

3rd National Men's Shed Conference

Why Health Groups are Interested in Sheds

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Medical Scientist 20 years

Qualified Educator

With the College for 5 years

EVERY HOUR 5 MEN DIE BEFORE THEIR TIME. THIS HAS TO STOP

What is the RACGP



- The peak body for GP's
- The standard setting body for general practice in Australia
- One of the five or six groups who are seen to represent GPs in Australia
- The quality assurance authority for professional upskilling in GP
- Resource and support GPs Australia wide.

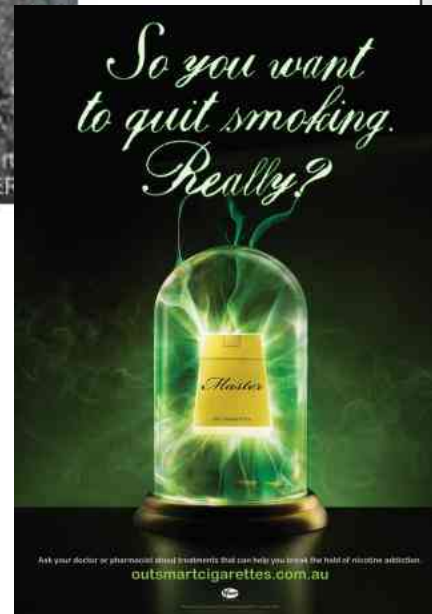
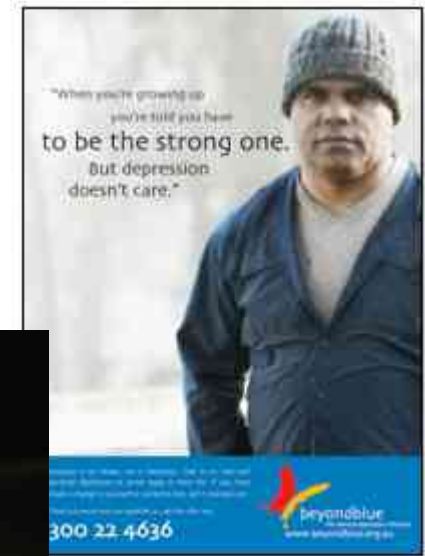
What is the RACGP



- Over 23,000 members world wide
- Report QA results to Medicare Aust.
- Set, monitor and mark the GP exam
- Accredite the experience of IMGs/ OTDs
- Recognise excellence in both generalist and specific interest practice in GP.



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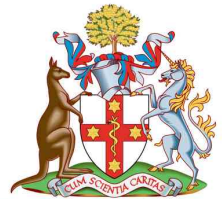
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WHY?

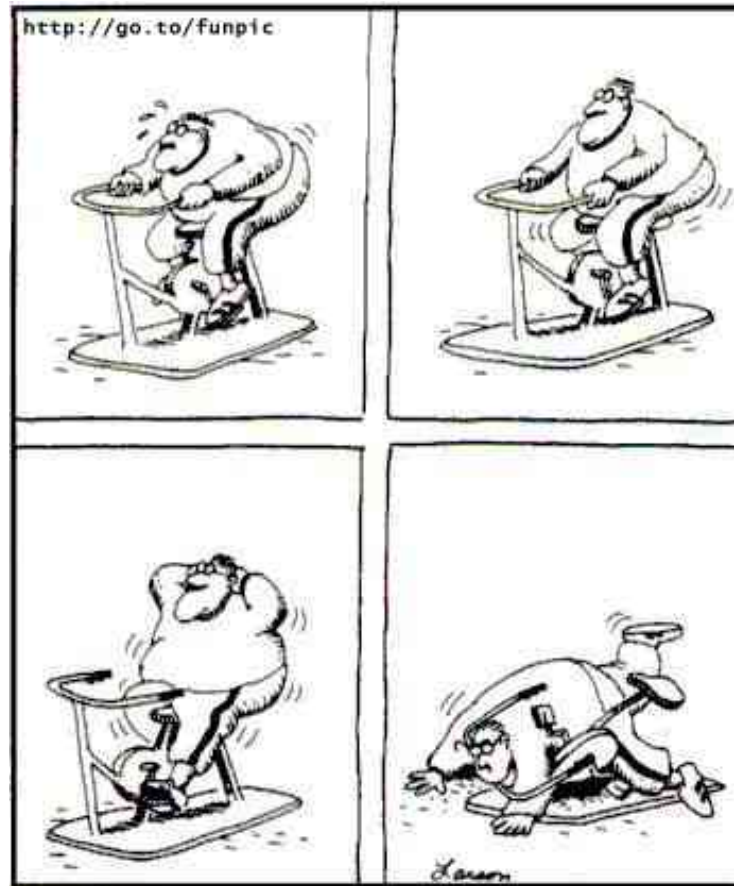
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THE M5 PROJECT

MEN'S PREVENTIVE HEALTH



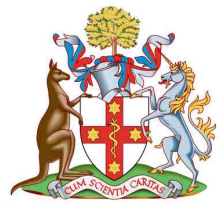
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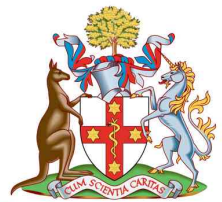
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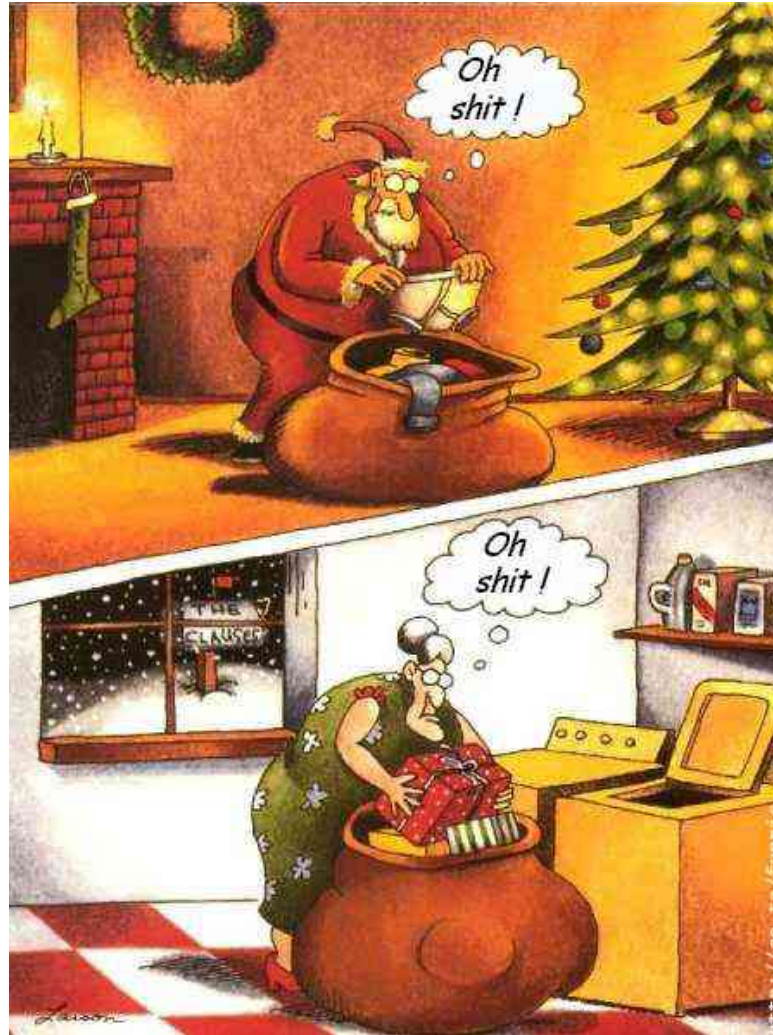
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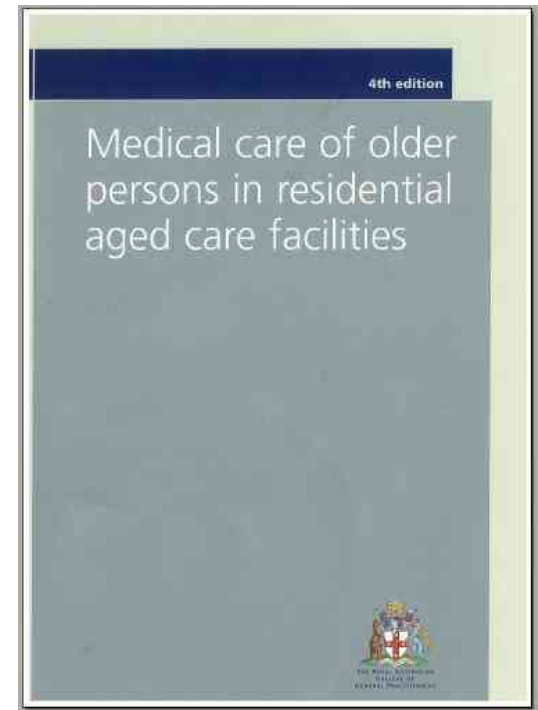
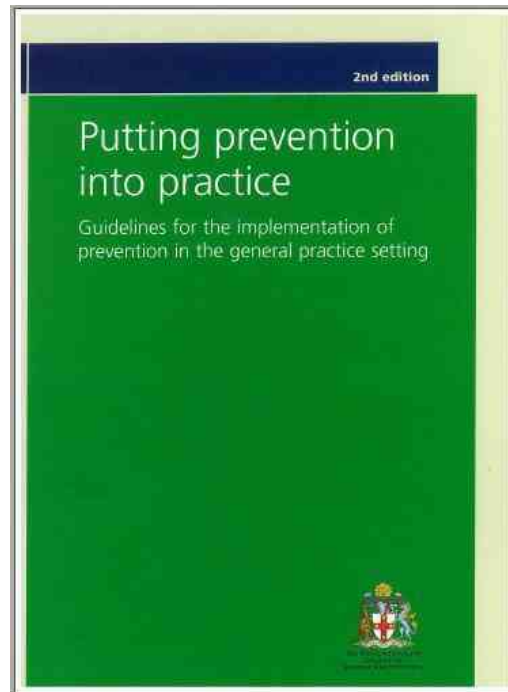
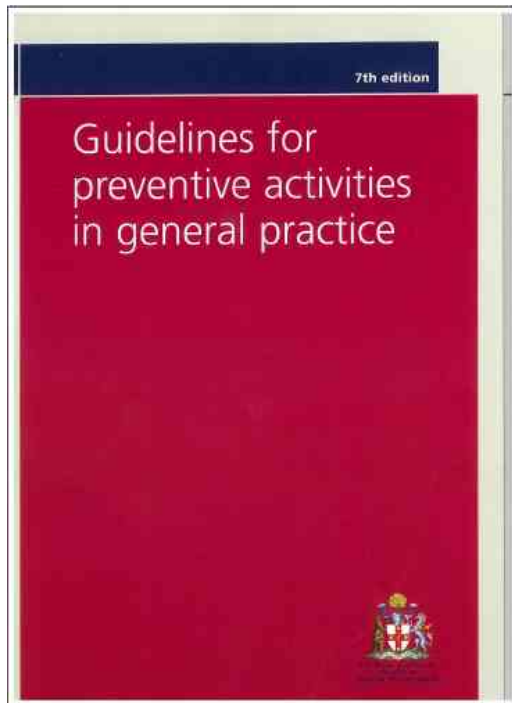


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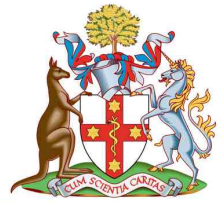
How does the RACGP resource its members to deal with Mens Health issues.



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HELPING MEN HELP THEMSELVES



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Age	What should be done?	How often?*
All men	Assess lifestyle risk: smoking nutrition alcohol physical activity	When possible Every 2 years Every 3–4 years Every 2 years
	Skin checks for high risk skin only	When possible
From 18 years	Height and weight (body mass index)	Every 2 years
	Waist circumference	Every 2 years
	Blood pressure	Every 2 years (18–49 years) Every year (from 50 years)
	Depression assessment	When possible
From 40 years	Risk of diabetes	Every 3 years
From 45 years	Cholesterol levels	Every 5 years
	Stroke risk (if other risk factors)	Every year
	Risk assessment of heart attack or stroke ('absolute cardiovascular risk')	Every 2 years
From 50 years	Urine protein levels	Every year
	Faecal occult blood test (FOBT) for bowel cancer screening	Every 2 years
	Prostate cancer: discuss risks and benefits of testing with your GP	As required
From 65 years	Osteoporosis risk	Every year
	Vision and hearing	Every year
	Assess risk factors for falls	Every year

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GP Health

Doctor's Health Project

1. RACGP Victoria Doctors' Health Project

Over recent years there has been an increasing interest in doctors' health within the medical community, the College, Medical Boards, AMA, Divisions of General Practice, government and other stakeholders. In response to this RACGP Victoria established a 6 month Doctor's Health Project in December 2000, staffed by a project Director (Dr Jenni Parsons) and a Project Officer (Ms Margo Field). The aims of the six month project were to:

- Establish a presence and highlight the issues;
- Develop links with other stakeholders;
- Determine what is known about doctors' health and what further research is required;
- Undertake an audit of programs and initiatives within Victoria and interstate;
- Survey Victorian GPs about their health, their medical care and health issues which are of importance to them;
- Establish an educational panel of GPs with particular interest in the area of doctors' health; and
- Plan for resourcing the College's continued involvement in the area.

1.1 Highlighting the issues within the medical community

This project generated great interest from Divisions of General Practice, the media - both medical and public, Universities and other GP organisations.

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The 3rd National
Men's Shed Conference

23-25 August 2009
Wrest Point, Hobart, Tasmania

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GP Support Program

Promoting the wellbeing of general practitioners

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Your 2009-2010 membership
at a glance

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Healthy doctor initiatives

General practitioner wellbeing

General practitioners dedicate their professional lives to the care of their patients, yet often find it difficult to recognise their own needs and practice self care. They are susceptible to high levels of stress which can manifest itself in symptoms of burnout, anxiety and depression which may impact their personal and professional lives; and potentially the quality of care they provide their patients.

A survey in *Medical Observer* (18 July 2008 edition) found that 40% of general practitioners (based on a nation wide representative sample of 359) reported high to severe levels of stress, with ongoing workforce shortages, bureaucratic red tape and reform acts cited as the main contributing factors. ¹

RACGP's Healthy Doctor initiatives

The RACGP has taken a proactive role in addressing doctor health issues over the past 4 years. A review commissioned by the RACGP in 2004 found that the major factors contributing to doctors' emotional ill-health include personal characteristics associated with the choice of medicine as a career, the pressures of ongoing medical training and the occupational stress of medical practice. ²

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What is the RACGP doing about M5

- Each State Faculty offering activities directed at men and their health decisions
- The real message from all of this is
“Go and see your GP”
And talk about your health and your family history.



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Men's Health

The M5 Project



Take FIVE

and get yourself some expert health advice at the
Tasmanian Transport Museum

Sunday 20 September from 11am

A fun day out for the whole family

Admission for men is FREE !

Claim your free ~~=Ticket to Ride=~~ the M5 steam train.



Win an opportunity to take your family
on a vintage fire engine ride.



Take a positive step and beat the statistics - FIVE Australian men die every hour from preventable disease

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Sharing My family History

The M5 Project Men's Preventative Health

The M5 Project seeks to raise the profile of men's preventative health by focussing on the five main risk factors of :

AGE • FAMILY HISTORY • BOWEL DISEASE • OBESITY • SMOKING

Aiming to decrease the FIVE preventable deaths EACH HOUR, to zero

Relationship	Initial	Age	Age at death	Heart	Diabetes	Cancer	Mental illness	Other medical conditions
Me								
My brothers								
My sisters								
My father								
His siblings								
His father								
His mother								
My mother								
Her siblings								
Her father								
Her mother								
Other family member								

TIPS

Try to give precise details, it's important that the information is reliable

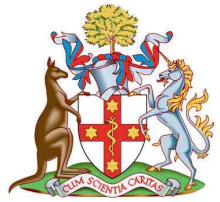
OTHER MEDICAL CONDITIONS

Asthma
Birth defects
Blood disorders
Cystic fibrosis
Birth defects
Deafness
Epilepsy
Eye disorders
Skin disorders
High blood pressure
High cholesterol
Infertility
Depression
Mental illness
Mental retardation
miscarriages
Stillbirth
Neurological disorders
Osteoporosis
Dementia
Stroke / CVA

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