

ISSUE

26

FEBRUARY  
2011



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## CONGRATULATIONS DR SUJATA KOHLI

Dr Sujata Kohli (pictured) from the East Devonport Medical Centre was recently advised she is the recipient of the RACGP Tasmanian Faculty Examination Medal for the Best Overall Tasmanian Candidate following the RACGP Fellowship Exams 2010.2. All staff at GPNW would like to congratulate Sujata on her remarkable achievement.



Dr Taka Mapfumo (Rosebery General Practice) and Dr Kanwal Kaur (East Devonport Medical Centre) were also successful in the 2010.2 exam. All three doctors are now eligible for their Fellowship with the Royal Australian College of General Practitioners.

Numerous hours of study along with many hours spent at workshops, usually conducted of an evening or weekend, 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 job, family commitments and study obligations is quite onerous for the doctors.

GPNW would like to wish IMGs and GP Registrars currently studying for their RACGP Fellowship exams in 2011 the best of luck.

Please contact Gaye Aitken on email [gaitken@gpnw.com.au](mailto:gaitken@gpnw.com.au) or telephone 6425 0800 if GPNW can assist in any way.



## CLINICAL SERVICES - DIABETES

February sees the commencement of the new joint GPNW and Diabetes Tasmania Dietetic service.



Nick Denniston

GPNW welcomes Dietitians; Nick Denniston (pictured left) and Emily Gatenby (pictured right).

GP referrals are now accepted, with clinical software templates available online on GPNW's website at [www.gpnw.com.au/diabetes.html](http://www.gpnw.com.au/diabetes.html). The service will be delivered through GPNW offices located in Burnie, Devonport and Ulverstone.



Emily Gatenby



### CONTACT

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### NEW LOOK NEWSLETTER

Hope all our readers like the new look Newsletter—we have tried to reduce the quantity, but not the quality!



## CLINICAL SERVICES – MENTAL HEALTH

The Royal Women's Hospital launched its new website on psychotropic medicines in the peri- and post-natal period just prior to Christmas last year. This is one of the Victorian developments under the National Perinatal Depression Initiative. [www.ppmis.org.au](http://www.ppmis.org.au)

PPMIS provides up-to-date, evidence based and peer-reviewed information on the use of psychotropic medicines in the peri and post natal period. This website contains medicine profiles, summaries of individual psychotropic medicines along with articles on congenital malformation, pregnancy and neonatal outcomes and postnatal and breastfeeding information; patient medicine information fact sheets and links to other resources.

Contact: Dulcie Ryalls



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

## MENTAL HEALTH PROGRAM

“ADVANCED MENTAL HEALTH PRACTICAL SKILLS FOR GP'S”



This course is accredited by the Royal Australian College of General Practitioners (RACGP), General Practice Mental Health Standards Collaboration (GPMHSC) as a FPS ST activity, Category 1 (40 points ALM).

The aim of this course is to provide GPs with Focused Psychological Skills and specific mental health care management strategies derived from evidence based therapies that are able to be integrated into general practice clinical practice.

The course is spread out over a two month period to allow practice based review, assessment and trial of strategies learned by the GPs.

The course is an active learning module (ALM) comprising of four sessions; Counselling Skills, Relaxation Skills & Psycho Education, self directed learning in specific areas of MBS as well as practice based skills intervention.

DATES	TIMES	NUMBERS ARE LIMITED
Friday 4 <sup>th</sup> March 2011	All Day	
Thursday 17 <sup>th</sup> March 2011	Evening	
Friday 1 <sup>st</sup> April 2011	All Day	
Thursday 14 <sup>th</sup> April 2011	Evening	

For further information and registration contact Sharee Taylor on phone 6425 0800 or email [staylor@gpnw.com.au](mailto:staylor@gpnw.com.au)

## NURSING IN GENERAL PRACTICE (NIGP)

**NiGP – Practice Nurse Networking Meetings – Bi-monthly**  
All Practice Nurses are invited to attend networking meetings. (Video link can be arranged to Queenstown, Rosebery, Smithton and King Island on request). Networking meetings start at 5.45pm with a light dinner at the GPNW Ulverstone – Boardroom, meeting/presentation will commence at 6.00pm.

**February – ACAT Presentation** Tuesday 15<sup>th</sup> February

**April – UTAS Presentation** Tuesday 19<sup>th</sup> April

**June – Smoking Cessation** Tuesday 21<sup>st</sup> June

For further information please contact Bronwyn McLaren on 6425 0800 or email [bmclaren@gpnw.com.au](mailto:bmclaren@gpnw.com.au)

## CLOSING THE GAP

**Cultural Awareness Training – Due date extended to March 2012**



A practice that signs onto the *Closing the Gap* Indigenous Health Incentive now has until March 2012 to complete their cultural awareness training.

Free online cultural awareness training modules are due to be released in March of this year. Practices will be notified when this training becomes available. A minimum of one doctor and one other staff member from each practice must participate in this training. GPNW will be offering more substantial training on cultural awareness and practice processes surrounding the *Closing the Gap* initiatives this year. Dates to be advised.

### New GP Resource Kits Available

New *Closing the Gap* resources kits aimed at GP's have been released by the Department of Health and Ageing and can be found here:

[http://www.health.gov.au/internet/ctg/publishing.nsf/Content/publications/\\$file/A4-GP-Booklet-WEB.pdf](http://www.health.gov.au/internet/ctg/publishing.nsf/Content/publications/$file/A4-GP-Booklet-WEB.pdf)

Hard copies of these booklets have been received by GPNW and will be distributed to Practices in the near future.

### Specialists to Prescribe “Closing the Gap” Scripts

Patients that have been identified at a practice level as being eligible for the discounted *Closing the Gap* PBS Co-Payment scripts can now receive the same savings on prescription medicines prescribed by their Specialists. Specialists can also annotate their scripts. Their patient receives discounted prescriptions, as long as they have been identified as being eligible by the referring practice that has signed onto the Indigenous Health Incentive.

### Aboriginal & Torres Strait Islander Outreach Health Worker

GPNW is currently advertising for an Aboriginal Outreach Health Worker who will assist in providing support for Aboriginal patients who may have difficulty accessing appropriate health services.

For more information contact our office on 6425 0800 or website <http://www.gpnw.com.au/positions-vacant.html>.





## IMMUNISATION

### Composition of Influenza virus vaccines 2011

The recommended composition of the influenza virus vaccines for use in the 2011 southern hemisphere winter influenza season is:

- A/California/7/2009 (H1N1)-like virus
- A/Perth/16/2009 (H3N2)-like virus;\*
- B/Brisbane/60/2008-like virus.



\* A/Wisconsin/15/2009 & A/Victoria/210/2009 are A/Perth/16/2009-like viruses

This recommendation is the same as that for the northern hemisphere 2010-2011. For more information [http://www.who.int/csr/disease/influenza/recommendations\\_2011\\_south/en/index.html](http://www.who.int/csr/disease/influenza/recommendations_2011_south/en/index.html)

Seasonal influenza vaccine is recommended and free for people who are at high risk; anyone with an underlying chronic medical condition aged from six months and over, all Indigenous people aged 15 years and over, everyone aged 65 years and over and all pregnant women.

### GARDASIL NOW INDICATE IN MEN AGED UP TO 26<sup>1</sup>

The TGA has approved the extension of the indication for GARDASIL [Human Papillomavirus Quadrivalent (Types 6, 11, 16, 18) Recombinant Vaccine] to include men up to 26 years.<sup>1</sup>

The full indication for GARDASIL is as follows:

**GARDASIL is indicated in females aged 9 through 45 years \* for the prevention of cervical, vulvar, and vaginal cancer, precancerous or dysplastic lesions, genital warts, and infection caused by Human Papillomavirus (HPV) Types 6, 11, 16, and 18 (which are included in the vaccine).<sup>1</sup>**

**GARDASIL is indicated in males 9 through 26 years of age for the prevention of external genital lesions and infection caused by HPV types 6, 11, 16, and 18.<sup>1</sup>**

\* Immunogenicity studies have been conducted to link efficacy in females and males aged 16 to 26 years to the younger populations

<sup>1</sup> GARDASIL product information 2010

Contact: Bronwyn McLaren

 [bmclaren@gpnw.csyringeom.au](mailto:bmclaren@gpnw.csyringeom.au)

## E-HEALTH PROGRAM



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.

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

## LIFESTYLE MODIFICATION PROGRAM

### Diabetes media campaign – January 2011

In an effort to raise awareness of undiagnosed diabetes and the potential for prevention of type 2 diabetes through lifestyle change, the General Practice Tasmania Network will be running a three week campaign in Tasmanian papers from Saturday 21 of January.

**What does this mean for you?** The campaign will include the AUSDRISK tool, developed by BakerIDI, and will encourage people to take the test and talk to their GP about their risk and about their options for prevention or management.

### What resources are available to assist you?

For information on the AUSDRISK, Lifestyle Modification Programs and other services available for people with, or at risk of diabetes, visit the Division website <http://www.gpnw.com.au/cdm.html> or phone 6425 0800.

### Programs and services to assist people to make lifestyle changes include:

#### Reset Your Life

Group-based type 2 diabetes prevention program provided by accredited facilitators over 6 months. (Maximum \$50 payment. Free with health care card for eligible patients). Contact the Division for details or visit [www.newleaseoflife.com.au](http://www.newleaseoflife.com.au) or <http://www.gpnw.com.au/cdm.html>

#### Get Healthy Coaching and Information Service (DHHS)

Free and confidential telephone-based health information and coaching service.  
**1300 806 258** (local call cost)  
For further information and resources visit [www.getthehealthy.tas.gov.au](http://www.getthehealthy.tas.gov.au)

#### Diabetes Tasmania

A range of services are available across the State to assist with information, education and motivation.  
**1300 136 588** (local call cost)  
[www.diabetestas.com.au](http://www.diabetestas.com.au)

#### The COACH Program®

Free and confidential telephone-based type 2 diabetes management program (run by Diabetes Tas).  
**1300 745 153** (local call cost)  
[www.diabetesassist.com.au](http://www.diabetesassist.com.au) for additional links and resources

#### Heartmoves

Gentle physical activity program suitable for anyone who has not done any exercise in a while. Cost of sessions varies between providers.  
**1300 362 787** (local call cost)  
To locate a program in your area visit [www.heartfoundation.org.au](http://www.heartfoundation.org.au)

#### Heart Foundation Walking Groups

Free community-based walking groups led by volunteer walk organisers, suitable for people of all ages and fitness levels.  
**1300 362 787** (local call cost)  
To locate a group in your area visit [www.heartfoundation.org.au](http://www.heartfoundation.org.au)

For further information contact Sharee Taylor

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





## NPS: BETTER CHOICES, BETTER HEALTH



Australian Prescriber 33:6, December 2010

### Contents:

- Editorial – non-medical prescribing in Australia
- Managing menopausal symptoms
- Drug interactions with complementary medicines
- Compression therapy for venous disease
- Collaboration between doctors and pharmacists in the community
- Medicines Safety Update No 6, 2010
- New drug reviews

### Medicines Safety Update No 6 2010

Medicines Safety Update is the drug safety bulletin of the Therapeutic Goods Administration (TGA). It is published in each issue of Australian Prescriber. You can also read it and sign up for free Medicines Safety Update email alerts on the TGA website at [www.tga.gov.au/adr/msu.htm](http://www.tga.gov.au/adr/msu.htm)

### In this issue:

- Lamotrigine and serious skin reactions
- Serotonin syndrome: a reminder
- Drug-induced acute akathisia
- Unintended pregnancy due to interaction between etonogestrel implant (Implanon) and carbamazepine

### NPS RADAR December 2010

#### RADAR evolves

From December, NPS RADAR has a new format designed to make it quicker and easier to find information. The new format is based on feedback and testing with readers, so we are keen to hear your thoughts!

To view the latest edition go to [www.npsradar.org.au](http://www.npsradar.org.au) or look out for the print issue in the mail early December.

### In this issue:

Denosumab (Prolia) for postmenopausal osteoporosis which is the first monoclonal antibody listed for osteoporosis.

Exenatide (Byetta) for type 2 diabetes mellitus with a discussion of where this injectable drug fits in the treatment of type 2 diabetes.

### In brief items

- New dual and triple combination antihypertensives (Sevikar and Exforge HCT) eletriptan (Relpax) for migraine
- Alendronate and its combinations to corticosteroid-induced osteoporosis;
- Quetiapine PBS listing for maintenance treatment monotherapy for bipolar I disorder
- Case report of kidney and liver failure in a person using methoxyflurane.

NPS: Better choices, Better health, is an independent organisation that enables Australians to be medicewise. Funded by the Federal Department of Health and Ageing, NPS provides accurate, evidence-based information to help health professionals and consumers make the best decisions about medicines and medical tests.

## BUSINESS IMPROVEMENT SERVICE

Do you ever aim to introduce a new service for your patients or review current processes to ensure maximum efficiency but never find the time? If yes, you may be interested in participating in the Business Improvement Service offered by GPNW.

Some of the assistance that has been provided to practices has been:

- Data cleansing; (including identifying patients with no DOB or postcode, identifying patients without a “correct” diagnosis, identifying patients who no longer attend the practice);
- Ensuring chronic disease databases are up to date & accurate;
- Assisting the practice to achieve/increase payments via the Practice Incentive Payment and developing a plan to ensure meeting the criteria is ongoing;
- Identifying the number of eligible patients who can receive an additional assessment under the Medicare system. A plan is then developed on how to achieve these claims on a weekly basis to increase overall practice profit;
- Increasing awareness and benefits of practice meetings;
- Ensuring staff have adequate position descriptions and participate in annual performance reviews;
- Providing resources and training.



The services are provided via a number of program areas within GPNW including e-health, practice support, nursing in general practice & immunisation.

If this service is something you and your practice would be interested in participating in or would like more information please contact Judith Wyllie-Smith via email: [jwyllie-smith@gpnw.com.au](mailto:jwyllie-smith@gpnw.com.au)

## PRACTICE MANAGER NETWORK

Are you a small practice who makes superannuation payments into numerous funds? You may find it worthwhile to continue reading...



### SMALL BUSINESS SUPERANNUATION CLEARING HOUSE

The Australian Government is offering a **free** online clearing house service to small businesses with less than 20 employees. The Small Business Superannuation Clearing House (the Clearing House) is designed to reduce red tape and compliance costs for small businesses when meeting their superannuation guarantee obligations. As part of these obligations, businesses may need to make superannuation contributions into numerous superannuation funds. This process can be time consuming and result in increased administrative costs.

### What will the Small Business Clearing House do?

The Clearing House is administered by Medicare Australia and allows you to pay your superannuation contributions to a single location.

You can register your employees' superannuation fund details and superannuation contributions with the Clearing House for processing. The Clearing House will then distribute the superannuation contributions to relevant funds.

An easy to follow information sheet is available online at <http://www.medicareaustralia.gov.au/super/files/2863-information-for-small-businesses.pdf>





## GPNW UPCOMING EVENTS

### Practice Manager Network –

#### Practice Manager Network Meeting

For Practice and Office Managers  
12.00 – 2.00pm Thursday 17<sup>th</sup> February 2011  
GPNW Ulverstone

For further information please contact Gaye Aitken on 6425 0800 or email [gaitken@gpnw.com.au](mailto:gaitken@gpnw.com.au)

### Immunisation -

#### Dr Greg Rowles Immunisation Update

For GP's, Practice Nurses, Nurse Immunisers, LGA and CHAPS Nurses  
Thursday 3<sup>rd</sup> March 2011  
KG's Function Room, River Arms, 1 Crescent St,  
Ulverstone TAS 7315

For further information please contact Bronwyn McLaren on 6425 0800 or email [bmclaren@gpnw.com.au](mailto:bmclaren@gpnw.com.au)

#### Diabetes Information Session

#### GPNW Diabetic Nurse Educators:

**Ms Elisa Williams, Ms Kim Dalla & Ms Linda Turner**  
For IMGs, GP Registrars and PGPPP Registrars  
Monday 28<sup>th</sup> March, 2011  
GPNW Boardroom, First Floor, Cradle Coast Health  
Centre, 11 Alexandra Road, Ulverstone

Invitations will be emailed soon. For further information please contact Gaye Aitken on 6425 0800 or email [gaitken@gpnw.com.au](mailto:gaitken@gpnw.com.au)

#### Study Groups for RACGP Fellowship Exam

Gaye has been contacted by a few IMGs enquiring about the availability of local study groups for the purpose of preparing for their 2011.2, 2012.1, 2012.2 and beyond Fellowship exams.

If you are currently a member of, would like to form, or know of a study group please contact Gaye Aitken on email [gaitken@gpnw.com.au](mailto:gaitken@gpnw.com.au) or phone 6428 0800.

### NiGP – Evening/Weekend Education Opportunities

#### March Emergency Response Training

For Practice Nurses  
Saturday, 5<sup>th</sup> March  
Simulation Centre, School of Nursing,  
UTAS Launceston Campus

#### AHPRA Presentation

Tuesday 29<sup>th</sup> March  
Evening Education, Ulverstone (TBC)

#### April APNA Conference – Sydney, 7<sup>th</sup> – 9<sup>th</sup> April (Click on link below)

[APNA conference 2011 - Sydney](#)

### Day Course in Hepatitis C Medicine

**Medical Practitioners and nursing professionals involved in diagnosis and care of patients with Hepatitis C.**

Saturday, 26 March 2011 9:00am – 4:30pm  
Venue: TBC

Primary care practitioners play a significant role in the diagnosis and referral of people with hepatitis C. This course focuses on the care and management of people with hepatitis C and increase service delivery in the area. Contact: Sonja Hill at ASHM (Australasian Society for HIV Medicine) on (02) 8204 0724 or email [Sonja.hill@ashm.org.au](mailto:Sonja.hill@ashm.org.au) for further details. (Approval is being sought from the RACGP QI & CPD program to allocate 40 Cat 1 points for this activity.)

## GENERAL INFORMATION

February is **national Ovarian Cancer Awareness Month**, an initiative of Ovarian Cancer Australia to raise awareness of ovarian cancer and its symptoms.



The four most frequently reported symptoms from women diagnosed with ovarian cancer are:

- Increased abdominal size or persistent bloating
- Unexplained abdominal or pelvic pain
- Difficulty eating or feeling full quickly
- Needing to urinate often or urgently or a change in bowel habits

If women experience these symptoms continuously for more than two weeks, we recommend you conduct a CA125 blood test and a trans-vaginal ultrasound. If you suspect a woman has ovarian cancer please refer her to a gynecological oncologist.

When women undergo their Pap test explain about the symptoms of ovarian cancer and ask them if they have experienced any.

To raise awareness of the symptoms of ovarian cancer amongst your clients and staff please order our Symptom Diary (A4 sheet), and display our awareness brochures and posters in your waiting room. If any of your clients has ovarian cancer please refer them to Ovarian Cancer Australia for a range of information and support options. Contact Ovarian Cancer Australia on 1300 660 334 or visit [www.ovariancancer.net.au](http://www.ovariancancer.net.au).

[admin@ovariancancer.net.au](mailto:admin@ovariancancer.net.au)

Phone: 1300 660 334 or 03 9654 0305

Visit [www.ovariancancer.net.au](http://www.ovariancancer.net.au) for information on our awareness and support

### EXCITING OPPORTUNITY TO PROVIDE DROP IN YOUTH HEALTH CLINIC

If you have an interest in working with young people this is an exciting opportunity to work together with the North West Area Health Service -Youth Health Team in providing a youth health clinic at a local college. We are looking for a GP with experience in youth health issues and working with young people, who could offer one morning or afternoon per week to provide a 'drop in' clinic for the students at the college, working alongside a registered nurse. This would not only be a brilliant opportunity to gain experience of youth targeted work, but is also guaranteed to add variety and enjoyment to your working week! For more information or to express an interest please contact Liv Henry, Youth Health Nurse on (03) 6440 7143 or [olivia.henry@dhhs.tas.gov.uk](mailto:olivia.henry@dhhs.tas.gov.uk)



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*gazette*



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