

Mind The Gap: Navigating Health

Patient Experience, Prevention & Pathways Across Care

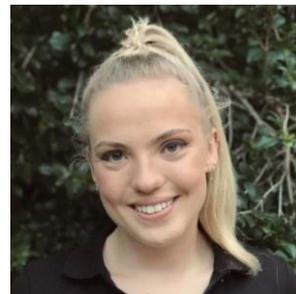
Community of Practice: Monday 1 August 12:00 – 1:00pm

Please register in advance for this meeting series through [Kaylene Ryan](#), Manager, ADMA
Facilitated by Siân Slade, PhD Candidate Nossal Institute for Global Health



- **50 Things They Don't Tell You About Being a Patient (And What I Will Tell My Patients)**
- **Overcoming Multiple Sclerosis**
- **Pathways in Upper GI cancers.**
- **Integrating Across Complexity**

Alexandra Wilson



Professor Craig Hassed



David Menzies



Catherine Grant



Presentations followed by Q&A



50 Things I Will Tell My Patients, Alexandra Wilson, Griffith University

Alexandra Wilson, is a third-year Griffith University Medical Student, and sits as the Vice Chair of the Queensland Medical Students' Council (QLDMSC) and the Australian Medical Students Association (AMSA) representative for Griffith University. She has experience in advocacy and policy being involved in the change to re-classify students as healthcare workers under the Queensland Hospital Entry Directive and has authored 6 policies for AMSA to date. Her interests extend into the Events space with successfully hosting Charity Galas, Policy ThinkTank Events and the QLDMSC Emergency Medical Competition. With clinical experience in Cairns, and at Rockhampton Base Hospital, and Gold Coast University Hospital, Alexandra wants to forge a long-standing career in Emergency Medicine and advocacy, with a focus on helping Australia's underserved populations. Away from the textbooks, Alexandra loves reading, running, sport, and all things creative.

Overcoming Multiple Sclerosis, Professor Craig Hassed OAM MBBS, FRACGP, Monash University

Professor Craig Hassed OAM has been working within the Faculty of Medicine at Monash University since 1989. He now also teaches into a number of other faculties and is coordinator of mindfulness programs across Monash. His teaching, research and clinical interests include mindfulness, mind-body medicine, lifestyle medicine, integrative medicine and medical ethics. Craig developed and integrated into the Monash medical curriculum the world-first mindfulness-based healthy lifestyle course called the Health Enhancement Program. He has authored over 100 papers in peer-reviewed journals and is regularly invited to speak and run courses in Australia and overseas in health, educational, government and corporate contexts. Craig has collaborated with a number of Australian and international universities helping them to integrate similar content. Craig was the founding president of Meditation Australia, is a regular media commentator, and has published 13 books and 14 book chapters. Craig featured in the documentaries, The Connection, and My Year of Living Mindfully. He co-authored with Richard Chambers the two free online Mindfulness courses in collaboration with Monash University and FutureLearn, both of which are rated by Class Central among the leading online courses in the world. In 2019 Craig was awarded the Medal of the Order of Australia (OAM) for services to Medicine.

Pathways in Upper GI Cancers, David Menzies, Pancare

David has over 35 years' experience across exercise science, physical activity promotion, primary health and population health initiatives. This has included roles in the clinical rehabilitation and primary care settings like the Active Script program, National Program Manager for COAG Healthy Communities Initiative, and work at individual Divisions of General Practice including the peak body General Practice Victoria and South Eastern Melbourne Primary Health Network. David was involved in the Australian Primary Care Collaboratives where he was engaged in supporting Divisions of General Practice midst state and national health reform processes. David currently sits on Scientific Advisory Panel for Arthritis Australia and is the Head of PanSupport at the Pancare Foundation. David has specific experience in chronic disease self-management, behaviour change theory, Aboriginal and Torres Strait Islander Health and quality improvement methodologies. He has co-authored in the areas of resistance training for people with diabetes and chronic heart failure, exercise for older adults, telephone health coaching and person centred care. Recently David was a member of the Mitchell Institutes Self-Care Expert Working Group that produced the National Self Care Policy Blueprint.

Integrating Across Complexity: Aiming for Care Integration Catherine Grant, Western Health

Catherine has over 20 years experience working in public health, predominantly as a physiotherapist and more recently as a manager. She is currently working as a Operations Manager in the Chronic and Complex Care division at Western Health and oversees the Western@Home teams, which include community nursing, allied health and care coordination/care navigation teams. Catherine is passionate about empowering patients to be active in managing their own health outcomes and assisting patients and their families to navigate the challenging health care system. Catherine has recently been appointed to the Melbourne Academic Centre for Health (MACH) Health Services Research Future Leaders Fellowship Program, where she plans to explore solutions to improving the integration between hospital and primary health care.