



**Lung Health Promotion Centre at The Alfred  
2009 Courses**

[www.lunghealth.org](http://www.lunghealth.org)

\*NB all costs include GST

Course	Date/s
<p><b><u>Introductory Course in Asthma Education</u></b></p> <p>This highly regarded, holistic <b>3 day course</b> aims to provide health professionals with the knowledge &amp; skills to work effectively with people with asthma to improve health outcomes for people with asthma. Topics include: what is asthma, medications, correct use of devices, childhood asthma, allergy, complementary therapies, self management, smoking cessation and breathing techniques NB: Optional 4<sup>th</sup> day on Presenting and Educating skills.(see below)</p>	<p>18 - 20 March 15 -17 July 25 - 27 November</p> <p>Cost \$600</p>
<p><b><u>Presenting &amp; Educating With Confidence</u></b></p> <p>This small practical <b>one day</b> workshop gives the participants the opportunity to clearly plan an education session, set up a helpful learning environment, identify learning styles, practice presentation skills &amp; learn practical strategies to overcome fear. It complements the Asthma Educator Course and gives participants the opportunity to learn and practice planning and presenting skills.</p>	<p>21 March 18 July 24 November</p> <p>Cost \$220</p>
<p><b><u>Respiratory Course</u></b></p> <p>This extensive two part <b>5 day course</b> is for health professional who are working in or wish to work in the area of respiratory medicine. This course takes a holistic approach to managing patients with respiratory illnesses. Topics include: auscultation and assessment skills, management of asthma and COPD, spirometry, sleep apnoea, chronic illness management, infectious diseases of the lung, pulmonary rehab, &amp; non invasive ventilation, complementary therapies &amp; dealing with chronic illness.</p>	<p>22 – 24 April/ 27 – 28 May 5 -7 August / 2-3 September</p> <p>Cost \$835</p>
<p><b><u>Smoking Cessation Facilitators Course</u></b></p> <p>Using an evidence based approach this <b>2 day course</b> aims to give health professionals the knowledge, skills &amp; confidence to treat &amp; manage nicotine dependency and help people addicted to smoking to quit. The program will help skill participants to be able to work effectively one on one with clients and to conduct specialised smoking cessation clinics. Topics include: understanding nicotine dependence, pharmacotherapies, mental health issues, how to run a smoking cessation service and behavioural interventions</p>	<p>26 -27 March 25 -26 June 10 - 11September</p> <p>Cost \$440</p>
<p><b><u>Smoking Cessation – Brief Interventions in Primary Care</u></b></p> <p>This <b>one day</b> program aims to give health professionals working in general practice and other primary care settings, the skills &amp; confidence to use brief interventions to help their clients/patients quit smoking. Topics include: understanding nicotine dependence, current medications and utilising the 5 A's framework.</p>	<p>20 August</p> <p>Cost \$220</p>

Course	Date/s
<p><b><u>Smoke Free Hospitals - Making it Work</u></b></p> <p>This <b>one day</b> program aims to give health professionals information, skills and support to be able to effectively work within a smoke free hospital environment. As more hospitals become smoke free, staff need skills to be able to support their patients to manage temporary smoking abstinence or start the process of permanent smoking cessation.</p>	<p>5 May</p> <p>Cost \$220</p>
<p><b><u>Managing COPD - There IS something you can do!</u></b></p> <p>This holistic <b>2 day course</b> is for health professionals who wish to improve their understanding of &amp; update their knowledge in the current treatment &amp; management of COPD. Topics include: COPDX guidelines, smoking cessation, home oxygen therapy, pulmonary rehabilitation, medication device use, nutrition &amp; end of life issues.</p>	<p>30 April – 1 May 7 - 8 October</p> <p>Cost \$440</p>
<p><b><u>Non Invasive Ventilation (NIV) Acute Management</u></b></p> <p>This <b>one day</b> program is for health professionals who want to gain skills in emergency and ward management of NIV in acute respiratory conditions. Topics include: what is NIV, oxygen delivery systems, tracheostomy management, monitoring and a large hands on component.</p>	<p>21 August</p> <p>Cost \$220</p>
<p><b><u>Spirometry Practice and Principles (endorsed by the TSANZ)</u></b></p> <p>This extensive <b>2 day</b> small group course is for health professionals who wish to be able to accurately perform and interpret spirometry tests. Topics include: the role of spirometry in care of people with chronic lung disease, how to correctly perform the test and interpret the results, infection control and quality assurance issues, how to identify common testing errors and includes a large practical component</p>	<p>16 – 17 March 7 – 8 May 13 -14 August 5 -6 November</p> <p>Cost General fee \$633 Pub hosp/ uni fee \$490</p>
<p><b><u>Introduction to Spirometry Workshop</u></b></p> <p>This <b>half day</b> workshop is for health professionals wanting an introduction to basic spirometry measurements and interpretation. Topics covered include, indication for spirometry, quality assurance and infection control</p>	<p>30 March 9 October</p> <p>Cost \$115</p>
<p><b><u>Using Positive Psychology for Life and Work</u></b></p> <p>This <b>one day</b> interactive workshop gives participants an opportunity to explore the concepts of Positive Psychology. It will assist them to identify what enhances happiness, cultivate their strengths and learn strategies to enhance wellbeing in life and work for both themselves and their clients.</p>	<p>17 September</p> <p>Cost \$220</p>
<p><b><u>Paediatric Respiratory Update</u></b></p> <p>This extensive <b>one day</b> program is run in conjunction with the Royal Children's Hospital and is designed for health professionals wishing to improve their knowledge and skills in the current assessment &amp; management of asthma, croup, whooping cough, bronchiolitis and pneumonia in children. Topics include: respiratory assessment and management, medications and correct use of devices.</p>	<p>2 June</p> <p>Cost \$220</p>

Course	Date/s
<p><b><u>Non Invasive Ventilation Practical Skills Workshop</u></b></p> <p>This <b>half day</b> workshop will give participants a short refresher of the skills required to competently use this therapy. Topics covered include a review of bilevel (BiPAP) and continuous CPAP non invasive ventilation, when to use which and a large practical session using masks and machines.</p>	<p>6 May</p> <p>Cost \$115</p>
<p><b><u>Asthma Management Update</u></b></p> <p>This <b>one day update</b> is for health professionals who want to improve their understanding of &amp; update their knowledge in the current management of asthma. Topics include: medications, childhood asthma, smoking cessation, management, medications, adherence issues and correct device use.</p>	<p>23 July</p> <p>Cost \$220</p>
<p><b><u>Respiratory Clinical Update</u></b></p> <p>This <b>one day</b> update will give health professionals the opportunity to improve their skills and knowledge in caring for the person with lung disease. Topics include review of the anatomy &amp; physiology of the respiratory system, respiratory assessment, auscultation skills, asthma and COPD management, O<sub>2</sub> therapy and blood gases, pneumothorax and intercostal catheter management</p>	<p>21 May</p> <p>Cost \$220</p>

For further information about any of the courses listed, please contact the Lung Health Promotion Centre at *The Alfred* on (03) 9076 2382 or email [lunghealth@alfred.org.au](mailto:lunghealth@alfred.org.au).