

**W**orkshops vary in their cost, duration, maximum number of participants and location. Details appear at the start of each workshop description. A ticket is required for all workshops and only one workshop (not including the Supervisor of Training workshops – see below) will be allocated per delegate up to the early bird closing date (15 March 2008). Workshops are allocated on a “first come first served” basis and the availability of workshops is subject to demand. Bookings for workshops are as follows:

## On line

Delegates should make their choice of workshop when they register on line from the available sessions. If their first selection is already fully subscribed, they can continue to make a selection until a free session is chosen. After 15 March all delegates will be notified by email of the remaining available workshops. Delegates can edit their registration booking online and select a further workshop.

## On paper

Delegates who wish to make their selection on paper should indicate their top 10 preferences on the form provided. They will be allocated their highest preference from the available workshops. They will also be emailed the remaining available workshops after 15 March to allow them to make a second choice ON LINE. There will be no second round paper offers.

If you are part of the stage party or a new Fellow being presented at the College Ceremony and are therefore required to attend the rehearsal on Saturday lunchtime 3 May, please do not select the anatomy workshops for MORNING or AFTERNOON sessions.

Any delegate wishing to apply for a Supervisor of Training workshop may do so in addition to their workshop(s) as allocated in the above process.

**Please note:** For all afternoon off-site workshops, lunch boxes will be provided. Please pick up your lunch box (ticket required) prior to leaving the Convention Centre. Transport details for off site workshops will be available in the ASM handbook.

## Anatomy

**Facilitator:** A/Prof Greg Knoblanche  
**Duration:** 4 hours  
**Time:** **W01** Saturday 3 May 0730-1230  
**W06** Saturday 3 May 1230-1730  
**Cost:** \$71.50 (includes return transfers from Darling Harbour to the University of Sydney)  
**Maximum No:** 35 per workshop

This workshop to be held at the University of Sydney, will constitute an interactive and hands-on study of cadavers relevant to the practice of regional anesthesia and the placement of lines. Experience and knowledge gained from the session aims to enhance the participant's success and minimise complications of anaesthetic procedures. All participants will rotate through five stations:

- Upper limb
- Lower limb
- Spine
- Eye
- Head and neck

## Cardiopulmonary bypass simulation

**Facilitator:** Dr Richard Morris  
**Duration:** 90 mins  
**Time:** **W02** Saturday 3 May 1030-1200  
**W07** Saturday 3 May 1330-1500  
**W12** Saturday 3 May 1530-1700  
**Cost:** \$33  
**Maximum No:** 15 per workshop

This practical simulation based workshop will provide an opportunity to hone our responses to emergencies occurring during cardiopulmonary bypass.

## TIVA – tips and tricks

**Facilitators:** Dr Paul Sinclair, Dr Andrew Parsons  
**Duration:** 90 mins  
**Time:** **W03** Saturday 3 May 1030-1200  
**W08** Saturday 3 May 1330-1500  
**Cost:** \$33  
**Maximum No:** 15 per workshop

No longer in the realm of the boffins, total intravenous anaesthesia has experienced a surge of interest over the past few years with the advent of pumps capable of effect-site targeting and advances in depth of anaesthesia monitoring. This interactive session will involve demonstrations of setting

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up for TIVA, practical aspects of running a TIVA anaesthetic, troubleshooting suggestions as well as tricks to make your TIVA anaesthetics the envy of your colleagues!

### Life, anaesthesia and stress

**Facilitator:** Dr John Stellios  
**Duration:** 90 mins  
**Time:** **W04** Saturday 3 May 1030-1200  
**Cost:** \$33  
**Maximum No:** 15

Many of us live in a busy or stressed environment both at work and at home. Others seem to be more harmonised, joyful, passionate and energised in life, or somewhere in between. This workshop will take an in-depth look at stress and how it impacts on your life, both personally and professionally. It aims to identify areas in your life that are in need of attention. You will also create an action plan focusing on these areas so that you can lead a more harmonious and balanced life.

### Cheating 'Death by PowerPoint'

**Facilitator:** Dr Stavros Prineas  
**Duration:** 90 mins  
**Time:** **W05** Saturday 3 May 1030-1200  
**Cost:** \$33  
**Maximum No:** 15

This workshop will guide participants through the fundamentals of good didactic presentations with PowerPoint – clarifying the goals of the presentation, audience and venue considerations, preparing the narrative for the presentation, the technical aspects of designing PowerPoint slides, getting the technology straight beforehand, incorporating interactivity and time management. The goal of the workshop is to help presenters use PowerPoint to convey their material in an individual, informative and engaging manner.

### Post-epidural foot drop – isolating the cause

**Facilitator:** Dr Andrew Duggins  
**Duration:** 90 mins  
**Time:** **W09** Saturday 3 May 1330-1500  
**W14** Saturday 3 May 1530-1700  
**Cost:** \$33  
**Maximum No:** 15 per workshop

How would you approach an obstetric patient you had given an epidural block to two days previously who now presents with a foot drop or other neurological complaint? Dr Andrew Duggins, a consultant neurologist will lead this interactive workshop and guide you through the steps of what questions are important in the history, how to efficiently examine the lower limb to isolate potential causes of pathology and which investigations and consultations are

appropriate. Opportunity will be provided for participants to practice their examination on normal volunteers.

### Paediatric and neonatal resuscitation

**Facilitator:** Dr Ian Miles  
**Duration:** 90 mins  
**Time:** **W10** Saturday 3 May 1330-1500  
**W15** Saturday 3 May 1530-1700  
**Cost:** \$33  
**Maximum No:** 15 per workshop

This practical, hands-on workshop will review current practices in paediatric and neonatal life support. In small groups you will improve both your skills and knowledge in cardiorespiratory resuscitation.

### Adding magic and humour to paediatric anaesthetic practice

**Facilitator:** Dr Peter Spitzer  
**Duration:** 90 minutes  
**Time:** **W11** Saturday 3 May 1330-1500  
**Cost:** \$50 (All proceeds will be donated to Clown Doctor programs in hospitals across Australia)  
**Maximum No:** 40

This experiential workshop will explore a number of ways of introducing magic, mirth and fun to paediatric anaesthetic practice. Brief intervention techniques that develop the art of medicine will be shown. A variety of 'secret' magic techniques will be exposed. Dr Spitzer is a general practitioner and Inaugural Chairman, Medical Director and a co-founder of the Humour Foundation charity. The Humour Foundation Clown Doctor program is a national initiative and the Clown Doctors regularly visit paediatric and general hospitals as well as palliative care facilities. In hospitals, he works as Dr Fruit-Loop with the aim of dispensing mirth, infecting the ward with laughter and leaving his patients in stitches.

### Avoid/Trap/Mitigate/Rescue/Learn – a human factors training approach to preparing for complications

**Facilitator:** Dr Stavros Prineas  
**Duration:** 90 mins  
**Timing:** **W13** Saturday 3 May 1530-1700  
**Cost:** \$33  
**Maximum No:** 20

Stavros Prineas (consultant anaesthetist and human factors enthusiast) uses an example of an adverse event from his own practice – a toxic reaction to ropivacaine during a brachial plexus block – to introduce a novel way of thinking about anaesthetic complications. Traditional approaches tend to focus on the management of the crisis – tension

pneumothorax, acute anaphylaxis, etc. Seasoned anaesthetists learn to use complications to modify their practice in conspicuous ways – to avoid hazardous situations altogether (or minimise their likelihood), to trap potentially harmful errors or to detect them early, and to plan and prepare so that they can mitigate a complication as soon as they are aware of it. In severe crises they will often invoke a drill to rescue the situation. Each experience offers an opportunity to learn how to improve future performance.

The goal of the workshop is to discuss this paradigm as a systematic basis for designing anaesthetic techniques with a maximum safety margin and to provide consultants and trainees alike with a handy system for learning from complications in their own practice.

## Ultrasound for regional anaesthesia

**Facilitator:** Dr Alwin Chuan  
**Duration:** 90 mins  
**Times:** **W16** Sunday 4 May 1030-1200  
**W21** Sunday 4 May 1330-1500  
**W26** Sunday 4 May 1530-1700  
**W43** Tuesday 6 May 1030-1200  
**W49** Tuesday 6 May 1330-1500  
**Cost:** \$40  
**Maximum No:** 15 per workshop

These workshops introduce the equipment, techniques and skills necessary for ultrasound guided regional anaesthesia. Topics covered include ultrasonography of the brachial plexus, the sciatic nerve, femoral nerve, and trunk blocks. There will be opportunities for hands-on practice obtaining optimal sonoanatomy images.

## Airway management

**Facilitator:** Dr Reny Segal and Airway SIG members  
**Duration:** 90 mins  
**Time:** **W17** Sunday 4 May 1030-1200  
**W22** Sunday 4 May 1330-1500  
**W27** Sunday 4 May 1530-1700  
**W35** Monday 5 May 1030-1200  
**Cost:** \$33  
**Maximum No:** 20 per workshop

This year's ASM Airway workshops are brought to you courtesy of the new kid on the SIG block – the Airway Management SIG. We will be running four large and totally interactive airway workshops. Amongst other delights, you will get a chance to familiarise yourself with airway devices, brush up on long lost or little practiced skills and perhaps learn a new trick or two. Each workshop will be “oozing” with airway experts (well, at least airway enthusiasts with a great track record in this field of entertainment!). There will be a strong mix of practical skill stations. For that extra bit of

adrenaline rush, all participants rotate through some very real and very everyday simulated airway scenarios being run on SimMan (human patient simulator from Laerdal) – not for the faint of heart.

For everything that these Airway workshops are, they are not a talk-fest – you wanted hands-on with the airway experts to guide, we bring you hands-on!

## Trans-thoracic echo for beginners

**Facilitator:** Dr Michael Veltman  
**Duration:** 90 mins  
**Time:** **W18** Sunday 4 May 1030-1200  
**W23** Sunday 4 May 1330-1500  
**Cost:** \$40  
**Maximum No:** 15 per workshop

This introductory workshop will cover the basics of transthoracic echocardiography for perioperative use. It will cover all the important aspects of machine use (knobology), as well as transthoracic echo and haemodynamic assessment. Hands-on experience using the echo, as well as the advice of experienced instructors will make this workshop a must for anyone who is wondering how or when to use this valuable tool.

## Disaster management

**Facilitator:** Dr Ken Harrison  
**Duration:** 90 mins  
**Time:** **W19** Sunday 4 May 1030-1200  
**Cost:** \$33  
**Maximum No:** 15 per workshop

When anaesthetists think of disasters we often regard it as the province of emergency or public health physicians. However when we are at the disaster scene, our knowledge of modern anaesthetic machines and teaching hospital resources is of precious little use to us. This workshop will look at the different roles anaesthetists have filled and can fill in disasters, what training we need and what equipment we should be familiar with. Participants in small groups will be exposed to examples of the equipment and other resources involved in appropriate disaster management.

## Consent for anaesthesia – risks and financial

**Facilitators:** Mr Michael Gorton, Prof Alan Merry  
**Duration:** 90 mins  
**Time:** **W20** Sunday 4 May 1030-1200  
**W25** Sunday 4 May 1330-1500  
**Cost:** \$33  
**Maximum No:** 15 per workshop

In an interactive environment involving review of previous cases, this workshop will provide legal and practical recommendations for obtaining medical risk and financial consent prior to anaesthesia. It will offer practical guidance on how to improve consent processes and minimise legal liability.

## Beyond the medical record – creative writing for doctors

**Facilitator:** Dr Hilton Koppe  
**Duration:** 90 mins  
**Time:** **W24** Sunday 4 May 1330-1500  
**Cost:** \$33  
**Maximum No:** 15

And now for something completely different... As doctors we are involved in writing “stories” every day. The medical record is our interpretation of our patients’ stories (history) and a summary of our response to this (examination and management plan). The medical record does not allow for much creativity on the part of the writer, and is very limited in its ability to assist the doctor in making sense of what has gone on for them at a personal level. To assist in remedying this problem, Dr Hilton Koppe, senior medical educator with North Coast GP Training, is presenting a creative writing workshop. The workshop will allow participants an opportunity to experience the use of stories and writing as a means of helping them make better sense of what it means to be a doctor. Practical writing exercises will guide participants through a series of creative tasks which assist in reflecting on the effect the practice of medicine has on their lives with the goal of increasing their enjoyment of medicine and life in general. Most of all, it will be an opportunity for some light hearted fun with colleagues.

## Ultrasound for vascular access

**Facilitator:** Dr Alwin Chuan  
**Duration:** 90 mins  
**Times:** **W28** Sunday 4 May 1530-1700  
**W53** Tuesday 6 May 1530-1700  
**Cost:** \$33  
**Maximum No:** 15 per workshop

These workshops cover the use of ultrasound for vascular access. Central and peripheral venous access of the internal jugular, subclavian, femoral, and upper limb veins, as well as

arterial access will be covered. Practical tips on equipment and dynamic needle visualisation will be provided.

## Supervisors of training and module supervisors – working with a trainee who has failed an examination

**Facilitator:** A/Prof Patsy Tremayne  
**Duration:** 90 mins  
**Time:** **W29** Sunday 4 May 1530-1700  
**Cost:** Nil  
**No Maximum Number**

Trainees who have failed an attempt at a first or second part exam are often distressed, confused and in need of guidance and support. This workshop will examine strategies that may be used to provide support to the Trainee, how to facilitate a Trainee moving on from disappointment in readiness to focus on another attempt and how to prepare for that subsequent attempt. It will also discuss what action to take if a Trainee is clearly under-prepared for an exam. Patsy Tremayne is Associate Professor in the Sport Psychology Program at the University of Western Sydney. She has an extensive research background and clinical interest in advising trainees in difficulty.

Please note that attendance at this workshop will not count toward your “one workshop per delegate” quota.

## Supervisors of Training and Module Supervisors – Meet Mary Lawson, the new ANZCA Director of Education

**Facilitator:** Mary Lawson  
**Duration:** 90 mins  
**Time:** **W37** Monday 5 May 1030-1200  
**Cost:** Nil  
**No Maximum Number**

Supervisors of Training (SOTs) are a vital component in ensuring a high quality of clinical learning for our trainees. In this forum, SOTs will be provided with an opportunity to:

- outline the barriers that exist to delivering the best possible trainee experience
  - brainstorm possible solutions to common educational problems
  - share their experiences of practical educational initiatives that have impacted favourably on trainees and
  - describe their own training needs as teachers / supervisors
- All SOTs are welcome to attend and to participate in this forum

## Wardrobe and personal style

**Facilitator:** Ms Megan Holtz  
**Duration:** 90 mins  
**Time:** **W30** Sunday 4 May 1530-1700  
**Cost:** \$33  
**Maximum No:** 15

You can be stylish and have a wardrobe that works and sends the right signals. This workshop will give you the right start and some key tools to help make your personal style goals a reality. Get inspired to dress your body and celebrate who you are right now.

Megan Holz is certified with the Association of Image Consultants International. She is a professional dedicated to helping people achieve their best personal presentation.

## Anaesthesia for zoo and wild animals – a workshop at Taronga Zoo

**Duration:** 3.5 hours  
**Time:** **W31** Monday 5 May 0830-1300  
**W39** Monday 5 May 1300-1730  
**Cost:** \$100 (including one way water taxi from Darling Harbour to the Zoo and morning or afternoon tea)  
**Maximum No:** 30 per workshop

An interactive workshop on anaesthesia for zoo and wild animals including a lecture and a series of demonstrations covering all aspects of chemical restraint. Some of the unique and difficult issues that confront the zoo veterinarian will be addressed. Delegates will experience darting equipment first hand, have close encounters with some of the animals at the zoo and visit one of Australia's most famous icons. Workshop registration includes a complimentary visit to the zoo (before or after the workshop).

## Simulation workshops

**Duration:** 3.5 hours  
**Cost:** \$425  
**Maximum No:** 12 per session

A series of four, half-day workshops will be held at the Sydney Medical Simulation Centre (SMSC), Royal North Shore Hospital. Learning objectives will address practical clinical anaesthesia management and non-technical skills. Each session will address a specific theme (see session options below). Activities will be mainly scenario-based learning using high fidelity simulators. Hands-on participation in scenarios is voluntary. Experienced instructors will facilitate group discussion and reflection upon practice.

Note: The SMSC is located 30 minutes by road from Darling Harbour. Workshop participants will be transported to and from the SMSC by bus.

Choose from the following four workshops:

### Anaesthesia emergencies – ventilation focus

**Facilitators:** Dr Tim McCulloch, A/Prof Jenny Weller  
**Time:** **W32** Monday 5 May 0800-1230

This workshop will address emergencies encountered during general anaesthesia which present with compromised oxygenation and gas exchange.

### Anaesthesia emergencies – cardiovascular focus

**Facilitators:** Dr Adam Rehak, Dr Nicholas Chrimes  
**Time:** **W40** Monday 5 May 1300-1730

This workshop will address emergencies encountered during anaesthesia which present with cardiac arrest or cardiovascular compromise.

### Trauma in the operating theatre

**Facilitator:** Dr Ken Harrison  
**Time:** **W42** Tuesday 6 May 0800-1230

This workshop addresses anaesthetic management of the trauma victim. Particular emphasis will be given to airway management in the presence of facial and suspected c-spine injury.

### Obstetric anaesthesia emergencies

**Facilitators:** Prof Michael Paech, Dr Leonie Watterson  
**Time:** **W48** Tuesday 6 May 1300-1730

This workshop addresses emergencies relevant to pregnant patients, including maternal hemorrhage, eclampsia and airway compromise.

## Looking after your financial health

**Facilitator:** Mr Tony Rosenberg – Odessey Financial Management  
**Duration:** 90 mins  
**Cost:** \$33  
**Maximum No:** 15 per workshop

Choose from the following two workshops:

### Asset accumulation and protection

**Time:** **W33** Monday 5 May 0830-1000

This workshop will explore ways to accumulate wealth through sensible investments, making the most of superannuation and protecting those assets through appropriate risk management strategies. It is targeted at anaesthetists in the younger wealth accumulation phase of their careers. Please note that partners and spouses are welcome to attend (workshop registration fee also applies to accompanying person).

*This workshop is strategy based and there will be no discussion of product or investment providers*

## Planning for retirement

Time: **W34** Monday 5 May 1030-1200

This workshop is geared toward the older anaesthetist who is preparing to wind back their practice and wants to know how to make the most of their accumulated assets. It will explore the various tax effective ways to maximise retirement income and will also look at estate planning issues. Please note that partners and spouses are welcome to attend (workshop registration fee also applies to accompanying person).

*This workshop is strategy based and there will be no discussion of product or investment providers*

## Ventilation challenges

**Facilitator:** Dr Hugh Playford

Duration: 90 mins

Time: **W36** Monday 5 May 1030-1200

Cost: \$33

Maximum No: 15

With a combination of demonstration, hands-on exposure and participant discussion, this workshop aims to further enhance practical techniques for patients with 'difficult to ventilate lungs' in the operating theatre.

## Field anaesthesia

**Facilitator:** Dr Bernie Hanrahan

Duration: 90 mins

Time: **W38** Monday 5 May 1030-1200

Cost: \$33

Maximum No: 20

A workshop aiming to give a small number of participants a practical introduction into some key concepts involved in delivering anaesthesia in the field. The session will be based around small hands-on groups rotating between stations, facilitated by anaesthetists experienced in the field. Issues of patient flow, logistics, electricity and oxygen supply will be discussed. An overview of surgical and medical conditions likely to be encountered will be presented.

Individual stations will elaborate relevant anaesthetic techniques including

- Intravenous techniques including the use of ketamine.
- Inhalational techniques and appropriate equipment for the field.
- Handy regional techniques.

Elements of individual readiness, team composition, critical care triage and retrieval will be discussed.

## Working under pressure – diving and hyperbaric

**Facilitators:** A/Prof Mike Bennett, Dr Rob Turner, Dr Jan Lehm

Location: Department of Diving and Hyperbaric Medicine, Prince of Wales Hospital, Randwick

Duration: 3 hours

Time: **W41** Tuesday 6 May 0830-1230

Cost: \$50 (including return transport to Prince of Wales Hospital)

Maximum No: 15

Have you ever wondered what goes on in a hyperbaric medicine facility? This workshop is your chance to find out. It will be presented in the only hospital-based hyperbaric chamber in NSW and includes:

- A discussion about how breathing hyperbaric oxygen has specific therapeutic effects and the evidence for those effects.
- A practical demonstration of some physical and physiological consequences of compression.
- A chance to experience a compression in our hyperbaric operating theatre (subject to medical fitness for compression).
- A practical demonstration of oxygen delivery systems at pressure, including an underwater closed circuit diving apparatus.

## How to prepare your candidates for the final fellowship examination: The trial viva

**Facilitators:** Dr Craig Noonan, Dr Keith Greenland, Dr Michele Joseph

Duration: 90 mins

Time: **W44** Tuesday 6 May 1030-1200

Cost: \$33

Maximum No: 20

This workshop will provide everything you need to know to run realistic trial vivas either as individual practice or on a large scale. The workshop will be run by current examiners, and Fellows who have considerable experience in running trial vivas for the Final Fellowship examination and the OTS Performance assessment. The content will include:

- the important features of current examination viva structure, scoring, expectations
- the skills required to construct and ask viva questions
- creating realism in trial vivas
- the use of video and feedback
- skills to foster in your candidates

The workshop will be interactive, so bring along a viva question that you can work-up and ask.

## One lung ventilation

**Facilitators:** Dr Ross Wallace, Dr Stephen Llewellyn  
**Duration:** 90 mins  
**Time:** **W45** Tuesday 6 May 1030-1200  
**Cost:** \$33  
**Maximum No:** 15

The aim of this workshop is to deliver both a theoretical and practical approach to one lung ventilation. The use of double lumen tubes, both left and right will be demonstrated along with endobronchial blockers, specifically the Arndt endobronchial blocker and discussion of the Univent tube.

## “Is there a doctor on the plane?”

**Facilitator:** Dr Mark Lovell  
**Duration:** 90 mins  
**Time:** **W46** Tuesday 6 May 1030-1200  
**Cost:** \$33  
**Maximum No:** 15

You have just finished your second complimentary glass of champagne in business class when the hostess informs you that a passenger ten rows back has collapsed. What do you do? This workshop will outline the unique challenges associated with in-flight emergencies with attention to the cabin environment, equipment available and the medicolegal consequences of your actions. The session will be interactive with case scenarios and information from anaesthetists and Dr Ian Morrison from QANTAS.

## Transoesophageal echo and congenital heart disease in adult practice

**Facilitator:** Dr Lenore George  
**Duration:** 90mins  
**Time:** **W47** Tuesday 6 May 1030-1200  
**Cost:** \$33  
**Maximum No:** 15

As survival to adulthood becomes more common, an increasing number of congenital heart disease patients are presenting to the adult cardiac anaesthetist. In this workshop a spectrum of congenital heart disease cases presenting for cardiac surgery at Westmead Hospital will be presented and discussed. This workshop will be most useful to cardiac anaesthetists who already have a working knowledge of transoesophageal echocardiography.

## Adult resuscitation

**Facilitator:** Dr Peter Tralaggan  
**Duration:** 90 mins  
**Time:** **W50** Tuesday 6 May 1330-1500  
**Cost:** \$33  
**Maximum No:** 15

An ideal opportunity to refresh your skills of resuscitation on adult patients and brush up on the latest resuscitation guidelines. This interactive workshop will involve simulation of rhythm disturbances on an advanced mannequin and will allow the participants to see and use the latest in defibrillator technology. Come learn and have fun!

## Handheld technology for the anaesthetist

**Facilitator:** Dr Robyn Gillies  
**Duration:** 90 mins  
**Time:** **W51** Tuesday 6 May 1330-1500  
**W55** Tuesday 6 May 1530-1700  
**Cost:** \$33  
**Maximum No:** 15 per workshop

Increasingly powerful PDA's and “smart phones” have provided access to extensive information at the touch of a button. Deciding which information and which functions are useful to your everyday practice can be tricky and time consuming. Having the latest and greatest is not necessarily the best if you do not use all the functionality. This workshop will guide you through the latest technology and identify the more useful programs, texts and web based applications for your PDA/smart-phone. The content will include aspects of future directions in handheld technology as well as reviews of the available texts and useful downloads. Collection of CME and risk type data will be discussed as it relates to handheld devices and potential reduction in medical insurance.

## Pregnancy associated cardiac arrest

**Facilitator:** Dr Anthony Padley  
**Duration:** 90 mins  
**Time:** **W54** Tuesday 6 May 1530-1700  
**Cost:** \$33  
**Maximum No:** 15

Although rare, cardiac arrest in the pregnant patient confronts the anaesthetist with the potential death of the mother *and* unborn baby. It is difficult to imagine a more tragic and harrowing experience. While this topic is barely mentioned in anaesthetic journals, a review of the obstetric literature indicates that the incidence of pregnancy associated cardiac arrest may be increasing as the obstetric population

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becomes older and more obese. This workshop aims at preparing anaesthetists to manage this highly stressful and emotionally charged crisis. The guidelines presented are consistent with the 2008 recommendations of the Australian Resuscitation Council. The workshop will be run as a fully interactive session, with a “mannequin” patient, simulated rhythm disturbances, and hands-on defibrillation and drug administration.

### **Manage your well being – stress relief**

**Facilitator:** Mr Peter Cullen

**Duration:** 60 mins

**Time:** **W52** Tuesday 6 May 1330-1430

**W56** Tuesday 6 May 1530-1630

**Cost:** \$33

**Maximum No:** 15 per workshop

Are you surrounded by stressors? Do you live with the symptoms of stress? Peter Cullen has over 25 years experience in the practice and teaching of simple techniques which can be used on a daily basis to leave you feeling calm and relaxed. Peter is a director of the dynamic Brisbane based company Meditation Plus and his weekly inspirational column “Balancing Act” is in the Career One section of the Saturday Courier Mail, reaching a readership of over one million. Join Peter and learn some of his techniques and you too can feel the difference!