessment• Assessment tools• Referral pathways
1015-1100hrs	Introduction to Anxiety <ul style="list-style-type: none">• Signs & symptoms• Aetiology• Treatment
1100-1115hrs	BREAK (coffee, tea, and light snacks available)
1115-1200hrs	Introduction to Depression <ul style="list-style-type: none">• Signs & symptoms• Aetiology• Treatment
1200-1230hrs	Overview of Basic Counselling Skills
1300-1400hrs	Introduction to Cognitive Behaviour Therapy (CBT) <ul style="list-style-type: none">• Theory• Cognitive triad• Cognitive fallacies / errors• Treatment tenants• Self-assessment rating scales
1400-1500hrs	LUNCH & CLOSE

Points awarded: 6 CPD

Registration Fees/ Pax **Registration Due Date**
RM 120 nett 12th February 2010

For more information / accommodation please contact:

SEGi College Penang 187620-W

43, Green Hall, 10200 Penang.

Tel: 04-26 33 888 ext: 140 (Ms Ong Yean Sze) Fax: 04-26 22 193 Email: ysong@segi.edu.my

OPTIONAL ACTIVITIES: Tour of SEGi College (Penang) and local shopping outlets



REGISTRATION FORM

Name (in block letters) : _____

Gender:

Female

Male

Nationality: _____

Designation: _____

Organization: _____

Address: _____

Post Code: _____

City: _____

State: _____

Email Address: _____

Contact Number (O) : _____

Mobile Phone No: _____

Fax Number: _____

MODE OF PAYMENT

Cheque / MO / PO

No: _____

Amount: _____

Made payable to: " SEGi COLLEGE (PG) SDN BHD"

Kindly forward your registration form and payment before 12/2/2010 to:

SEGi College Penang

School of Nursing

43, Green Hall, 10200, Penang

(Att : Miss Ong Yean Sze)

Any cancellation of registration must be made in writing to the organizer.

There will be no refund of registration fees for cancellations made after 17 February 2010, however a substitute participant will be allowed.