

# PRIMARY HEALTH CARE and OUTREACH TRAINING



This course aims to develop the skills needed to become effective Primary Health Care and Outreach workers in the HIV prevention and drug and alcohol field.

The course is suitable for new and experienced workers and aims to demonstrate and give an understanding of how to deliver effective service provision in a professional and ethical framework.

Topics include:

**Dates** Nov 17th, 18th and 19th 2010  
**Cost** \$350 (inc. GST) total  
**Contact** Wendy Machin  
(see details below)

**NB:** Funding is available for NSW participants through the NSW Workforce Development Program  
Ph: (02) 8204 0700 for local contact

**KIRKETON ROAD CENTRE**  
**PO Box 22 KINGS CROSS NSW 1340**  
**Phone:** 02 9360 2766  
**Fax:** 02 9360 5154  
**Email:**

wendy.machin@sesiahs.health.nsw.gov.au

- Primary Health Care and Outreach Skills
- Drug information, update and current trends
- HIV, hepatitis B and C
- Safer Injecting Workshop
- Overview of Sexually Transmitted Infections
- Managing challenging clients
- Dealing with reportable incidents
- Overdoses and interventions - basic life support
- Child Protection issues
- Working with Aboriginal people and with young people
- Co-morbidity issues
- Brief Interventions

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## **PRIMARY HEALTH CARE AND OUTREACH TRAINING**

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Topics include:

**Presentation: Primay Health Care and Outreach Work**

Participants will gain an understanding of 'Primary health care' and 'outreach' approaches in relation to addressing the main health problems of the injecting drug use, sex work, at risk youth, mental health and homeless communities.

The principals of "providing promotive, preventative, curative and rehabilitative services accordingly" (WHO Alma-Ata, 1978) will be explored as a framework for providing primary health care and outreach services.

**Activity: The Skilled Outreach Worker**

Participants will explore the the primary skills and professional attributes required to be an effective primary health care and outreach worker. Participants will address the issues of working in an unsupervised environment, maintaining boundaries and ways of making first contact with clients in an outreach setting.

**Presentation/Activity: Child Protection issues**

This session aims to familiarise workers of their Child Protection duties under NSW law. Participants will work in groups to map out appropriate action from a range of case studies.

**Activity: Safer Injecting Workshop**

This workshop will provide comprehensive safer injecting information for workers and offer practical ways to engage clients in discussions of safer injecting practice.

**Presentation/Activity: Preventing the Transition to Injecting**

In recognition that that injecting drug use increases the risk of hepatitis C, other blood borne viruses, drug overdose and drug dependency, this session will address the potential role of existing injectors in relation to preventing the transition to injecting among non-injectors. It will utilise the DVD and Educators'Kit 'One Shot' as a practical means to raise the issues with workers and clients.

**Activity: Managing challenging clients**

Participants will identify challenging clients, explore the reasons why they present a 'challenge' and develop strategies for effective management.

**Activity: Dealing with reportable incidences**

The workshop encourages participants to develop understanding and skills in the management of critical incidences and how to respond from a professional and personal standpoint.

**Presentation/Activity: Stages of Change and Brief Interventions**

Participants will have an opportunity to consider the stages of change model and ways to use brief interventions and motivational interviewing in relation to working with clients with D&A issues.

**Presentation/Activity: Drug information update**

This session will review drug categories and their effects on the individual as well as commonly used drugs, focusing on the history, routes of administration, short and long term effects and available treatments.

**Presentation: Current Drug Trends**

Participants will gain information on current drug trends and in particular the impact of the increase in methamphetamine use. The recognition and management of drug induced psychosis will also be discussed.

**Presentation/Activity: HIV, hepatitis B and C and other infections update**

This session aims to give an up-to-date overview of blood borne viruses, including symptoms, modes of transmission, prevention and available treatments.

**Presentation/Activity: Drug Overdose and interventions;  
basic life support**

This presentation will discuss symptoms of drug overdose and appropriate actions. A practical demonstration on basic life support will be given and participants will have the opportunity to practice under the supervision of trained personnel.

**Presentation/Activity: Co-morbidity: working with clients with mental health and D&A issues**

Primary health care and outreach workers are often the first line of contact for people who have mental health and D&A issues. This session will explore what co-morbidity involves and how to best support clients with co-morbidity issues.

**Presentation: Sexual Health Basics**

This session will provide a concise overview of sexually transmitted infections including symptoms, modes of transmission, prevention and available treatments.

**Presentation/Activity: Aboriginal Health and Healing**

Participants will have the opportunity to reflect upon some strategies developed to engage Aboriginal clients in health services and to explore ways of improving access for Aboriginal clients in their service setting.

**Activity: Working with young people**

Young people are a priority population for many services. This session will explore practical ways of engaging and working with young people.

**Participants**

For people who would like to, or already are working in a Primary Health Care setting and Outreach services. Also, NSP workers, alcohol and other drug workers, sexual health workers, youth workers, health care workers or anyone who works with homeless people, at risk youth, sex workers or injecting drug users.

**Length** 3 days  
**Dates** Nov 17th, 18th and 19th, 2010  
**Cost** \$350 (inc. GST)  
**Contact** Wendy Machin  
[Wendy.Machin@SESAHS.HEALTH.NSW.GOV.AU](mailto:Wendy.Machin@SESAHS.HEALTH.NSW.GOV.AU)  
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