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ISSUE

15

FEBRUARY
2010



Simon Monks Memorial Award



The 2009 winner of the annual General Practice North West Simon Monks award was Angela Commane.

Angela is currently completing medical studies at the Rural Clinical School in Burnie where medical students are able to gain a broad range of experience in rural Tasmania with placements in Rural Hospitals and General Practices.

Angela was successfully nominated for the award, late last year and the award was presented by Dr Margret Oetterlli on 29th January 2010. Regional practices are invited to nominate students for the award at the end of the year.

GPNW have Re-Located

GPNW have re-located to Level 1, 11 Alexandra Road, Ulverstone.

Our new contact details are:

PO Box 358, Ulverstone, Tas 7315

Phone number 6425 0800

Fax number 6425 0888



A Date for Your Diary



General Practice North West's Annual Weekend Education Event 2010 will be held on the 26th and 27th June at the Tamar Valley Resort (formerly Grindelwald).

For more information see page 13.

To visit the Tamar Valley Resort go to: <http://www.tamarvalleyresort.com.au/index.php>

CONTACT

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(PO BOX 358)
ULVERSTONE
TASMANIA 7315
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GPNW Upcoming Events

contact@gpnw.com.au

WELCOME



General Practice North West would like to welcome Georgie Bird our new Receptionist to the Team at GPNW.

I have recently completed my senior schooling at St Brendan - Shaw College.

Currently I am involved in the production 'Bravo' a musical/ dance which is scheduled to perform in late March. This has rekindled a return to my beloved hobby of dancing and I intend to pursue this after the musical.

Before commencing this position I have been working at Coles, Devonport, casually after school and throughout holiday periods for a few years.

I am excited about this new position and looking forward to working with General Practice North West team, especially as they have made me feel so welcome.

GPNW CLINICAL SERVICES - WAITING TIMES

GPNW Clinical Services Mental Health waiting times are 4-6 weeks (depending on the venue).

Diabetes Clinical Service waiting times are 4 – 16 weeks (Smithton 6, Wynyard 10, Somerset 16, Burnie 14, Ulverstone 5 and Devonport 4). Appointments for newly diagnosed and insulin commencement clients are triaged and provided with appointments.

Additional Clinical Staff appointments should improve access to services and appointments.

Please fax all Diabetes and Mental Health referrals to 6425 0888 or free fax 1800 671 359.

Medicare

Rebekah Sheahan

rsheahan@gpnw.com.au

NEW MBS ITEMS

The new item numbers will be effective from 1 May 2010. Information on the changes is available through the MBS Online website under Latest News – Changes to Medicare Primary Care items. General Practice North West will provide education around the changes when more information is available.

PIP INDIGENOUS HEALTH PROGRAM

The new PIP Indigenous Health Program also starts in May 2010. Registration forms will be available from the Medicare Australia website from late February. For more information, see the Question & Answer document on the Medicare website, under For Health professionals > Incentives and Allowances > Practice Incentives Program (PIP).

eHealth Updates

Gary Walker

gwalker@gpnw.com.au

EPRESCRIBING SOFTWARE

Should I use:



or



..or both??

To help you decide, AGPN have created a document outlining the basics of ePrescribing and a comparison of the two current vendors in the marketplace - MediSecure and eRX.

This document has been created to help inform General Practice in making a choice in ePrescribing software and hopefully raise the awareness of ePrescribing in general.

You can find a link to the comparison document on the GPNW website: http://www.gpnw.com.au/AAWeb%20Pages/Programs/Tas%20eHealth%20Messaging/eHealth_ePrescribingComparison.pdf.

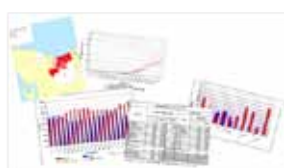
INFORMATION MANAGEMENT TOOLS AND ASSISTANCE

General Practice North West provide a number of tools and training to assist practices with data cleansing, patient analysis, practice benchmarking and proactive patient management. The tools and training are provided for free by GPNW.



CAT scrutinises a practice's patient information and presents it in a refreshing graphical format that is easy to understand. It can be used to assist with accreditation, or be used to produce a list of patients who fall into selected population 'target groups', making population health and quality care initiatives simple to act upon and measure, and allow a practice to identify business opportunities.

Practice Health Atlas



Aims to inspire **general practice teams** to reflect on their clinical activities and to develop innovative business models for more effective health care services/outcomes.

Broken into three main areas:

demographics | chronic disease | item number utilisation

If you want to know more about the Information Management tools available for your practice, contact Gary Walker.

Palliative Care Program

Sharee Taylor

staylor@gpnw.com.au

NEW DHHS PALLIATIVE CARE WEBSITE



The Department's new Palliative Care website provides important information about palliative care services, referral information, contact details, key resources, list of related sites, the fact sheets, guidelines, formulary etc.

To visit the website go to: http://www.dhhs.tas.gov.au/palliative_care/welcome

Put it on your desktop for easy access

NEW PALLIATIVE CARE ADULT DRUG FORMULARY



The new drug formulary has been developed by Palliative Care Service medical specialist and the UTAS School of Pharmacy. It is based on a New Zealand model, but has been expanded and developed to be the most comprehensive, accessible and up-to-date palliative care drug formulary in the country.

To view the New Palliative Care Adult Drug Formulary go to: http://www.dhhs.tas.gov.au/palliative_care/publications2.

NEW CARE MANAGEMENT GUIDELINES

The new set of web-based guidelines, which encompass the following areas/issues, aim to assist health professionals in the clinical care of:

- Delirium
- Breathlessness
- Clinical Decision Making at the End of Life
- Constipation
- Terminal Care
- Pain Management
- Nausea and Vomiting
- Fatigue Anorexia Cachexia
- Emergencies in Palliative Care

http://www.dhhs.tas.gov.au/palliative_care/publications2/fact_sheets4) for a copy of the guidelines.

NEW CONSUMER FACT SHEETS

Some 22 fact sheets have been developed to assist patients, consumers, carers and their families. The fact sheets, which provide important information about common symptoms and challenges that arise when caring for a person who is dying, encompass the following areas:

Pain: About Pain, Pain Medication, Pain Diary, Pain Chart, Frequently Asked Questions.

Palliative Care Emergencies: About emergencies, Haemorrhage and Bleeding, Hypocalcaemia, Spinal Cord Compression, Superior Venal Cava Obstruction

Other Symptoms: Breathlessness, Constipation, Delirium, Fatigue, Laxatives, Nausea and Vomiting End of Life.

End of Life: Advance Care Planning, Caring for the Dying, Considerations After Death, Dying at Home, Wills and Wishes.

http://www.dhhs.tas.gov.au/palliative_care/publications2/fact_sheets) for Copy of the fact sheet.

Nursing In General Practice Program

Bronwyn McLaren

bmclaren@gpnw.com.au

UNDERSTANDING THE MBS ITEMS IN GENERAL PRACTICE

This on-line course has been developed to provide health professionals and nurses working in general practice with the knowledge and the skill to access, understand and efficiently utilise MBS items in claiming for their services and in maximising the practices claims and benefits.

What does the course cover?

The MBS items course includes:

- The broad underpinnings of general practice financing in Australia including the Medicare system and the Practice Incentive Payment Program
- Knowledge on how nurses can contribute to general practice income through both the Medicare and PIP systems
- Comprehensive support information including: guidance material, related resources, and fee schedules that assist nurses claiming timely and adequately.

How to enrol?

Click [here](#) to enrol now or contact APNA for more details. www.apna.com.au

How much does the course cost?

This one-off course can be purchased at the cost of \$110 or \$80 for APNA members

APNA CPD Points: 3

ARTICLES

Interesting articles from your fellow Practice Nurses:

- <http://www.ajan.com.au/Vol27/Jasiak.pdf>
- <http://www.ajan.com.au/Vol27/Carr.pdf>

If you have recently read an interesting article and would like to share it, please forward the link to bmclaren@gpnw.com.au

PAP SMEAR TRAINING FOR PRACTICE NURSES

Tasmania are not currently running Pap Smear Training, however the training is currently available for interested Nurses at the University of Melbourne, Department of General Practice.

Programme Title: Provision of Training to Practice Nurses in the taking of Pap test

Organisation: University of Melbourne, Department of General Practice

Length: 6-8 months

Method of Delivery:

One Semester (6months) distance learning with one day face to face in Melbourne. Plus clinical component 15-20 supervised Pap tests under supervision of preceptor (either advanced PN or GP).

This programme covers the provision of Pap smears.

Course Contact: Bernie Cooper Tel: (03) 8344 7276 or Email: cooperb@unimelb.edu.au

Practice Manager Network

Gaye Aitken

gaitken@gpnw.com.au

PRACTICE MANAGER NETWORK ACTIVITIES FORMAT FOR 2010

The format for Network activities in 2010 will be very similar to 2009; this is presuming the AAPM hold their Virtual E-Seminars again.

In addition GPNW will be registering for a number of the GPA ONLINE plus, interactive online training presentations. These presentations are held monthly, over the lunchtime and run for approx 30 – 45 minutes. The sessions cover a range of topics from accreditation through to computer security.

Dates will be advertised as soon as available to enter into your diaries.

The quarterly network meetings will be held in conjunction with these online activities.

There may also be some face-to-face education/training/information sessions depending on the need.

Workforce Support

Gaye Aitken

gaitken@gpnw.com.au

RACGP QA&CPD – THE FINAL YEAR OF THE 2008-2010 TRIENNium

The RACGP QA&CPD Program exists to assist GPs to sustain and improve the quality of care provided to patients.

- A minimum of 130 points is required for the triennium and must include:
- Two category 1 activities and
- Completion of a basic CPR course (Please read the additional CPR article in this issue)

Category 1 options may include:

- ALM (Active Learning Module) 40 points
- Clinical audit (40 points)
- Rapid PDSA (Plan, Do, Study, Act) 40 Points
- Small group Learning (40 points)
- Supervised clinical attachment (40 points)
- RACGP assessment activities (150 points)

Category 2 options:

- Endorsed or accredited provider Category 2 activities (2 points per hour)

Unaccredited activities :

- Two points per hour (capped at 20 points for the triennium)

Basic CPR Course:

- Must meet ARC (Australian Resuscitation Council) guidelines
- Can be a Category 2 activity or part of a category 1 activity

GPs can access their QA&CPD points statement on-line by visiting the RACGP website <http://www.racgp.org.au> and entering their logon and password details.

Check out the GP Learning website <http://www.racgp.org.au/gplearning> to find a range of on-line education activities. GPs can also visit the ThinkGP website <http://www.thinkgp.com.au/> to complete a wide range of QA&CPD on-line activities.

GPs are advised to check their points statement early in the year to eliminate panic towards the end of the year.

Lifestyle Modification Program

Sharee Taylor



staylor@gpnw.com.au

TYPE 2 DIABETES PREVENTION PROGRAM

(Accredited Lifestyle Modification Program)

Start the New Year with a healthier approach!

(Targeting 40-49 year old patients)

The program is group motivated & educational sessions supporting lifestyle changes & adoption of healthy lifestyle choices (bring along a support person)

Devonport Group No 2 started in February.

We are still seeking referrals from all other areas to startup group sessions in your area !!

The Program consists of:

- ✓ Introduction and what is pre-diabetes? Physical activity and healthy weight
- ✓ Introduction to healthy eating/carbohydrates & fibre
- ✓ Preventing cardiovascular disease
- ✓ Staying motivated and positive thinking - Stress Management

For more information on the program please refer to:

- ✓ Your Practice Nurse
- ✓ Our website: <http://www.gpnw.com.au/cdm.html>
- ✓ Or contact Sharee Taylor (Ph: 6425 0800)

Facilitators:

Elisa Williams: Clinical Nurse Consultant & Credentialed Diabetes Educator

Dr Michelle Towle: Healthy Lifestyle Consultant

Meg Arvier: Practice Nurse



Mental Health Program

Sharee Taylor

staylor@gpnw.com.au

MENTAL HEALTH TREATMENT PLANS FROM 1ST JANUARY 2010

MBS ITEMS 2710 & 2702

GPs registered as having completed Mental Health Skills Training (MHST) are eligible to claim MBS item 2710 (\$160.45).

GPs not registered as having completed this training claim MBS item 2702 (\$125.95).

(Medicare sent letters to GPs advising of their eligibility on the 27th January 2010).

All GPs can continue to use MBS item 2712 for the Mental Health Treatment Plan Review.

To confirm eligibility, contact General Practice Mental Health Standards Collaboration (GPMHSC) on either gpmhsc@racgp.org.au or julia.clarke@racgp.org.au or phone Julia Clarke on (03) 8699 0554.

Immunisation Program

Bronwyn McLaren

bmclaren@gpnw.com.au

2010 IMMUNISATION SCHEDULE UPDATE

The current Immunisation Schedule, now incorporate the Panvax and Seasonal Influenza Vaccine for people aged 6 months to 64 years at medical risk (including pregnant women). To view and print the revised schedule please visit <http://www.gpnw.com.au/immunisation.html> under resources.

H1N1 WEBSITE FOR HEALTH PROFESSIONALS

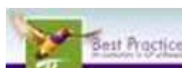
The Commonwealth has a website with up to date information for health professionals at <http://www.healthemergency.gov.au/internet/healthemergency/publishing.nsf/Content/healthprof>

Vaccination Services at the bottom of the Guidance and information for Health Professionals page on the website <http://www.healthemergency.gov.au/internet/healthemergency/publishing.nsf/Content/healthprof>

A good summary of the information on this flu can be found at this site; http://www.ncirs.usyd.edu.au/h1n1_influenza_sheet.htm

Daily information on the H1N1 09 situation can be found at; http://www.healthemergency.gov.au/internet/healthemergency/publishing.nsf/Content/healthswine_influenza-index.htm

Medical Software



Rebekah Sheehen

rsheehen@gpnw.com.au

If you are interested in receiving in-house training, resource creation, or templates for your medical software, please contact Rebekah on 6425 0800.

CLINICAL E-AUDIT: REVIEW OF PROTON PUMP INHIBITOR (PPI) PRESCRIBING

The latest Clinical e-Audit for GPs on the review of PPI prescribing is now available. This e-Audit will assist GPs to review management of patients using PPIs, identify and implement a step-down strategy for suitable patients and review concurrent use of drugs that may induce or exacerbate dyspepsia/ulceration.

Enrol online at www.nps.org.au/health_professionals.

QUALITY PRESCRIBING INITIATIVE OF THE PRACTICE INCENTIVE PAYMENT (QPI OF PIP)

NPS visits, either individual or small group meetings, contribute to activities recognised for the QPI payment (approximately \$1000 per FTE GP per year). Payment will be made if the practice meets the minimum participation level in the 'PIP year' (1 May – 30 April). On average a practice must participate in one clinical audit plus two other NPS activities (e.g. therapeutic topic visits) per FTE GP within this period. Make sure that your practice registers all GPs and Registrars for the PIP. Contact Medicare Australia on 1800 222 032 or go to: www.medicareaustralia.gov.au/pip.

ACUTE CORONARY SYNDROMES (ACS):

COMMUNICATION WITH GENERAL PRACTICE AT DISCHARGE

Four Tasmanian Hospitals have recently completed the follow-up phase of the National Prescribing Service (NPS) Discharge Management of Acute Coronary Syndromes (DMACS) project.

One of the main objectives of the DMACS project was to improve communication with GPs and state results show that participating hospitals have risen to this challenge and delivered some worthwhile improvements in this key area.

At baseline, five days was reported as the median interval between patients leaving hospital and the receipt of a discharge summary by GPs; however at follow-up this had fallen to just one day. Not only did the timeliness of discharge information improve, but also the content; improvements in all aspects were reported at follow-up, but most significantly evidence of a chest pain action plan (up from 33% to 64%) and a list of medication (up from 75% to 91%).

The results of the DMACS project have been presented and discussed at multi-disciplinary meetings with the hospitals involved. At each of these, comments received from GPs have been fed back to usefully highlight further opportunities for improvement in discharge communication.

For those wanting more information, the local DMACS team have produced a two-page summary for GPs which highlights the clinical benefits of specific interventions (drug and non-drug) in ACS, provides Tasmanian data and practical recommendations for improving QUM post-ACS. This can be accessed on-line at <http://www.pharmacy.utas.edu.au/UMORE/projects/NPSDUE/intro.htm>.

Home Medicines Review (HMR)

Rebekah Sheehen

rsheehen@gpnw.com.au



North West Regional Hospital



REDUCING UNPLANNED HOSPITAL READMISSIONS

Reducing the rates of unplanned hospital readmissions is a common goal for all health professionals.

A new project to be launched by the North West Regional Hospital, has the potential to make a significant impact on these figures and also reduce the burden on GPs.

Impressively, a recent study has reported a 45% reduction in rehospitalisation rates in a group of patients who received a post-discharge Home Medication Review (HMR).

This randomized controlled trial of 5,000 heart failure patients, discharged from South Australian hospitals, retrospectively compared “unplanned readmission” rates for those patients who had received a timely HMR to those who had not.

- The Campbell Report on HMR 1, commissioned by the Department of Health and Ageing in 2008, found that: *“The greatest gap in access to HMR is for those consumers at highest risk...including certain patients in the period after hospital discharge”*; and that

HMRs in the period post hospital discharge received the most support from GPs; and recommended changing to a more effective model with a clear focus on consumers most in need of a HMR; in particular a need for ‘rapid response’ HMR to occur within 10 days of discharge from hospital.

A project team at the **North West Regional Hospital** will soon begin a project where;

The hospital clinical pharmacist will:

- Identify, inform and consent high risk patients for HMR; and
- Send comprehensive medication information, patient consent and referral forms to the GP.

If you think your recently discharged patient would benefit from a ‘rapid response’ HMR all you need to do is sign the referral form and send it to your patient’s nominated pharmacy.

If you do not wish your patient to have a HMR you don’t need to do anything.

HMRs following hospital discharge will clearly focus on ensuring that patients:

- Understand their new medication regime and receive education
- Are taking prescribed doses (e.g. warfarin, amiodarone)
- Have appropriate monitoring and follow-up by GP

The key focus is to improve the communication of the medication action plan between the hospital, you (the GP) and your patient and to prevent medication mishaps during the early period following discharge.

The success of this project will be measured by the impact on patient outcomes, improved communication between the hospital, GPs and patients and any observed impact on re-admission rates to hospital.

If you have any questions regarding the project please contact Suzette Seaton (Manager of Pharmacy NWRH) on 64 306717 or Vincent McAllister (HMR Facilitator for GP North West) on 0408 468 434

This project has been approved by the Tasmanian Health and Medical Human Research Ethics Committee. If you have any concerns of an ethical nature, or complaints about how the study is conducted, you may contact the Executive Officer of the Human Ethics Committee (Tasmania) Network or human.ethics@utas.edu.au. Quote ethics reference number H10817.

1. Campbell Research & Consulting: Home Medicines Review Program Qualitative Research Project Final Report, Department of Health & Ageing Medication Management and Research Section, 2008

New GP Support Program

Gaye Aitken

gaitken@gpnw.com.au

NEW GP SUPPORT

GPNW offer all new GPs and GP Registrars with an individualised orientation to local health and community services to assist them during their settling in process.

The orientation includes appointments, that are scheduled during the initial period prior to the GP obtaining their provider number; the remainder are scheduled during the first few weeks in the practice. Liason with the Practice Manager occurs to minimise the time spent away from the practice.

The schedules of appointments vary according to the needs of the GP and the practice. The orientation may include, but is not limited to:

- A&E departments at the NWRH and/or Mersey Community Hospitals
- Regional Imaging
- North West Pathology
- Spencer Clinic
- Specialists clinic at NWRH and/or Mersey Community Hospital
- GP Liaison – Dr Keith McArthur
- Community Health Services
- Palliative Care Service
- North West Alcohol & Drug Services
- Centrelink
- North West Centre Against Sexual Assault

Do you have new GPs or GP Registrars that would benefit from a visit to these or another health or community service. Contact Gaye Aitken at GPNW on 6425 0800

In addition the new GPs and GP Registrars are also invited to meet with the relevant GPNW staff members to become familiar with the types of services/programs offered, including:

- Medicare item number training – Ms Rebekah Sheahan
- Medical software training – Ms Rebekah Sheahan
- Clinical Services – Ms Dulcie Ryalls
- Immunisation program – Ms Bronwyn McLaren
- HMR Facilitator – Mr Vince McAllister
- Mental Health Facilitator – Dr Beris Konetschnik
- CEO, Deputy CEO, Program and administration staff

Practice based follow-up visits and training are offered. If you would like your new GP or GP Registrar to participate in a follow-up visit from any of the above services please contact Gaye Aitken gaitken@gpnw.com.au or 6425 0800. New GPs can be overwhelmed by the information and unsure of additional assistance, required. Managers are in a position to recognise the need, discuss it with the GP and contact GPNW.

If the GP (or his family) require assistance in any other areas please contact Gaye to discuss their needs.

GPNW Upcoming Events

contact@gpnw.com.au

STRENGTHENING NUTRITION IN GENERAL PRACTICE

Short Course For Practice Nurses – Coming in 2010!

The Community Nutrition Unit (DHHS) are teaming up with GP North West to deliver the “Strengthening Nutrition in General Practice” short course. Nurses from across the state, who have completed the course previously, have given extremely positive feedback, urging all Practice Nurses to participate.

There are 3 sessions to complete the course, each for 3.5 hours and are facilitated by two Accredited Practising Dietitians. The course is interactive, allows opportunity for nurses to become familiar with and use the current version of the “It Takes More Than An Apple a Day” nutrition manual, which is provided free for each practice.

Session 1: focuses on healthy eating for adults and an introduction to using the tools and handouts in the manual.

Session 2: explores dealing with weight issues.

Session 3: focuses on diabetes, heart disease and case studies. All 3 sessions must be completed to receive RCNA recognition.

The sessions will be held at the new GPNW Ulverstone offices.

Dates:

Session 1 – Wednesday 3rd March 1:00-4:30 pm

Session 2 – Wednesday 17th March 1:00-4:30 pm

Session 3 - Wednesday 31st March 1:00-4:30 pm

Places are limited

For further information please contact Bronwyn McLaren on 6425 0800 or email bmclaren@gpnw.com.au

PRACTICE MANAGERS MEETING/PRACTICE FORUM

For Practice/Office Managers

Forum designed to provide an opportunity for practice staff to attend an online discussion forum. Discuss and find some answers regarding set topics chosen by practices across Australia

Presenter: Michelle Hooper - GPA Plus

Date: Wednesday 17th February

Time: 12.00pm - Practice Managers Meeting

1.00pm -2.00pm Practice Forum

Location: GPNW

Level 1, 11 Alexandra Rd

Ulverstone, Tas

Contact: Gaye Aitken (gaitken@gpnw.com.au)

RSVP: 12th February

GPNW Upcoming Events continued

TRIAGE

For Practice Staff

Triage is a vital tool to have within the general practice setting. As the first point of contact, ensure you know what to do in an emergency. This session is aimed at Medical Receptionists.

- Presenter:** Michelle Hooper - GPA Plus
- Date:** Tuesday 23rd February
- Time:** 2.00pm - 3.00pm (Light Refreshments Provided)
- Location:** GPNW
Level 1, 11 Alexandra Rd
Ulverstone, Tas
- Contact:** Gaye Aitken (gaitken@gpnw.com.au)
- RSVP:** 19th February

IMMUNISATION UPDATE

For GPs and Practice Nurses

- Presenter:** Dr Greg Rowles
- Date:** Thursday 4th March
- Location:** Ulverstone - TBA

For further information please contact Bronwyn McLaren on 6425 0800 or email bmclaren@gpnw.com.au

CULTURAL AWARENESS TRAINING

With more practices recruiting IMGs, GPNW recognised the need of providing Practice Managers and Practice Nurses with additional cultural awareness training; increasing understanding of Culturally and Linguistically diverse cultures.

It is imperative practice staff understand the differences between a variety of cultures and differences in communication and lifestyles that may affect the relationship between staff and the new GP. Training is provided by the Migrant Resource Centre (Southern Tasmania)

The objectives of the training session are:

- To gain an overview of and techniques for effective communication
- To gain an overview of and techniques for effective speaking and listening
- To have an understanding of barriers to effective communication
- Cultural impacts on effective communication
- To have a working knowledge of effective use of Interpreters

- Date:** Wednesday 10th March 2010
- Time:** 12.00 pm – Lunch
12.30 pm 4.30 pm – Training
- Location:** KGs – Upstairs at the River Arms Hotel, Ulverstone

GPNW Upcoming Events continued

ORIENTATION TO GENERAL PRACTICE: 2 DAY WORKSHOP

For Nurses that have commenced working within General Practice in the last 12 Months

This course provides a 2 day overview of working in General Practice and is combined with General Practice North

Date: Wednesday 28th & Thursday 29th April

Location: Venue TBC
Deloraine/Westbury Region

For further information please contact Bronwyn McLaren on 6425 0800 or email bmclaren@gpnw.com.au

INTRODUCTION TO GENERAL PRACTICE

For Nurses wanting to work in General Practice 1 to 2 day Workshop - do you know anyone who may be interested in knowing more?

Date: Mid May

Location: Venue TBC
Latrobe

For further information please contact Bronwyn McLaren on 6425 0800 or email bmclaren@gpnw.com.au

WEEKEND EDUCATION EVENT...ENTER THESE DATES INTO YOUR DIARY NOW

When: 26th & 27th June 2010

Where: Aspect Tamar Valley Resort (formerly Grindelwald)

Key Speaker: Associate Professor Michael Nicholas
Pain Management & Research Centre, Royal North Shore Hospital Sydney

Topic: Pain Management

- Helping chronic pain patients to self-manage their pain
- Making sense of pain, from a psychological perspective
- Psychological Management of Low Back Pain
- Chronic Pain and Recovery – psychological influences
- Integrating medical and psychosocial interventions in chronic pain
- Managing chronic pain in those who are also depressed

The full program is yet to be finalised, including case studies and a panel discussion.

Dr Richard O'Regan, Addiction Specialist, Alcohol & Drug Service, has also agreed to be part of our event.

We anticipate sending the GP information packs out by the end of March; if you require any information regarding our Weekend Education Event please contact Gaye Aitken gaitken@gpnw.com.au or phone 6425 0800.

Upcoming Events

contact@gpnw.com.au

TASMANIAN BURNS STUDY DAY FOR ALL HEALTH PROFESSIONALS

Date: Friday 12th March

Time: 9.30am - 3.00pm

Location: Campbell Town

Please contact Rebecca Schrale Ph: 6222 6679 or Email rebecca.schrale@dhhs.tas.gov.au for more information

BENCHMARK GROUP AND GP NORTH ARE RUNNING NATIONALLY ACCREDITED COURSES

Date: Mon 29th, Tue 30th and Wed 31st March

Location: Launceston

Please click on the link below for more information: <https://promo-manager.server-secure.com/download/files/05760/152002/Tasmania+2010.pdf>

RACGP CPR SKILLS TRAINING ROAD SHOW

The RACGP 3rd Edition Standards criterion 3.2.2 C states 'Our staff involved in clinical care have undertaken training in CPR in the past 3 years'.

GPs are also required to complete recognised CPR training as part of the 2008-2010 RACGP QA&CPD Program requirements (please see RACGP QA&CPD article in this edition).

Date: Saturday 1st May 2010

Location: University Campus

Cost: \$44.00 members

\$55.00 non members

Duration: Three hours

Time: To be confirmed

For further information please contact the RACGP Tas Faculty on 6278 1644.

GPS please check your QA&CPD points statement if you have completed recognised CPR Training during the 2008-2010 triennium to ensure your CPR QA&CPD points have been allocated. If they are not on the statement please fax 6278 2159 a copy of your CPR certificate to the College and they will allocate the points for you.

Upcoming Events continued

LUNG HEALTH PROMOTION CENTRE AT THE ALFRED 2010 COURSE DATES For Practice Nurses

Course	Date(s)
Asthma Educator's Course (\$650)	3 – 5 March 14 – 16 July 10 - 12 November
Presenting & Educating With Confidence (\$240)	2 March 17 July 13 November
Smoking Cessation Facilitators Course (\$550)	24 – 25 February 9 - 10 June 20 – 21 October
Using Positive Psychology For Life & Work (\$240)	24 June
Paediatric Respiratory Update (\$240)	3 June
Asthma Management Update (\$240)	21 July
Non Invasive Ventilation (NIV) Acute Management (\$240)	4 June
Respiratory Clinical Update (\$240)	29 July
Respiratory Course (\$875)	21 – 23 April / 26 – 27 May 15 – 17 Sept / 27 – 28 Oct
Managing COPD – There IS something you can do! (\$480)	19 – 20 April 26 – 27 August 18 – 19 November
Spirometry Principles & Practice (General \$660 / Public Hospitals & Universities \$520)	15 - 16 February 24 – 25 May 12 – 13 August 4 – 5 November
Introduction to Spirometry Workshop (1/2 day) (\$120)	23 July

* All course fees are GST inclusive

For further information or to register for a course, please contact the Lung Health Promotion Centre at The Alfred on (03) 9076 2382, email lunghealth@alfred.org.au or visit www.lunghealth.org.



DO SOMETHING DIFFERENT FOR A CHANGE! SHORT COURSES IN EXPEDITION MEDICINE

Learn how to respond to medical problems in a wilderness setting and develop skills to keep you functioning in extreme environments. Challenge yourself with realistic scenarios involving search and rescue and extrication. QA&CPD and PDP points and procedural training grant approved. These unique 8 day courses are only available in Tasmania.

Course Date: 24 – 31 July 2010

Theme: Ice & snow

Ph: Tim Grimsey on 03 62781551 or www.gptt.com.au

Stretch yourself and have fun!

Other Information

contact@gpnw.com.au



STUDY PAYS OFF FOR TWO NORTH WEST AND WEST COAST DOCTORS.....

A great deal of hard work by the candidates together with personal and family sacrifices have paid off for, two GPs in the North West region.

Congratulations goes to:

- Dr Ali Kidmas
- Dr Kelum Jayasena

Both GPs were recently advised they were successful in passing their RACGP 2009.2 Exam.

Numerous hours of study along with many hours spent at workshops, almost always conducted during the evening or weekends are all part of the preparation that doctors must commit to in order to succeed at passing the exam. The combination of juggling a full time workload, family commitments and study obligations can be quite onerous for the GPs.

I am sure everyone will join with the GPNW Board Members and Staff in congratulating Dr Kidmas (Queenstown General Practice) and Dr Kelum Jayasena (City Medical Centre Devonport).

Both doctors are now eligible for their Fellowship with the Royal Australian College of General Practitioners and will become vocationally registered.

Vocational registration does provide a doctor with greater career options, however most overseas trained doctors who achieve VR are still subject to the ten year moratorium, which means while they can only choose to practice in regions classified as a District of Workforce Shortage.

We wish all Doctors who are currently studying for their RACGP exam on the 6th March 2010, the very best of luck.

A note for future reference – if you have a GP at your practice, or you are a GP planning to sit your Fellowship exam during 2010 don't forget to nominate Burnie as your preferred site. Please keep in mind the final decision on where exams are held is decided by RACGP National in Melbourne. If you require details please contact Gaye Aitken gaitken@gpnw.com.au or 6425 0800.

TASMANIAN AUTISM SPECTRUM DIAGNOSTIC ASSESSMENT SERVICE (TASDAS)

The TASDAS provides comprehensive assessments for children and youth suspected of having an autism spectrum disorder (ASD).

TASDAS works with public and/or private diagnostic services, including paediatricians, child/adolescent psychiatrists and psychologists when a decision has been reached that a specialised autism spectrum assessment is appropriate.

Referrals can be for an initial diagnostic assessment or for an additional comprehensive assessment to confirm a diagnosis.

TASDAS is staffed with two psychologists and one speech pathologist.

The TASDAS is now taking referrals for children up to 18 years.

For more information go to: http://www.dhhs.tas.gov.au/service_information/services_files/tasdass

For a copy of the updated fact sheet for GPs go to: http://www.dhhs.tas.gov.au/_data/assets/pdf_file/0011/49772/TASDAS_Fact_sheet-_GPs_Dec_2009.pdf

Other Information continued

NORTH WEST RENAL CLINICS

As of March 2010, all Renal Clinics for North West Tasmania will be conducted through DHHS.

There will be 3 Renal Physicians conducting the clinics:

- Dr Mathew Mathews
- Dr Rajesh Raj.
- Dr Duncan Cook

The referral process will be to fax all referrals to North West Renal Unit on 64344133

All referrals must be made inclusive to all 3 doctors.

Referrals will be actioned within 3-5 working days.

The patient will be phoned or mailed their appointment depending on information included in referral such as phone numbers.

Urgent referrals can be discussed with the nurse-in-charge who will determine with the GP, and the Consultant if necessary, whether to refer to the appropriate doctor doing the next renal clinic.

For further assistance please contact the N.W. Renal Unit 6434 4130.

NEW GUIDELINES FOR SURGERY IN PUBLIC HOSPITALS

From 1 January 2010, some elective surgery procedures will no longer be routinely performed in Tasmanian public hospitals. These include a range of body contouring, breast, facial and skin and subcutaneous tissue procedures and some urological, gynaecological and vascular procedures.

This is consistent with the approach of other Australian states.

Information for General Practitioners on procedures not funded to be routinely performed in Tasmanian public hospitals have been developed and are available at: http://www.dhhs.tas.gov.au/__data/assets/pdf_file/0005/49469/Info_for_GPs_final_Dec_2009.pdf

More detailed guidelines available on the DHHS site.

From 1 January 2010 the procedures detailed in the guidelines will only be performed in Tasmanian public hospitals under exceptional circumstances where patients meet a clinical indication for surgery or have other circumstances which demonstrate an overriding need for surgery.

What do GPs need to do?

GPs need to make themselves aware of the procedures that will no longer be routinely performed and the exceptional circumstances for surgery.

If GPs assess a patient as meeting the exceptional circumstances for surgery, they need to clearly indicate the reasons on the referral. The referral will be returned to the referring GP, should the exceptional circumstances not be clearly stated.

GPs also need to be aware that if a hospital declines surgery for a procedure not routinely performed in a public hospital, the patient can appeal the decision, via their GP. Appeals are completed online at: http://www.dhhs.tas.gov.au/health_and_wellbeing/hospitals/elective_surgery

The appeals section of the website is password protected and communicated to GPs via email.

Given the experience of other states, it is anticipated that the volume of appeals should be minimal.

Patients currently on public hospital elective surgery waiting lists for a procedure listed in the guidelines will be reviewed and removed from the list, should they not meet the exceptional circumstances for surgery.

Further information please contact the Department of Health and Human Services by emailing:

jane.mckercher@dhhs.tas.gov.au or mary.condonwilliams@dhhs.tas.gov.au

Other Information continued

NEW HEART FOUNDATION PRACTICE TOOLS FOR MANAGING HYPERTENSION – NOW AVAILABLE

Based on the *Guide to management of hypertension 2008*, new tools to help busy health professionals treat people with hypertension are now available.

- Wall chart
- Quick Reference Guide
- Slide presentation
 - BP management algorithms
 - Drug treatment algorithms for BP
 - Treatment targets for BP
 - Australian absolute cardiovascular risk charts

For ordering print copies, contact our Health Information Service on 1300 36 27 87 or email health@heartfoundation.org.au. The slide presentation can be downloaded from www.heartfoundation.org.au/Professional_Information/Clinical_Practice/Hypertension.

NEWS FROM THE NATIONAL VASCULAR DISEASE PREVENTION ALLIANCE (NVDPA)

NVDPA updated online calculator for measuring cardiovascular disease (CVD) risk now available at www.cvdcheck.org.au.

If you're interested in measuring your patients' five-year risk of getting CVD, make sure you visit our recently updated website www.cvdcheck.org.au.

On this website you will find:

- a more user-friendly CVD risk calculator for you to use with your patients
- a downloadable desktop version of the updated calculator
- easy-to-understand information explaining absolute CVD risk and what a risk score means
- a Q&A page that addresses frequently asked questions about absolute CVD risk
- links to other useful resources for measuring CVD risk and preventing CVD

The calculator and other information on the website are based on the 2009 Australian Guidelines for the assessment of absolute cardiovascular disease risk developed by the NVDPA and endorsed by the National Health and Medical Research Council.

NVDPA members include the National Heart Foundation of Australia, National Stroke Foundation, Kidney Health Australia and Diabetes Australia.

Disclaimer:

General Practice North West makes this material available on the understanding that users exercise their own skill and care with respect to its use. Before relying on the material in any important matter users should carefully evaluate the accuracy completeness and relevance of the information for their purposes and should obtain appropriate professional advice relevant to their particular circumstances. The material may include views or recommendations of third parties which do not necessarily reflect the views of General Practice North West or indicate its commitment to a particular course of action.

GENERAL PRACTICE NORTH WEST

gazette



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