



# PRIMARY HEALTH TASMANIA EVENTS FEBRUARY 2026



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[primaryhealthtas.com.au/events](https://primaryhealthtas.com.au/events)



**MD: Multidisciplinary**

**GP: General practitioners**

**AH: Allied health professionals**

**PN: Practice nurses**

**PM: Practice managers**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 END OF TASMANIAN SCHOOL HOLIDAYS	5 Practice managers networking breakfast 7.30-9AM HOBART <b>PM</b>	6	7
8	9	10 Immunisation general practice nurse seminar 2-5PM DEVONPORT <b>PN</b>	11 Immunisation general practice nurse seminar 9AM-12PM LAUNCESTON <b>PN</b>  Practice managers networking breakfast 7.30-9AM INVERMAY <b>PM</b>	12 Practice managers networking breakfast 7.30-9AM WYNARD <b>PM</b>	13	14
15	16 Project ECHO: Alcohol and Drug Services Tasmania and Primary Health Tasmania 1-1.45PM WEBINAR <b>MD</b>	17 Immunisation general practice nurse seminar 9AM-12PM HOBART <b>PN</b>  National Palliative Care ECHO series 2-3PM WEBINAR <b>MD</b>  Mindfulness for mental health and chronic pain management 6.30-8PM WEBINAR <b>MD</b>	18	19	20	21
22	23	24 Chest pain in general practice - assessment, investigation and referral pathways 6.30-8PM WEBINAR <b>GP</b>	25	26	27	28



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## PRACTICE MANAGERS

### Practice managers networking breakfast



#### HOBART – Thursday 5 February

Hamlet, 40 Molle St, Hobart  
7.30-9am

#### INVERMAY – Wednesday 11 February

Grain of Silos, 89 Lindsay St, Invermay  
7.30-9am

#### WYNYARD – Thursday 12 February

The Vault, 7 Goldie Street, Wynyard  
7.30-9am

An opportunity for practice managers to meet and connect with their peers.



## MULTIDISCIPLINARY

### Mindfulness for mental health and chronic pain management

CPD accredited (RACGP 1.5 hours educational activities  
ACRRM 1.5 hours educational activities pending)

#### Webinar

#### Tuesday 17 February

6.30-8pm

This session will provide an overview of the content, science and mechanisms for evidence-based mindfulness courses for stress, anxiety, depression and chronic pain. It will also explore when and how to recommend this intervention for patients presenting with mental health and chronic pain concerns. The presenters are GPs and psychologists, with specialities in mental health clinical practice and chronic pain management.

## PRACTICE NURSE

### Immunisation general practice nurse seminar



#### DEVONPORT – Tuesday 10 February

Paranple Arts Centre Market Square, 145 Rooke St, Devonport  
2-5pm

#### LAUNCESTON – Wednesday 11 February

The Tramsheds Function Centre, 4 Invermay Rd, Invermay,  
Launceston  
9am-12pm

#### HOBART – Tuesday 17 February

RACV Hotel, level 1/154-156 Collins St. Hobart  
9am-12pm

Join us at a seminar jointly delivered by Primary Health Tasmania (PHT) and the Communicable Disease Prevention Unit (CDPU), Department of Health Tasmania. Designed specifically for general practice nurses, these seminars address the topics most requested in the recent practice nurse poll and provides practical guidance, updates, and resources to support your essential role in immunisation delivery across the state.

These sessions are a great opportunity to connect with peers within the primary care workforce, with CDPU staff as well as support personnel from PHT. We recognise that many practice nurses work in isolation, so this is an opportunity to come together, share experiences, and build professional networks while hearing directly from subject matter experts, including the Clinical Nurse Consultants from CDPU.

## MULTIDISCIPLINARY

### National Palliative Care ECHO series- What's the big deal about the 4 core palliative care medicines?



#### Webinar

#### Tuesday 17 February

2-3pm

Palliative Care ECHO is a series of interactive case based virtual mentoring sessions that address a range of palliative care topics. The session will include a deidentified case discussion to provide a foundation for learning, along with a 10 minute lecture aimed to increase palliative care knowledge, skills and confidence in primary care health professionals.

Currently, monthly sessions are held via Zoom on the third Tuesday of every month – 2pm to 3pm (AEDT).

## MULTIDISCIPLINARY

### Project ECHO: Alcohol and Drug Services Tasmania and Primary Health Tasmania



#### Webinar

#### Wednesday 18 February

1-1.45pm

Please join us for Project ECHO: Alcohol and Drug Services Tasmania and Primary Health Tasmania. This program offers a series of interactive, case-based virtual mentoring sessions designed to support health professionals in delivering care for people experiencing alcohol and other drug (AOD) issues. Topic for this session: Cannabis dependence and withdrawal – non prescribed and medicinal in primary care with Dr Josh Perrett.

There is no cost for participation in these events, thanks to funding from the Australian Government under the Primary Health Networks program





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### MULTIDISCIPLINARY



## Cardiology at the interface of primary and secondary care: Chest pain in general practice- assessment, investigation and referral pathways

CPD accreditation pending (RACGP & ACRRM 1.5 hours educational activities)

### Webinar

**Tuesday 24 February**

6.30-8pm

This session will provide an overview of the assessment and management of chest pain in general practice, focusing on risk-based assessment, appropriate investigations and interpretation of contemporary cardiac tests. It will also explore referral and rapid access pathways to support timely specialist input and highlight opportunities to identify and address cardiovascular risk factors during assessment to reduce future events.

There is no cost for participation in these events, thanks to funding from the Australian Government under the Primary Health Networks program

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