

## Completing your Level 1 training for BOIMHC with PriMeD.

Step 1: Go to [www.PriMeD.com.au](http://www.PriMeD.com.au)

If you already have a username and password enter here

The screenshot shows the PriMeD website homepage. At the top, there is a navigation bar with links for 'enter PriMeD', 'need help?', and 'register with PriMeD'. The main content area is divided into several sections. On the left, there is a section titled 'Are you looking for free online QA&CPD activities?' with a sub-link 'Search the PriMeD catalogue to find the topic you need...'. Below this, it states 'PriMeD is accredited by the RACGP and ACRRM. Join more than 8,000 Australian Doctors already participating.' In the center, there is a box with the text 'If you already have a Med-E-Serv username, enter the PriMeD program now.' Below this is another box: 'Already registered... not sure? Click here for help.' At the bottom left, there is a box: 'If you are an Australian Doctor, register for access to PriMeD here...'. On the right side, there is a section titled 'PriMeD is Australia's largest continuing education program for GPs:' followed by a bulleted list of features. Below the list, it says 'DOCTORS CAN JOIN US ONLINE - IT'S FREE!'. At the bottom right, there is a yellow box titled 'Do you provide education programs to primary care?' with a sub-link 'Enter Here'.

Too busy to get VALUE from your QA & CPD activities?

**PriMeD** Relax ...you bring the coffee we'll do the rest

▶ enter PriMeD ◀ need help? ✔ register with PriMeD

**Are you looking for free online QA&CPD activities?**

**Search the PriMeD catalogue to find the topic you need...**

PriMeD is accredited by the RACGP and ACRRM.  
Join more than 8,000 Australian Doctors already participating.

If you already have a Med-E-Serv username, **enter the PriMeD program now.**

Already registered... not sure? **Click here for help.**

✔ If you are an Australian Doctor, **register for access to PriMeD here...**

**PriMeD is Australia's largest continuing education program for GPs:**

- Over 8,000 GPs already participating
- Over 400 CPD units to choose from
- Designed for busy GPs in 15-minute bites
- RACGP and ACRRM accredited for maximum points
- Suit yourself - self directed learning or group interaction.

**DOCTORS CAN JOIN US ONLINE - IT'S FREE!**

**Do you provide education programs to primary care?**

If you are already a Local Delivery Agency of the PriMeD Program, enter the administration website here for access to the full program materials.

**Enter Here**

b. If you are not sure if you have already registered – [click here](#)

c. If you do not already have a username or password, [register here](#)

Once you have successfully registered and entered PriMeD, the Mental Health modules are listed under "Mental Health" on the catalogue page, here (or type mental health into the search engine here)

The screenshot shows the PriMeD website interface. At the top, there is a navigation bar with a search bar and a 'GO' button. Below the search bar, there are several sections: 'You Last Used...', 'Units You Have...', and a 'Tell a colleague about PriMeD!' section. The main content area is titled 'Catalogue' and displays a list of units categorized by 'Patient types', 'Clinical skills', and 'Disease areas'. A red arrow points to the search bar, and another red arrow points to the 'Mental health' link under the 'Disease areas' category.

New units		Recently revised units	
<b>New units</b>	<b>22</b>	<b>Recently revised units</b>	<b>35</b>
<b>Patient types</b>	<b>No. units</b>	<b>Clinical continuum</b>	<b>No. units</b>
Women's health	50	Primary prevention	36
Men's health	22	Diagnostics	104
Child and adolescent health	53	Management	132
Care of the elderly	50	Chronic/long term management	46
Indigenous health	20	Secondary prevention	26
Refugee health	7	Investigations	46
<b>Clinical skills</b>	<b>No. units</b>	Therapeutics	66
Nutrition	16	Emergencies	23
Pain management	27	<b>Practice contexts</b>	<b>No. units</b>
Counselling/communication	42	Rural Australia	46
Palliative care	1	<b>Learning modules</b>	<b>No. units</b>
<b>Disease areas</b>	<b>No. units</b>	Workshops	46
Gastrointestinal	54	<b>Units by Type</b>	<b>No. units</b>
Cardiovascular	22	Cases	79
Central nervous	46	Short cases	34
Musculoskeletal	18	Quizzes	20
Endocrine/metabolic	35	Activities	30
Genitourinary	35	Mini audits - practice checklists	8
Haematology/immunology	4	Practice tools - assessment tools	12
Respiratory	18	Practice tools - decision support	1
Eyes	21	Practice tools - ready reference charts/tables	26
Mental health	101	Practice tools - patient education	7
Oncology	16	Practice tools - worksheets	16

You will then see a list of all the mental health workshops (See below). To complete your Level 1 training, you must complete 6 hours (3 workshops), including at least one **Core module**. The core modules are **Mental health assessment in general practice – depression and anxiety (LMO-004)**, **Managing depression in general practice (LMO-005)** (circled below).

The screenshot shows the 'Mental health' section of the PriMeD InTouch website. It displays a list of 101 units, with the first 20 shown. The table has columns for 'Type', 'Title', 'Description', and 'Your status'. The following table summarizes the visible data:

Type	Title	Description	Your status
Workshop (LMO-002)	Women and mental health	This workshop focuses on the mental health of women, which may be affected by many factors, including hormonal influences, life experiences and cultural issues. There are several mental health disorders that occur commonly in women. Some of these conditions are specific to women, e.g. postnatal depression, while others affect women more frequently than men, e.g. eating disorders, depression. There are also gender differences in the presentation of mental illness between men and women. Endorsed by the General Practice Mental Health Standards Collaboration.	Progress bar: 25% complete
Workshop (LMO-004)	Mental health assessment in general practice - depression and anxiety	Mental health problems make up a significant component of general practitioners' work. Depression and anxiety are very common - according to the National Mental Health Policy (1995), one in five Australians will be affected by a mental health problem or disorder during their lifetime. This module focuses on recognising, assessing and diagnosing mental health problems, with a particular focus on depression and anxiety. Endorsed by the General Practice Mental Health Standards Collaboration.	Progress bar: 0% complete
Workshop (LMO-005)	Managing depression in general practice	Depression is common and represents a particular challenge to general practitioners. This module uses mainly case presentations to review the essential issues of assessing and initiating management for a variety of patients. Endorsed by the General Practice Mental Health Standards Collaboration.	Progress bar: 25% complete
Workshop (LMO-008)	Depression - Practical techniques to help your patients get well and stay well	In over 50% of patients who experience depression, the condition will recur at least once in their lifetime. One third of patients with depression remain in partial remission or develop chronic depression. Therefore, adopting a long-term approach to managing depression, with strategies to reduce risk of recurrence, is an appropriate model in many situations. Endorsed by the General Practice Mental Health Standards Collaboration.	Progress bar: 0% complete
Workshop (LMO-009)	Practical counselling techniques for the everyday GP	Are you a counsellor? Unsure? Are you nervous about setting out on the counselling journey? Are you lost in amidst patients' tales of woes with no road map to lead you home? Don't worry, help is at hand! This module is designed to provide GPs with some useful tools for everyday counselling situations in General Practice. Endorsed by the General Practice Mental Health Standards Collaboration.	Progress bar: 25% complete
Workshop (LMO-010)	Mental health in the elderly - depression	Depression is the most common mental illness affecting people of all ages, including elderly people, with prevalence figures ranging from 8 to 35% and up to 50% in patients with dementia. Unfortunately, depression often remains undiagnosed in elderly patients, as the symptoms may be masked by, or attributed	Progress bar: 0% complete

Cont .....

Your progress through the workshop is indicated by the green bars.

When you choose the workshop you wish to do, click on the title. This will take you to the Workshop Homepage.



The screenshot shows the 'Women and mental health' workshop page (LMO-002) on the PriMeD website. The page includes a navigation bar with links like Home, Points, Your Details, Your Notes, About PriMeD, and Contact Us. A message from the facilitator, Dr. Natalie Burch, is displayed. Below the message, there are sections for 'Starting off...', 'Welcome discussion', 'Pre-test', and 'Workshop Units...'. The 'Workshop Units...' section lists several units with their titles, descriptions, and durations (e.g., 'Hormones and women's mental health (LPR-136)' - 15 mins). A sidebar on the right contains a 'Services for you' menu with options like Messages, Product Briefings, Starter Packs, Request a Visit, Support Material, and Medical Enquiries. There is also a 'Tell a colleague about PriMeD!' section with input fields for a colleague's name and email address, and a 'Your name:' field.

From here, you must complete the welcome discussion and Pre-test before you can start the units. Then you can work through the units. The progress bars will turn green as you progress through. When the Workshop status bars all turn green, it means you have finished all the steps in the workshop.

Once you have finished your three workshops, you can download your completion statement by clicking on "Points" from any PriMeD page. This will take you to the screen below:

The screenshot shows the 'Med-E-Serv PriMeD - Your reports' page. The page is titled 'Med-E-Serv PriMeD - Your reports' and has a navigation menu at the top with links for Home, Points, Your Details, Your Notes, About PriMeD, and Contact Us. The main content area is titled 'Reports available' and lists four categories of reports:

- Generic**: [Completion of online activities](#)
- RACGP**:
  - [Completion of online activities](#)
  - [Points reported](#) (to the RACGP)
  - [Points pending](#) (earned points to be reported in the next points submission to RACGP)
  - [Total points](#) (includes points already reported and points earned pending reporting)
  - [Points upgraded](#) (points for units which have now been taken up as part of a workshop and in consequence have been "upgraded" i.e. now reported or pending within the Group 1)
- RACP**: [Completion of online activities](#)
- General Practice Mental Health Standards Collaboration - GPMHSC**: [Completion of online activities](#)

The 'Completion of online activities' link for the GPMHSC category is circled in red. At the bottom of the page, there is a copyright notice '© Med-E-Serv Pty. Ltd.' and a 'Back to Top' button.

Click on the GPMHSC Completion of online activities report to display a printable report of your Mental Health workshop completions. You can then use this to fast track your accreditation, by sending it to the GPMHSC with

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your registration form. Alternatively, your points will be reported to the RACGP each month, who then report to the GPMHSC.