Supporting lifestyle changes in primary care:
Development sessions

NHS Health Scotland, in partnership with the Royal College of General Practitioners Scotland and NHS Education for Scotland, is running development sessions on supporting health behaviour change interventions in primary care.

These development sessions are open to GPs, practice nurses and other primary care staff from all local Health Board areas. The learning in these sessions is supported by e-modules which can be accessed at http://elearning.healthscotland.com

The programme includes:

• Health behaviours across the globe – exploring culture and health inequalities
  Dr Andrew Murray (GP, Sports and Exercise Medicine Doctor and ultra-marathon runner)

• A case study of health behaviour change in practice – alcohol brief interventions
  Dr Richard Watson (GP and Royal College of General Practitioners Scotland Clinical Lead, Substance Misuse)

• A case study of supporting increased physical activity in practice
  Dr Andrew Murray (GP, Sports and Exercise Medicine Doctor and ultra-marathon runner)

• Exploring why ‘Emotion Matters’ and the importance of addressing these in supporting health behaviour change and long-term conditions
  Marie-Claire Shankland (Programme Director, Psychology Specialist, NHS Education for Scotland) and Susan Kennedy (National Coordinator General Practice Nursing, NHS Education for Scotland)

• Skills-based practice sessions using motivational interviewing approaches and other techniques for supporting change

• Updates on QOF, HEAT standards and other drivers for primary care

Session dates:
12 March: Mercure Hotel, Church Street, Inverness
18 March: Teachers Building, St Enoch Square, Glasgow

Costs are £65 per delegate. A limited number of funded spaces are available for practice nurses wishing to attend.

How to register:
Inverness click here
Glasgow click here