



The First 2000 Days: Conception to age 5 Messages from the new evidence to inform delivery of primary health care

Presented by:

A/Prof Elisabeth Murphy

Senior Clinical Advisor Child and Family Health, NSW Ministry of Health (MoH)

Associate Professor Elisabeth Murphy will provide an overview of recent additions to the evidence about why the early years of life from conception to age five are integral to health and wellbeing outcomes across our lifespan. She will talk about advances in our understanding of the mechanisms through which early childhood brain development influences physical and mental health in childhood, adolescence, adulthood and even in future generations. A/Prof Murphy will discuss how the NSW Health First 2000 Days Framework, released in February 2019, seeks to spread this new understanding, and help to guide work to build on our services and systems to offer better support to children and their families in the early years. Finally, throughout her presentation A/Prof Murphy will give insights into what doctors in primary care in other nations are doing to give children the best start in life, what we can learn from their efforts, and some of the resources available to support health and other professionals who want to learn more.

Date: 26 November 2019

Time: 6.30pm to 8.30pm

Location: Lazy River Estate, 29R Old Dubbo Rd, Dubbo

Target Audience: This is a GP and GP Registrar focussed event, however, Nurses, Aboriginal Health Professionals, Pharmacists, Medical Students, Specialists, Allied Health Professionals and other health professionals with an interest in this topic are also welcome to attend.

Program:

- 6.30pm - Registration/Light Refreshments (*provided*)
- 6.45pm - Welcome
- 6.50pm - Service Showcase – Get Healthy in Pregnancy (*Justine Salisbury, MoH*)
- 7.00pm - Education Presentation (*A/Prof. Elisabeth Murphy*)
- 8.00pm - Interactive Q&A (*A/Prof. Elisabeth Murphy – GP Facilitator: Dr Jenny Geraghty*)
- 8.30pm - Evaluation and Close

Learning Outcomes:

Participants will:

- Develop an understanding of the new and emerging evidence that describes how early life experiences influence health and wellbeing outcomes across the lifespan
- Comprehend how primary health clinicians in other nations are using this in their practice
- Explore additional resources to improve the health and wellbeing of patients
- Develop knowledge to inform safe, trauma informed care with children, families and adults through assessment of adverse childhood experiences
- Identify appropriate referral opportunities into the NSW Get Healthy Service

RSVP Date: 15 November 2019

Online Registration: www.wnswphn.org.au/events/event-registration?eventid=758

Contact: Erica Gilbert t 68130916 e erica.gilbert@wnswphn.org.au w www.wnswphn.org.au



Approval for ACRRM PDP points will be submitted as required

