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ISSUE

18

MAY  
2010



## Primary Health Care Organisations (PHCO)

### WHAT ARE THEY AND WHAT MIGHT IT MEAN FOR US?

Most of you will have heard that the federal government intend to establish a number of Primary Health Care Organisations (PHCOs) across the country, evolved from Divisions of General Practice.

All 100+ Divisions in the network are waiting with strong interest for the detail of this initiative to be provided, however AGPN has been working very closely with the government to provide input and to ensure that general practice stays front and centre of any new development.

The GPNW Board, along with colleagues in the north and south, have been following this development closely and are working, as much as possible in the absence of real detail, to position the Tasmanian Network to side-step any risks and to make the most of opportunities.

More detail is expected in the May federal budget.

Rest assured that GPNW will be working hard to ensure continuation of all the support services we provide to you and your practice, in the changes ahead.

For a detailed summary and links to key documents, regarding the National Reform Agenda and PHCOs, go to GPNW website: [www.gpnw.org.au](http://www.gpnw.org.au)

## Pain Management Education Event

GPNW Weekend Education Event - Tamar Valley Resort

26th & 27th June 2010

Registrations Close Soon

**Keynote Speakers : Associate Professor Michael Nicholas & Dr Fiona Blyth**

To view the GP Information Pack or Registration Forms go to <http://www.gpnw.com.au/#WEEInformation> or for more details see page 11, or contact Gaye Aitken, [gaitken@gpnw.com.au](mailto:gaitken@gpnw.com.au)

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# GPNW Updates

[contact@gpnw.com.au](mailto:contact@gpnw.com.au)

## WELCOME

General Practice North West would like to welcome Karen Kelly, Executive Support Officer and Louise Terry-Blume, Mental Health Nurse to the Team.



Karen Kelly has commenced as an Executive Support Officer. As well as executive support, Karen will also take on a lead role for Administration team meetings and actions, OH&S Committee and the Continuous Quality Improvement (Accreditation) of the organisation.

Karen comes with a wide experience in administration, executive support, promotion and events coordination and quality improvement areas. She has worked in diverse industries and brings a fresh eye to the GPNW business.



Louise Terry-Blume is a credentialed mental health nurse with a graduate diploma in community mental health sciences. She has extensive experience working in public community mental health and the private mental health setting. Louise is currently completing a Diploma in Professional Counselling and has a particular interest in depression, anxiety, grief and loss and psychosis.

## FAREWELL



It is with regret that GPNW “Farewell” Leon Van Der Linde, Psychologist after two and half years.

Leon worked regularly on the West Coast and in clinics on the Coast, specialising in hypnotherapy and bipolar disorder support groups.

Leon is not lost to the industry but moving to fresh pastures in the mental health services.

## GPNW CLINICAL SERVICES

### MENTAL HEALTH

#### GPNW MENTAL HEALTH CLINICAL SERVICE – NOTICE OF CLOSURE TO NEW REFERRALS

Due to a very high number of referrals and the loss of some key clinical staff, GPNW has taken the hard decision to not accept new referrals for a three-month period, **until August 1<sup>st</sup> 2010**.

We are doing all we can to quickly fill the vacancies, however with the high number of referrals already in the system we have no option but to close our books for the interim period.

We apologise for any inconvenience this may cause for your patients and want you to know that we are doing all we can to ensure the service is fully staffed and operational again, as soon as possible.

Please contact either Clinical Services Coordinator, Dulcie Ryalls [dryalls@gpnw.com.au](mailto:dryalls@gpnw.com.au) or the Chief Executive Officer, Elvie Hales, [ehales@gpnw.com.au](mailto:ehales@gpnw.com.au) to discuss any concerns you may have.

## DIABETES

### DIABETES NURSE EDUCATION TO RESIDENTS OF LOW CARE AGED CARE FACILITIES

General Practice North West (GPNW) has had a small amount of funding made available to enable one of our Diabetes Nurse Educators to visit Low Care Residential Aged Care facilities to provide assessment and education of residents with a diagnosis of Diabetes.

Information on access to this program has been forwarded to the Directors of Nursing/Care Co-ordinators of the Residential Aged Care facilities.

GPNW Diabetes Nurse Educators will primarily focus assessment and education of the resident but acknowledge the need to facilitate some staff education to ensure recommendations for resident management are supported and implemented.

GPNW Diabetes Nurse Educators will contribute to the residents facility care file.

Whilst a GP referral is preferred, it can also be completed by the Clinical Nurse Manager/Registered Nurse of the Low Care facility with GP knowledge.

If you have any questions about this program, please contact Dulcie Ryalls on 6425 0800 or email [dryalls@gpnw.com.au](mailto:dryalls@gpnw.com.au).

Waiting times for regular diabetes clinics are 2 to 4 weeks, depending on location, with Insulin Commencement and new diagnosis being areas of priority.

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

## Business Improvement Service

Judith Wyllie-Smith

[jwyllie-smith@gpnw.com.au](mailto:jwyllie-smith@gpnw.com.au)



### NEW BUSINESS IMPROVEMENT SERVICE

I am excited to say that I am back working for GPNW. I am working one day a week with interested practices offering a new Business Improvement Service. This service aims to support practices in the implementation of changes and/or improvements identified via the Practice Health Atlas & Pen Clinical Audit Tools.

This may include:

- Reviewing the Practice Health Atlas;
- Identifying goals and targets with the practice;
- Identifying data cleansing requirements;
- Developing an operational/strategic plan for the practice (in consultation with the key practice members);
- Assisting practices to achieve goals and targets.

My role will include working in conjunction with the existing practice support team.

If you would like to know more information about this new service or your practice is interested in participating please do not hesitate to contact me on Ph. 6425 0800 or email [jwyllie-smith@gpnw.com.au](mailto:jwyllie-smith@gpnw.com.au).

# Nursing in General Practice (NiGP)

Bronwyn McLaren

bmclaren@gpnw.com.au

## E-LEARNING TRAINING PACKAGE TO SUPPORT MEDICARE ITEM 10997

The e-Learning package consists of a foundation unit and seven disease-specific units covering the topic areas of arthritis, asthma, dementia, diabetes, cancer and coronary heart disease. The modules have been developed by expert organisations in the field of chronic disease which ensures current best practice is provided in each of the learning areas. The modules are intended to provide participants with introductory level knowledge and information to support the monitoring and support role.

Click on the link <http://www.3lp.rcna.org.au/10997/> to read more and start your training.

## DOES YOUR PRACTICE HAVE A NEW PRACTICE NURSE?

GPNW offer a comprehensive Practice Nurse Orientation that includes:

- Basic Overview of Management of Clinical Software
- Overview of Medicare Item Numbers including nurse specific item numbers
- GPNW Immunisation / Nursing in General Practice Programs
- Relevant resources

If you would like further information or would like to organise an orientation or Practice based training for your Practice Nurse please contact Bronwyn McLaren on 6425 0800 or email [bmclaren@gpnw.com.au](mailto:bmclaren@gpnw.com.au)

## APNA ONLINE LEARNING

APNA Online Learning provides a range of education and training, specific to the general practice clinical and business environment that enhances the professional role of practice nurses. Industry specific courses range from short courses to more formal qualifications. A range of generic courses are also available covering IT skills, building team effectiveness and governance training.

Topics currently available on APNA Online Learning include:

- Diabetes Management in the General Care Setting
- Mental Health Part One - (free for a limited time)
- Mental Health Part Two - (free for a limited time)
- Ulceration of the Lower Legs
- Organ and Tissue Donation - (free for a limited time)
- National Bowel Cancer Screening Program - (free for a limited time)
- Understanding the MBS Items
- IT skills including the Microsoft products
- Business skills including writing business plans
- plus a whole lot more.

In addition, the following courses have been produced in conjunction with other industry experts, and are not currently hosted on APNA Online Learning.

They are available to APNA members and practice nurses for free - click on the links below for instructions on how to enrol -

- [Immunisation Activities for Practice Nurses \(6 modules\)](#)
- [Clearing the Smoke \(Smoking Cessation\)](#)

[Click here to visit the APNA Online Learning site now](#)

## NiGP Continued

### NATIONAL REGISTRATION AND ACCREDITATION SCHEME UPDATE

The new National Registration and Accreditation Scheme is due to commence on 1 July 2010. The Nursing and Midwifery Board of Australia is preparing for the commencement of the scheme.

Communiques from the Board are available at <http://www.nursingmidwiferyboard.gov.au>.

Further information on the scheme is also available at the Australian Health Practitioner Regulation Agency website <http://www.3lp.rcna.org.au/10997/>.

### USEFUL WEBSITES;

<http://www.apna.asn.au/>

<http://generalpracticenursing.com.au/home2>

<http://www.rcna.org.au/>

<http://www.practicenursingtas.com.au/>

## eHealth Updates

Gary Walker

[gwalker@gpnw.com.au](mailto:gwalker@gpnw.com.au)

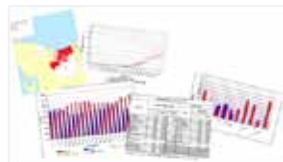
### INFORMATION MANAGEMENT TOOLS AND ASSISTANCE

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 at [gwalker@gpnw.com.au](mailto:gwalker@gpnw.com.au).

# Immunisation Program

Bronwyn McLaren

bmclaren@gpnw.com.au

## USEFUL WEBSITES

NCIRS has just created a new fact sheet entitled Pandemic H1N1 2009 influenza vaccine for Australians.

It is available on the Immunisation Resources page of our website at <http://www.ncirs.edu.au/immunisation/fact-sheets/index.php> - GPNW hope you find it informative.

Immunisation catch up schedule link - <http://www.health.sa.gov.au/immunisationcalculator/>

Clinical Audit Tool Recipe Group – Identifying at risk patient for Influenza vaccine.

[http://www.influenzaspecialistgroup.org.au/images/stories/resources/isg\\_recipe\\_web\\_sml.pdf](http://www.influenzaspecialistgroup.org.au/images/stories/resources/isg_recipe_web_sml.pdf)

## BECOME A NURSE IMMUNISER

The 2010 Immunisation course for Registered Nurses (P/T) CNA727 is held during second semester and costs \$663:00.

[http://courses.utas.edu.au/portal/page?\\_pageid=53,33239&\\_dad=portal&\\_schema=PORTAL&P\\_UNIT\\_CODE=CNA727&P\\_YEAR=2010&P\\_CONTEXT=NEW](http://courses.utas.edu.au/portal/page?_pageid=53,33239&_dad=portal&_schema=PORTAL&P_UNIT_CODE=CNA727&P_YEAR=2010&P_CONTEXT=NEW)

The contact person that we have is Tina Pinkard but this may have changed on (03) 6324 3519 or [tina.pinkard@utas.edu.au](mailto:tina.pinkard@utas.edu.au)

## H1N1 (PANVAX) IS STILL AVAILABLE AND DON'T WORRY ABOUT WASTAGE!

Tasmania is now entering the influenza season and it is the time to be thinking about influenza vaccination. Although seasonal influenza vaccine, which includes H1N1, is now available and the funded program has been extended in 2010\* there are still many of your patients who won't be eligible and do not wish to purchase this vaccine. There are also some supply issues in the private market.

**Remember:** H1N1 is expected to be the dominant circulating influenza virus in 2010 and the H1N1 (Panvax) vaccine is still available and remains free for everyone. The Department of Health and Human Services (DHHS) has advised that the vaccine can still be ordered in the usual manner. The DHHS has also advised that as seasonal influenza vaccine contains H1N1 there will be less of a need for the separate H1N1 vaccine. Therefore, they are not concerned about wastage from this point on, although they do still require wastage to be reported. There is plenty of H1N1 vaccine available so if you only need to vaccinate 1 or 2 patients a day don't delay just vaccinate and dispose of the remainder of the vaccine in the multi dose vial (MDV).

**Please note:** The DHHS has advised that the vacpacs, which provide equipment and information on the MDVs will no longer be delivered along with the H1N1 vaccines.

### \* Seasonal Influenza funded vaccination program eligibility

The free seasonal flu vaccination is now available for:

- All people aged 65 and over
- All Indigenous Australians and Torres Strait Islanders aged 15-64
- Pregnant women
- Non-Indigenous Australians aged 6 months to 64 years who are at risk of severe outcomes from seasonal influenza including people with chronic conditions as per the 9th ed. The Australian Immunisation Handbook.

Vaccination is the single most effective action in helping fight the spread of influenza in the community.

# Practice Manager Network

Gaye Aitken

[gaitken@gpnw.com.au](mailto:gaitken@gpnw.com.au)

## DRAFT RACGP 4TH EDITION STANDARD FOR GENERAL PRACTICE

The RACGP have released the draft 4th Edition Standards for General Practices; they are available for review and public consultation. Practices are encouraged to review the document and provide feedback to the RACGP.

To download the draft standards, please visit <http://www.racgp.org.au/standards> and click on the link. The RACGP is asking that queries or comments on the draft standards to be emailed directly to [standards@racgp.org.au](mailto:standards@racgp.org.au)

Field-testing of the draft standards is scheduled to occur from May – July 2010; if you would like to be part of the field-testing contact your accreditation provider for more information.

Throughout the public consultation period and field-testing visits, the RACGP is seeking ongoing review and feedback. More information on the consultation process will be published on the RACGP website soon. These are the profession's standards and considering they will be utilised by you and your colleagues, we very much encourage you to review and have your say.

The final edition of the 4th Edition Standards is to be launched in October at GP10 Cairns Conference. The RACGP will provide draft review/s of the changes and major implications of the new standards throughout the review process and once they are released.

## RACGP EXAM WRITTEN COMPONENT 2010.2

Can you please pass on the following information to your IMGs or GP Registrars?

I am pleased to announce GPNW are equipped to be a supervised assessment centre for the RACGP Exam Written Component 2010.2 on the North West Coast on Saturday 21st August 2010. Please note being accepted as a supervised assessment centre is subject to RACGP National approval.

The assessment centre will be at General Practice North West, Level 1, 11 Alexandra Road, Ulverstone.

All candidates **must** nominate GPNW on their registration form; otherwise they will have to travel to Hobart or interstate to sit the exam.

Unfortunately in March a local GP had to travel to Hobart to sit their Fellowship Exam because they were unaware GPNW provided the service; therefore it would be very much appreciated if you could pass this information onto any IMG or GP Registrar you know who is preparing for their Fellowship Exam.

The names of the GP supervisors are listed below, one will supervise the morning session, and the other GP will do the afternoon session.

Dr Bekithemba Bulle  
Sheffield Medical Centre  
48 High Street  
Sheffield  
(03) 6491 1166

Dr Satish Kumar  
Ulverstone Medical Services  
39 Victoria Street  
Ulverstone  
(03) 6425 2900

If you or the prospective candidate has any questions regarding the exam they must contact the relevant body i.e. RACGP or GPTT; however if you have a query regarding the information contained in this article please contact Gaye Aitken [gaitken@gpnw.com.au](mailto:gaitken@gpnw.com.au) or phone 6425 0800.

# Aged Care Program

Sharee Taylor

staylor@gpnw.com.au

## DEMENTIA ASSESSMENT EDUCATION SESSIONS BY DR JANE TOLMAN

Dr Jane Tolman is currently visiting our region for two months, and whilst here is conducting clinical work at the NWAHS Burnie & Mersey Campuses, RACFs and home visits where required. She is also holding a number of education sessions on many aspects of ageing.

The programme relevant for general practitioners is all about providing help with the diagnosis. Mostly, general practitioners lack the time required to make a diagnosis, even when there is the right expertise. This course is for senior aged care nurses and allied health practitioners who will be trained to do the time consuming information so that you will be able to make the diagnosis.

The training programme has two components:

- Teaching GPs how and why it is important to make the diagnosis, using the simplified DSM IV criteria (a resource has been created).
- Training community (and hospital) aged care professionals to be able to work with the GP.

### The principles are:

1. Dementia is common. Most dementia in Australia is of the Alzheimer's type.
2. Many doctors do not make the diagnosis, because of:
  - a) time constraints
  - b) knowledge deficits
  - c) nihilistic attitude to dementia.
3. The biggest growth in dementia is projected to be in rural and regional areas (by 2050 2.9% in capital cities and 3.8% in other areas – 1.13 million Australians). It is unlikely that the shortage of geriatricians and old age psychiatrists in rural and regional areas will be overcome anytime soon.
4. There are no diagnostic criteria which have universal acceptance. The DSM IV criteria are difficult to understand.
5. There is a misconception that the diagnosis of dementia rests on the detection of a memory deficit where the diagnosis of dementia really rests on the identification of a change in cognition over time.
6. The diagnosis is clinched by considering the onset and time course of the changes, by excluding other conditions (delirium, depression and other organic conditions) and by identifying cortical deficits (dyspraxia, dysphasia, agnosia etc).
7. Investigations can be useful to exclude other conditions.
8. It is possible to simplify the DSM IV criteria.
9. GPs need help if they are to meet the needs of our elders.

**The training EVENING for GPs and PNs is scheduled for 19th May in Ulverstone. To view the flyer go to: <http://www.gpnw.com.au/info/eventscalendar/Flyer%20-%20GP-PN%20Sessions%20-%2019th%20May.pdf>. RSVP: 7th May to [staylor@gpnw.com.au](mailto:staylor@gpnw.com.au)**

The training programme for the aged care professionals is open to nurses and allied health professionals in:

- Residential aged care facilities (which will help with ACFI)
- Community nursing
- ACAT
- Mental Health for Older People
- Acute sector (eg Elder Care team in the NW)

It consists of:

1. Two sessions of two hours of theory, covering:
  - a) Aging and frailty
  - b) What dementia is
  - c) What forms of dementia exist
  - d) The trajectory of dementia and its prognosis
  - e) Carer burden

## Aged Care Program Continued

### DEMENTIA ASSESSMENT EDUCATION SESSIONS BY DR JANE TOLMAN CONTINUED

- f) The differences between delirium, dementia and depression
  - g) Possible preventative measures.
  - h) How to diagnose dementia, including the importance of history and the (less important) role of cognitive testing (including commonly used tools such as the MMSE, Addenbrooke's, Montreal Cognitive Exam and RUDAS)
2. Practical sessions in which the trainee will observe the diagnosis being made by a senior clinician (in the first instance that will be Dr Tolman in hospital consultations and NH visits), and then be observed by the senior clinician. In this way the trainee must demonstrate competence in the theory and practice of diagnosing dementia. A certificate will be issued.

A form has been devised which is based on the DSM IV criteria and the principle of a good history of decline in cognition and function being essential for the diagnosis. There will be training in the MMSE, but also in other tests of cognition including the Montreal Cognitive Assessment, the Addenbrooke's Cognitive Examination, the PAS and the RUDAS.

Once the form is completed by the trained health professional, it will be given to the GP who may (or may not) request some investigations, and then be able to make the diagnosis.

Of course, this is only the first step in managing dementia for Tasmanians. But we can't go to step two- managing the dementing and their carers - until they can get a diagnosis.

It is hoped that General Practitioners will enjoy the support of trained assessors who will be able to spend time obtaining the appropriate history so that a diagnosis can be made by their treating doctor.

## Home Medicines Review (HMR)

Rebekah Sheehen



### BUDGET CUTS INCREASE LIKELIHOOD OF PATIENT MEDICATION ERROR ...

This is the title of a NEWS Release on 4th May from Chair of AGPN, Dr Emil Djakic, after the announcement earlier in the week under the Fifth Community Pharmacy Agreement that the MMR (HMR) Facilitator Program funding will end from 1 July 2010.

In a statement from the Pharmacy Guild; "The Guild regrets that the Program will not be continuing, and the effect that this is going to have on some people's current employment. However the Government was adamant that its priority was to fund patient focused programs that deliver improved health outcomes and, despite our arguments to the contrary, this program was not considered to provide a direct health benefit to patients".

It is with regret that GPNW will no longer have a funded HMR program after 1 July. This program has been part of core business for about 8 years with many changes during that time. The appointment of the current Facilitator, Vince McAllister has developed a greater integration between regional pharmacies, GPs as well as recently, a special project with NWAHS.

GPNW will continue to promote and encourage the use of HMR's in patient management and in conjunction with other chronic disease and health assessment packages.

To see further information/comments go to: <http://www.gpnw.com.au/AAWeb%20Pages/Programs/HMR/AGPNNewsRelease-BudgetCuts.pdf>

## Medical Software



Rebekah Sheehen

[rsheehen@gpnw.com.au](mailto: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.

## GPNW Upcoming Events

[contact@gpnw.com.au](mailto:contact@gpnw.com.au)

### VISITING GERIATRICIAN PROGRAM



### DIAGNOSIS & TREATMENT OF DEMENTIA (AN EFFICIENT & TIMESAVING WAY)

#### For GPs and Practice Nurses

- Facilitator:** Dr Jane Tolman (BA, Dip. Ed., MEd., BSc., MBBS, FRACP)  
Director of Aged Care – Royal Hobart Hospital
- Date:** 19th May
- Time:** 6.30pm - 9.30pm (Buffet Meal Provided)
- Location:** River Arms Hotel  
Function Room (Upstairs)  
1 Crescent Street, Ulverstone
- RSVP:** Friday 7th May  
Sharee Taylor - GPNW ([staylor@gpnw.com.au](mailto:staylor@gpnw.com.au)) or 6425 0800



For further information please contact Sharlene Meldrum - NWAHS ([Sharlene.Meldrum@dhhs.tas.gov.au](mailto:Sharlene.Meldrum@dhhs.tas.gov.au)) or 6430 6538

### TRIAGE TRAINING - FLYER AVAILABLE ON GPNW WEBSITE

For Practice Nurse (GPNW are hoping to run another Event later in the year for Admin Staff).

- Date:** Thursday 27th May
- Time:** 6.30pm – 8.30pm
- Location:** Ulverstone – River Arms KG's Function Room

For further information please contact Bronwyn McLaren on 6425 0809 or email [bmclaren@gpnw.com.au](mailto:bmclaren@gpnw.com.au)

### ANNUAL NURSE IMMUNISATION DAY (WATCH THIS SPACE)

For Practice Nurses

- Date:** Saturday 28th August (tentative date)
- Venue:** Deloraine - TBC

For further information please contact Bronwyn McLaren on 6425 0809 or email [bmclaren@gpnw.com.au](mailto:bmclaren@gpnw.com.au)

## GPNW Upcoming Events Continued

### WEEKEND EDUCATION EVENT - TAMAR VALLEY RESORT

**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

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

For a copy of the GP information pack and registration forms go to: <http://www.gpnw.com.au/index.html#WEEInformation>

If you require any information regarding the Weekend Education Event please contact Gaye Aitken [gaitken@gpnw.com.au](mailto:gaitken@gpnw.com.au) or phone 6425 0800.

### PRACTICE NURSE - EXPRESSION OF INTEREST

### WEEKEND EDUCATION EVENT - TAMAR VALLEY RESORT

**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**

For a copy of the EOI Flyer go to: <http://www.gpnw.com.au/AAWeb%20Pages/Home%20Page/GPNW%20-%20WEE%202010%20-%20Info%20Pack%20-%20Electronic%20Forms/Expression%20of%20Interest%20Flyer.pdf>

For further information please contact Bronwyn McLaren on 6425 0809 or email [bmclaren@gpnw.com.au](mailto:bmclaren@gpnw.com.au)



# Upcoming Events

contact@gpnw.com.au

## DIABETES MANAGEMENT IN THE GENERAL CARE SETTING

A National Training Program for Nurses and Allied Health Professionals.

A 3 day program prepared by the National Association of Diabetes Centre and presented by the North West Diabetes Centre.

**Dates:** Monday 10th, 17th & 24th May 2010  
**Where:** Devonport Community & Health Services Centre  
**Cost:** \$150.00 (Morning and afternoon tea provided)  
**RSVP:** 30th April 2010  
**Contact:** NW Diabetes Service on 1300 556 899

## EMERGENCY RESPONSE TRAINING FOR NURSES - FLYER AVAILABLE SOON

Participants will undertake a full day intensive workshop at the University of Tasmania School of Nursing and Midwifery state of the art Simulation and Clinical Education Centre. The program will include tutorials; skills task training and interactive high fidelity simulations.

**Date:** 1 day Workshop Wed 2nd June or Sat 19th June  
**Where:** UTAS Simulation Centre, Launceston  
**Cost:** approx \$300.00

## COMMUNITY INFORMATION SESSION - STANDING STEADY

Do you want to learn more about reducing the risk of falls for yourself, friends and/or family members?

Then this information session may be for you!

Come along and listen to a talk on falls prevention by your local:

Physiotherapist, Pharmacist, Optometrist, Occupational Therapist and Podiatrist.

Discussing:

- Strength and balance exercises
- Medications and medication reviews
- Ways to maintain eye health
- Ways to maintain healthy feet
- Ways to make the home safer + ILC equipment display

RSVP is essential! To register phone Arthritis Tasmania on freecall: 1800 011 041 or Rachel in the North West office on: 6423 5131

**Location:** Rural Clinical School, Burnie  
**Address:** Brickport Rd (next to NW Private Hospital)  
**Date:** 1st June 2010  
**Time:** 10:00am -12:45pm (with a cuppa break)

PAYG Parking at the Rural Clinical School  
\$5 for non-members and cold coin for members

## BENCHMARK GROUP ARE RUNNING A NUMBER OF NURSING EDUCATION SESSIONS IN LAUNCESTON

**Dates:** Tues 27th, Wed 28th and Thur 29th July

Please click on the link below for more information: <http://www.benchmarkgroup.com.au/Home.aspx#> 12

## Other Information

contact@gpnw.com.au

### **NEW QUIT CAMPAIGN AND WORLD NO TOBACCO DAY (MAY-JUNE 2010)**

Quit Tasmania's next smoking cessation campaign will begin on May 17 and run until 4 June and is aimed at parents who smoke. The campaign will coincide with World No Tobacco Day on Monday May 31 and aims to encourage all smokers to consider kicking the habit and seek assistance to quit.

Did you know that in Tasmania 23.3% of the adult population are daily smokers, compared to 18.9% nationally? In Tasmania 28% of pregnant women are smokers, the second highest rate in Australia. The lowest being 13.5% in NSW.

#### **What can you do to help?**

Evidence shows that general practice can make a significant difference in smoking cessation because:

- OPPORTUNITY - 80% of Australians visit their GP at least once per year and most smokers have several visits.
- CREDIBLE/EXPECTATION/ACCEPTABLE - Patients see GPs as having a key and supportive role in smoking cessation
- FEASIBLE - Advice can take less than one minute
- EFFECTIVE - Brief, repeated, non-judgmental advice works
- EFFICIENT - Smoking cessation is both do-able and worthwhile

### **SMOKING CESSATION RESOURCES**

#### **Quitline**

Telephone: 13 QUIT (13 7848)

The Quitline is answered 24 hours a day. In Tasmania, counseling is available between 9am and 5pm Monday to Friday. However, during campaigns counseling hours are extended (9am to 9pm Monday to Friday) and (9am to 6pm on weekends). Once a referral is received at the Quitline, a specially trained advisor will call the patient back at the agreed day and time to provide information, support and advice on smoking cessation.

GPs Fax Referral to Quitline: Fax (03) 6228 4149

Smoking Cessation Resources for general practice, including fax referral forms for Quitline are available for order or download from [www.racgp.org.au/smoking/download](http://www.racgp.org.au/smoking/download) or [www.quitnow.info.au](http://www.quitnow.info.au)

Or if you prefer, you can refer a patient to the Quitline online. Just go to Quit Tasmania's website [www.quit.tas.gov.au/quitline-referral/](http://www.quit.tas.gov.au/quitline-referral/) and use the password: ABC123 to access the form.

#### **Royal Australian College of General Practice Guidelines**

RACGP Smoking Cessation Guidelines for General Practitioners were produced in 2004, and are available for download [www.racgp.org.au/guidelines/smokingcessation](http://www.racgp.org.au/guidelines/smokingcessation)

RACGP pharmacotherapy update for health professionals that should be read in conjunction with the 2004 guidelines. The update and summary deskcard is also available for download from [www.racgp.org.au/guidelines/smokingcessation](http://www.racgp.org.au/guidelines/smokingcessation)

#### **National Prescribing Service (NPS)**

Helping smokers quit, Issue 68 April 2010. A guide is available for download from [www.nps.org.au/health\\_professionals/publications/nps\\_news/current/nps\\_news\\_68](http://www.nps.org.au/health_professionals/publications/nps_news/current/nps_news_68)

#### **PEN CAT Recipe Cancer Council - Smoking Cessation Clinical Audit**

This audit has been developed by Cancer Council Victoria. It is designed to help practices evaluate the current rate of recording patient smoking status, and increase active promotion of smoking cessation in the Practice.

[www.cancervic.org.au/downloads/cpc/gps/smoking\\_audit/PEN\\_CAT\\_Recipe.pdf](http://www.cancervic.org.au/downloads/cpc/gps/smoking_audit/PEN_CAT_Recipe.pdf)

## Other Information Continued



### SCHOLARSHIPS FOR CANCER PROFESSIONALS MAY 2010

Cancer Council Tasmania offers scholarships and small grants to help health professionals attend conferences or meetings associated with cancer control or to undertake further education or research in a cancer-related field.

#### **Cancer PLUS Scholarships (up to \$3000 a year)**

For professional development related to young people with cancer (up to 25 years of age), available to health and education professionals.

Tenable for the second half of 2010

Applications close on 31 May 2010

Enquiries: [cancerplusscholarship@cancertas.org.au](mailto:cancerplusscholarship@cancertas.org.au)

#### **Jeanne Foster Scholarships (up to \$5000 each round)**

For professional development in any area of cancer control, available to all health professionals.

Tenable for the second half of the calendar year 2010.

Applications close on 31 May 2010

Enquiries: [reception@cancertas.org.au](mailto:reception@cancertas.org.au)

#### **For more information and application forms**

Call Cancer Council Helpline on 13 11 20

Go to [www.cancertas.org.au](http://www.cancertas.org.au) and click on research grants/scholarships

### SEXUAL ASSAULT FORENSIC EXAMINATION (SAFE) SERVICE

#### **NORTH WEST COAST OF TASMANIA - GPs REQUIRED**

In the North West on average there are 25 call outs per year where forensic sexual assault examinations are required.

Would you be interested in providing quality medical/forensic service in response to sexual assault by participating in the North West SAFE On Call roster?

Attendance at specialised training interstate would be arranged, this includes training for court appearances.

The aim is to greatly improve the current level of service by increasing the number of medical practitioners available to be on call each month. For those doctors who can assist by being on call there is an On Call allowance of \$50 per night, or \$200 for a weekend, with an additional \$700 payable if required to perform a sexual assault forensic examination whilst on call. Should you have to appear in Court at a later stage you will be paid an additional fee of \$200 per hour.

For further information please contact:

Dr Amanda Dennis or Sue McBeath, Co-Directors

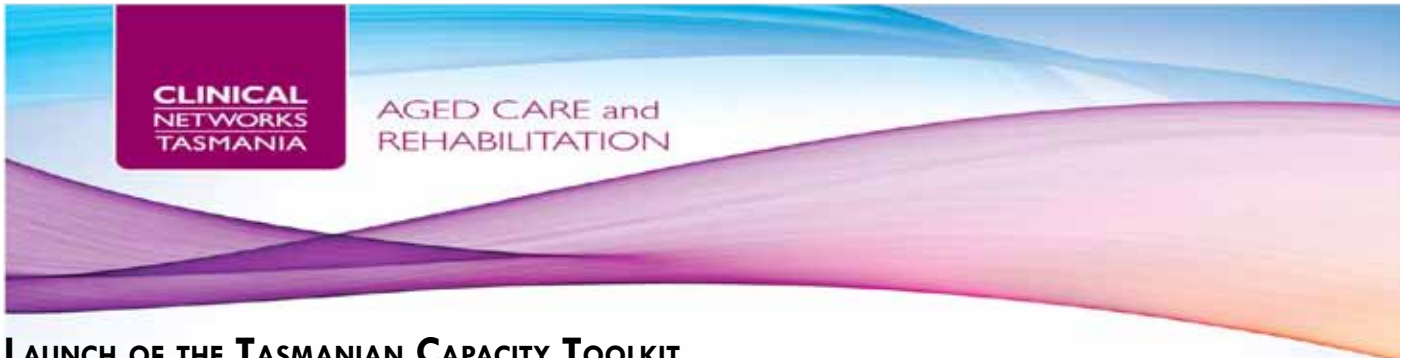
Women's and Children's Services, LGH

P 03 6348 8972

F 03 6348 8973

E [lghwacsadmin@dhhs.tas.gov.au](mailto:lghwacsadmin@dhhs.tas.gov.au)

## Other Information Continued

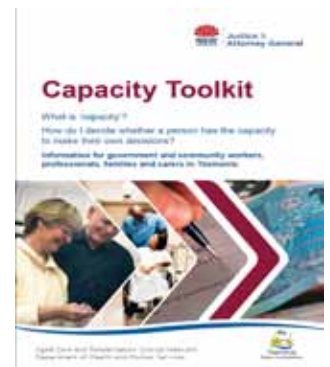


### LAUNCH OF THE TASMANIAN CAPACITY TOOLKIT

The Tasmanian Capacity Toolkit has recently been launched by the Aged Care and Rehabilitation Clinical Network. This online and printed resource is aimed at legal professionals, health professionals, individuals and their families who require a capacity assessment.

This toolkit is a practical resource for GPs who are regularly required to assess the capacity of patients to make significant decisions and/or decisions with legal consequences. It has been adapted from an existing NSW Toolkit by a working group of health and legal professionals including North West based GP, Dr Keith McArthur.

An electronic version of the Capacity Toolkit is available from the State Department's website at: [www.dhhs.tas.gov.au/acrcn/capacity-toolkit](http://www.dhhs.tas.gov.au/acrcn/capacity-toolkit). The website also contains fact sheets and a form where you are able to order your complimentary hard copies of the toolkit.



The Aged Care and Rehabilitation (ACR) Clinical Network is led by clinicians for clinicians. It is a new model of service linkages that encourages members to work together across the boundaries of the sectors, to deliver more integrated, consistent and evidence-based services to people needing aged care and rehabilitation services in Tasmania. The network has over 450 members from all stakeholder groups across the aged care and rehabilitation sectors. Dr Keith McArthur is the general practice representative of the Aged Care and Rehabilitation Clinical Network Steering Committee.

Please email [acrcclinicalnetwork@dhhs.tas.gov.au](mailto:acrcclinicalnetwork@dhhs.tas.gov.au) to become a member of the network or for further information.

### NUTRITION MYTH-BUSTING

Help your patients find out the facts behind some common nutrition myths. The brochure, produced by Unilever and endorsed by the Dietitians Association of Australia, identifies some common nutrition myths and outlines the facts surrounding each one. It has been designed for GPs to use with patients, so to order free copies call 1800 628 400.

#### 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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