

P.S.

QUARTERLY NEWSLETTER FOR PRACTICE STAFF | MAY 2011 ISSUE 11

Federal Budget 2011-12 Summary

Practices can find a summary of the Health and Ageing section of the 2011-12 Federal Budget on the IDGP website.

This summary details the aspects of the budget that will affect general practice, such as mental health, Aboriginal health and the National Immunisation Program (NIP). If you have any questions regarding this information, please contact the practice support team on **4220 7600** or at practicesupport@idgp.org.au.

You can find this summary at the following address, <http://www.idgp.org.au/latest-news/federal-budget-2011-12.html>



Kathy's Korner Patient Health Records & Data

Having accurate records for your patients is very important and putting the data into the correct fields in your clinical software is part of that record keeping.

So for the next few months I am challenging Doctors to enter the Blood Pressure recording for all their patients into the correct field.

If you are unsure of where this needs to be recorded please give me a call, I will come out and show everyone.

Kathy Lymbery - 4220 7600

Welcome

With the arrival of winter and the cooler weather officially setting in, the flu season is well upon us for 2011. With the increased risk of spreading this contagious disease at this time of year the IDGP will be holding an Infection Control workshop to prepare practices for the flu season, find the date of this event and other details on our education page. Please also keep an eye out for a message from the Public Health Unit, with updates on whooping cough, vaccine recommendations and eligibility.

A large section of this month's edition of PS is focused on Indigenous health, including strategies to assist patients identify within your practice and the Indigenous Health Incentives (IHI) PIP, which are a great financial incentive for accredited practices that provide care for patients who identify as Aboriginal or Torres Strait Islander. You can find all these details on page 3. Details of the RACGP online cultural awareness training module to fulfill requirements for IHI PIP practice registration, as well as details about the Aboriginal or Torres Strait Islander trainee program available to practices, can be found on page 4.

Keep an eye out for a message from the chair of IDGP, Dr Russell Pearson, regarding the IDGP evolving into a 'Medicare Local'. Also, look out for updates on the IDGP services and programs, including NPS, headspace, LMP - reset you life, Mental Health Nurses, ARGUS and Clinical Psychology Service. Also we have put together a summary of the results from the 'staff satisfaction survey', so watch out for this. Once again, thank you to all the practices who participated. The division greatly appreciates your contribution as this will assist us to improve the support services we provide to you.

We also have a few staff changes to the Practice Support Team. Some of you may have already met Estela Gimenez, who has been employed as the IDGP's Indigenous Health Project Officer with the role of improving Indigenous people's access to mainstream primary health care services in the Illawarra. The IDGP was sad to say goodbye to Alison Dunbar. After 6 years of dedicated work at the Division, Alison has moved to Adelaide. We wish her and her family all the best. Replacing Alison, we welcome Vanessa Brown. Vanessa joins us with 6 years experience in Administration. We also welcome Pippy Barnett as our new Project Officer for LMP. Pippy has joined our team after just completing her Masters of Science in Exercise rehabilitation, nutrition/dietetics. Welcome to all our new staff - it is great to have you as a part of the team!

Please look out for the following inserts in this issue:

- >> OTIiS Brochure
- >> NPS Medicine Wise postcards
- >> Staff Satisfaction Survey Results Summary
- >> Charity Bike Ride – Kiama Lions Club - 26th June 2011

Your Practice Support Team

Linda, Kathy, Katherine, Kristie-Lee, Beth, Melanie, Vanessa, Pam, Estela and Pippy.

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INDIGENOUS HEALTH

Closing The Gap - New Indigenous Health Project Officer

My name is Estela Gimenez, I am the Indigenous Health Project Officer with the Illawarra Division of General Practice, funded through the national Closing the Gap program. The aim of my position is to improve Indigenous people's access to mainstream primary health care services in the Illawarra.

I will be working with general practice, Indigenous health care providers and allied health services to identify barriers to using mainstream services, and consult local Indigenous people about their experiences and suggestions. Together with local stakeholders I will also work to improve and

MEDICARE LOCALS

The Board of the Illawarra Division of General Practice has called an Extraordinary General Meeting of members to discuss proposed amendments to the constitution of the IDGP. The effect of these motions is to support the Illawarra Division of General Practice's evolution into a 'Medicare Local'.

The Commonwealth Government will not be funding Divisions of General Practice beyond June 2012 with the funds instead being transferred to Primary Health Care Organisations to be called "Medicare Locals."

In collaboration with the Shoalhaven Division of General Practice, the IDGP submitted an application that would see the constitution and structure of the IDGP evolve into the required structure of a Medicare Local as outlined by the Commonwealth.

While our submission was not in the first wave of the 19 to be funded, we have received correspondence from the Commonwealth advising that our application is one of two nationally that has been assessed as meeting the selection criteria allowing us the option of carrying forward our application to

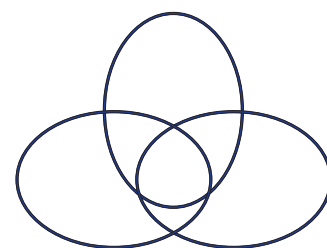
be included in the selection process for the Medicare Locals to be established in 2012.

The constitutional changes being proposed, including the extension of our boundaries to include the Shoalhaven, are necessary for this transformation to take place in 2012. We need to be organisationally ready to take on the proposed additional responsibilities. Not to proceed in this way will risk losing all funding that currently (through our Division) provides support and clinical services to general practice.

We look forward to seeing members at the EGM on evening of Wednesday 22nd June at the Illawarra Division of General Practice. Dinner will be at 6.45pm, followed by a short presentation and update on Medicare Locals, with the EGM to commence at 7.30pm.

If you have any questions please contact our CEO Dr Kellie Marshall on **4220 7600**.

Chair
Dr Russell Pearson



integrate services and, if needed, develop new service models.

I can help your practice in the following ways:

- Provide education in all aspects of the IHI (Indigenous Health Incentives) PIP program such as:
 - o patient management pathways to maximise MBS claiming using Indigenous health assessments, GP management plans and Team Care Arrangements
 - o achieving outcome payment targets
 - o using practice software to record Indigenous status
 - o using recall and reminder systems to re-register patients and manage follow up visits
 - o achieving culturally safe practice environments and patient communication.
- Support practice staff to identify and record identification and reminder systems for patient CTG registration

- Organise cultural safety training for you and your practice staff
- Promote your services to local Indigenous peoples through a Closing The Gap registered practices list

I have a background working in Aboriginal Health as part of health promotion teams with area health services, as a dietician in private practice and community nutrition, and in service development in health management organisations.

In the coming months I look forward to visiting your practice to provide more information about the IHI PIP program and support your practice to service your Indigenous patients.

To contact me please phone IDGP on **4220 7600** or email me at egimenez@idgp.org.au Information on Closing The Gap is available on the IDGP website: <http://www.idgp.org.au/services/closing-the-gap.html>.

INDIGENOUS HEALTH

Helping Patients Identify in Your Practice

Why do patients need to self-identify as Aboriginal or Torres Strait Islander? How can your practice encourage patients to identify?

For reception staff, knowing that a patient is Aboriginal or Torres Strait Islander is a reminder to ask questions to make it easy to keep these patients coming back and improve their health, a key strategy of the national Closing the Gap program.

Ask if they:

- have a Medicare card
- need help with transport
- prefer a male or female doctor
- know about the Division's **Aboriginal Outreach Worker** (for help to organise transport, attend and make doctor and other medical appointments and complete forms).

For GPs and Practice Nurses it is a reminder of:

- Available MBS items such as MBS 715 Indigenous Health Checks
- Available PBS Co-Payment measure for free or \$5.60 PBS medicines (if registered for the Indigenous Health Incentives Practice Incentives Program (IHI PIP))
- Clinical guidelines, for example the: Preventative Guidelines for Health Assessments for Indigenous Patients, (this is now a requirement of accreditation) and;
- Ask about the patient's Aboriginal culture and work with the patient to develop a culturally appropriate GP Management plan or Team Care Arrangement.

As part of re-accreditation practices need to demonstrate how they record patient Aboriginality and how key cultural patient groups, such as Aboriginal patients are identified. The best way to ask about Aboriginality is to ask all patients to update their demographic, contact and cultural details.

Your practice can then offer targeted reminder and recalls to help close the gap, such as child health checks and health check follow ups.

The Practice Support Team can provide assistance with drafting a patient details

form and setting up patient registers and recall systems.

The decision to identify is ultimately up to the patient, but there is a lot your practice can do such as;

- Display identification posters and brochures
- Ensure doctors and practice nurses ask "Are you of Aboriginal or Torres Strait Islander origin?" during private consultations. Avoid asking in crowded reception areas.
- Display Aboriginal art and health posters and brochures
- Create welcoming waiting rooms. Choose plants and spacious seating
- Consider offering bulk billing to Indigenous patients, requiring identification to the doctor
- Complete cultural awareness training. Online training is now available (See page 4) and FREE face to face training is planned for August.

If you would like help with accessing Indigenous patients and supporting patients to self-identify, please contact Estela Gimenez **4220 7600** - Closing the Gap - Indigenous Health Project Officer.

Has Your Practice Registered for the Indigenous Health Incentives (IHI) PIP?

[Great financial incentives are available for accredited practices to provide follow up care to patients who identify as Aboriginal or Torres Strait Islander.](#)

A sign on payment of \$1000 can help cover the cost of one GP and one practice staff member attending cultural awareness training, a requirement of registration.

Fulfilling the IHI PIP requirements

1. Offer or provide an Item 715 health check

Practices are required to provide or offer to patients annual health checks (MBS Item 715) to identify health and social risks that may stop the patient from taking prescribed medications, and be eligible for the PBS co-payment measure. This ensures that all prescribed PBS medications are free for concession card holders or just \$5.60 for other patients.

2. Complete a IHI PIP registration form

Patients then complete an IHI PIP registration form which includes registration for the PBS Co-Payment measure, and this is faxed to Medicare. A \$250 annual patient registration payment for patients 15+ years is then provided to practices to help cover any costs with recording registration and annually recalling patients to re-register.

3. Incentive payments

Practice outcome payments of \$100 per registered patient per year are also available when patients aged 15+ years achieve a target level of care (develop a GP management Plan or Team Care Arrangement and at least 1 review of either GPMP or TCA – OR - do 2 reviews of GPMP or TCA). A payment of \$150 is made to the practice that provides the majority of care to that patient within the 12 month registration period.

A recall and reminder system for Indigenous patients is a useful tool for practices to achieve these outcomes. For example, for just 10 identified patients, your practice may receive up to \$6000 in the first year of practice registration.

For more information about the program, please contact: Estela Gimenez, Closing the Gap - Indigenous Health Project Officer. on **4220 7600** Estela is available to visit practices or take questions by phone, to explain and clarify the details of the IHI PIP incentive, and how they apply to your practice.

Do you have an interest in Aboriginal Health?

[Would you like to be a GP Champion to assist with Division Closing the Gap projects?](#)

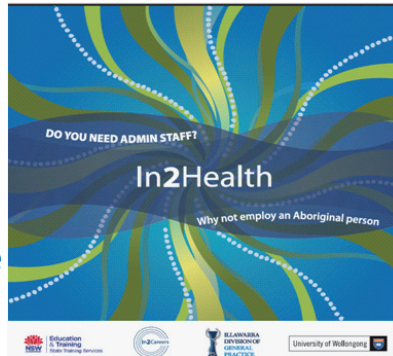
Please contact: Estela Gimenez **4220 7600**, Closing the Gap - Indigenous Health Project Officer.



INDIGENOUS HEALTH

Have You Considered An Aboriginal Or Torres Strait Islander Trainee?

The Graduate School of Medicine and Department of Education and Training have partnered with the Division to provide Illawarra general practices with an innovative local workforce solution.



Practices now have an exciting opportunity to recruit an Aboriginal administration trainee for a 12 month medical reception traineeship. Part time or full time, including mature age, Indigenous trainees have been trained in the first round of the program in April, 2011 leading to a Certificate II in Business Administration (Medical Reception) for employment in Illawarra general practice.

Employers can determine the appropriate level of training for their trainee to complete during the traineeship period. Wage subsidies of up to \$10,000 are available!

“Our In2Health trainee has become an integral part of our reception team. We have also benefited from a closer link to the local community.” Nelly Burns, Practice Manager, Dapto Healthcare.

For more information contact; Estela Gimenez 4220 7600 Indigenous Health Project Officer.



Participants in the first Admin training program with program organisers, at their graduation ceremony at the University of Wollongong.

Online Cultural Awareness Training is here!

A new RACGP online cultural awareness training module is available to fulfil requirements for IHI PIP practice registration.

The new 6 hour online activity is free to GPs and practice staff registered with the IHI PIP, and at a cost for other GPs and health professionals. Staff can do it in their own time and are encouraged to regularly save their answers in case their PC may log them out accidentally.

From April 7th, IHI PIP registered practices have 12 months to complete an approved cultural awareness training activity. To fulfil IHI PIP requirements at least 2 practice staff, one who must be a GP, need to complete an RACGP approved cultural awareness activity. It is available at: www.gplearning.com.au for RACGP members. Non members can access this activity at: www.clined.com.au

Please note - the Division will be providing accredited Cultural Awareness Training at a 3 hour workshop to be held in August. This will be an alternative to doing online training.

REFUGEE HEALTH

On-arrival screening

The list of recommended screening tests for families of refugee background has recently expanded. The current GP Guidelines recommend the following (recent additions below):

Serology for infectious diseases

Hepatitis B surface antigen, surface antibody, core antibody
Hepatitis C antibody
Human immunodeficiency virus (HIV)*
Measles IgG
Mumps IgG*
Rubella IgG
Schistosomiasis IgG
Strongyloides IgG
Syphilis serology screen
Tuberculosis CMI response/Quantiferon Gold

Haematology and biochemistry tests

Full blood examination (FBE)
Malaria parasites (thick and thin film)
ICT malarial antigen
Liver function tests (LFTs)
Urea and electrolytes (U&Es)
Calcium, magnesium and phosphate
Beta-HCG (women only)
25-OH Vit D (Vitamin D)

Urine tests

Neisseria gonorrhoea DNA
Chlamydia trachomatis DNA

An updated copy of the GP Guidelines will soon be mailed to GPs linked with the Multicultural Health Service's Refugee Health program. The GP Guidelines are also available on the IDGP website: <http://www.idgp.org.au/clinical/refugees.html>

Sydney Children's Hospital Outreach Clinics

Regular outreach clinics will be held this year at Wollongong Hospital for refugee children. You are welcome to refer children by contacting Dr Meredith Sissons (Refugee Fellow) on **9382 8472**.

SEALS Pathology

SEALS Laboratory requests that refugee families attend for collection of specimens related to on-arrival screening between 8.30am and 3pm Mondays-Thursdays. Specimens that need to be sent to Sydney for processing - such as TB CMI - will not be collected on Fridays.

IMMUNISATION

A Message From the Public Health Unit

Whooping cough

Whooping cough (or pertussis) is caused by bacteria called *Bordetella pertussis*. The bacteria are spread from one person to another when someone with the infection coughs and fine droplets that contain the bacteria spread into the surrounding air. The bacteria are breathed in by others who are nearby. Whooping cough (Pertussis) is a serious respiratory infection that remains an issue for NSW residents.

Vaccination:

Whooping cough vaccination is the single best thing to prevent whooping cough infection.

- The first dose of whooping cough vaccine can be given as early as 6 weeks of age to get the best protection
- Older children need a booster dose at 4 years (can be given from 3½ years).
- For a limited time, parents and other adults who regularly care for a baby can receive FREE adult whooping cough vaccine from general practitioners.
- Women planning pregnancy should receive dTpa vaccine before they became pregnant or straight after delivery
- All Year 7 and Year 10 students in 2011 will be offered diphtheria-tetanus-pertussis (whooping cough) vaccine (dTpa) in a single dose schedule.

For more information please visit: <http://www.health.nsw.gov.au/PublicHealth/Infectious/whoopingcough/index.asp>

Seasonal Influenza Vaccination 2011

Annual seasonal influenza vaccination is recommended for any person aged 6 months and over who wishes to reduce the likelihood of becoming ill with influenza.

Vaccine strains

The influenza vaccine for the Australian 2011 influenza season contains the following three virus strains:

- A (H1N1): an A/California/7/2009 (H1N1) - like strain
- A (H3N2): an A/Perth/16/2009 (H3N2) - like strain
- B: a B/Brisbane/60/2008 - like strain

- Influenza vaccination provides protection for about one year. Although the composition of the 2011 vaccine is the same as the 2010 vaccine, people who had the influenza vaccine anytime in 2010 still need to be vaccinated in 2011 to ensure high levels of immunity.

Free influenza vaccine

Under the National Influenza Vaccination Program, free seasonal influenza vaccine* is available for the following people:

- all individuals aged 65 years and older
- all Aboriginal and Torres Strait Islander peoples aged 15 years and over
- pregnant women
- individuals aged 6 months and over with medical conditions predisposing to severe influenza, namely:
 - o Cardiac disease, including cyanotic congenital heart disease, coronary artery disease and congestive heart failure
 - o Chronic respiratory conditions, including suppurative lung disease, chronic obstructive pulmonary disease and severe asthma
 - o Other chronic illnesses requiring regular medical follow up or hospitalisation in the previous year, including diabetes mellitus, chronic metabolic diseases, chronic renal failure, and haemoglobinopathies
 - o Chronic neurological conditions that impact on respiratory function, including multiple sclerosis, spinal cord injuries, and seizure disorders
 - o Impaired immunity, including HIV, malignancy and chronic steroid use
 - o Children aged 6 months to 10 years on long term aspirin therapy

Recommendations for children

The Australian Technical Advisory Group on Immunisation (ATAGI) has recommended the use of Influvac® and Vaxigrip® for use in children between 6 months to less than 5 years of age under the National Immunisation Program (NIP).

Fluvax is not registered for use in children less than 5 years of age in 2011. For children aged 5 to less than 10 years of age, it is recommended that Vaxigrip® and Influvac® is used. Fluvax® may be used in children aged 5 years to less than 10 years when no alternative vaccine is readily available.

If Fluvax® is administered parents should be informed of the potential risk of fever but that febrile convulsions are rare in this group. The full ATAGI statement including the rationale for these recommendations is available at www.immunise.health.gov.au. Instructions on how to administer a 0.25 mL paediatric dose of Influvac® or Vaxigrip® for children aged 6 months and over to less than 36 months of age will be provided with every delivery of vaccine.

For more information please visit: http://www.health.nsw.gov.au/PublicHealth/Immunisation/programs/seasonal_flu_vaccination_2011.asp Natasa Veselinovic & Caroline Williams (Public Health Unit Ph: 4221 6700).

Online APNA Influenza prevention course for GPs and PNs

APNA is offering all GPs and practice nurses the opportunity to complete the Influenza Prevention course free of charge.

This interactive online learning course has been designed to provide GPs and nurses with concise, practice-based information to support the safe administration of influenza vaccines to adults and children over the age of 6 months.

The information contained in this course is aligned with recommendations in the Australian Immunisation Handbook, 9th edition, 2008. The development of this course, as well as free registration for GPs and primary health care nurses, is supported by Sanofi Pasteur. This activity has been approved by the RACGP QI&CPD Program. Duration: approx. 1.5 hours. Nurses: 1.5 CPD hours / GPs: Total 3 Category 2 points.

For more information visit <http://www.apna.asn.au/lib/pdf/OnlineLearning/brochures/Influenza%20Prevention%20brochure.pdf>.

MENTAL HEALTH

Mental Health Nurse Service - Case Study

Julie a 28yr old female diagnosed with Schizophrenia was referred by her workplace for mental health nurse input.

As highlighted in our last issue. Connections with appropriate services for the family members have taken place and they are better informed about what is available to them.

The treating psychiatrist has been contacted as has the GP with the initial plan for MH nurse input. Following discussion with the Schizophrenia Fellowship, the workplace and the family Julie was encouraged to trial a group run by the Fellowship. The reasons behind this were to offer Julie a more varied day and to encourage her to develop friendships outside of work. This also had benefit to the family as they were able to take more of a back seat with regards to travel and to give them some respite.

There were some minor obstacles as Julie got used to the change but on the whole this is working well. Julie is still dependent on others providing initiative for change. Her parents recognize it is important for her to take more responsibility however they struggle to let go. Julie has shown that she enjoys the group and participates well. Group workers have remarked that she is fully engaged and when observed is enjoying the different activities. We continue to work collaboratively with Julie and her family.

The long term plan is for Julie to meet her responsibilities with occasional support. With the help of the treating psychiatrist, the GP and other health providers we are working with her and her family towards more independence. Julie is still undergoing a change in medication and we need to monitor and ensure stability for a period of time.

The IDGP Mental Health Nurse Service will update Julie's progress in the next PS issue.

Do you have a client in your practice that could benefit from our Mental Health Nurse Service? If so please contact Kim or Helen at IDGP on **4220 7600**.

Mental Health Clinical Practice Guidelines

The National Health and Medical Research Council has approved guidelines addressing depression and related issues developed by [beyondblue](#).

One guideline deals with the effective treatment of depression amongst adolescents and young adults aged 13 to 24 years.

The second will assist primary and maternity care health professionals provide care to those in the perinatal (around birth) period. www.nhmrc.gov.au

New Mental Health Resource On The IDGP website

[beyondblue](#), the national depression initiative, has begun to circulate a quarterly electronic update for health professionals, health workers, support groups and other key stakeholders in the health/mental health sector.

The aim of the e-newsletter will be to provide updates on the availability of new [beyondblue](#) resources and publications, which are available for organisations and individuals to download or order free of charge, plus information on key projects and initiatives.

To access this new resource please visit the mental health page on the IDGP website, <http://www.idgp.org.au/services/mental-health-nurse-service.html>.

HEART WEEK 2011

Practice Support Team Walk for Heart Week 2011

During Heart Week, from Sunday 1 to Saturday 7 May, the National Heart Foundation of Australia carried out a campaign to raise awareness of heart disease as the number one killer of Australian women and urge us to get behind Heart Week and take action now to prevent heart disease.

If you look around at your female friends, family and work colleagues, 90% of us have at least one risk factor of heart disease. Women are also four times more likely to die of it than of breast cancer. But we can help each other to reduce this risk.

The Practice Support Team at the IDGP got together on the 3rd of May to join the Healthy Heart Challenge by going for a one hour walk in our lunchtime break. By making simple changes to your day, such as adding 30 minutes of physical activity into your daily routine, can greatly lower your risk of heart disease and make a big difference to your heart health. **What could you do in your practice team?**

For more information on heart week and the Go Red for Women campaign head to the Heart Foundation website www.heartfoundation.org.au.



Expressions of Interest required for IDGP Connecting Care Review Committee

As the Connecting Care Chronic Disease Management program is rolled out, the IDGP would like to form a review committee that will meet bimonthly to provide clinical guidance and direction towards the implementation of Chronic Disease Management strategies in the Illawarra and Shoalhaven.

Expressions of Interest are currently being sought from interested GPs and Practice Nurses. For further information, please contact Lauren Hickson at the IDGP on **4220 7600**

WOMEN'S HEALTH

Updates in Pregnancy Care

The Antenatal Clinic at Wollongong Hospital is currently revising maternity care guidelines.

This year we have seen subtle changes to the following policies:

- Hypertension in pregnancy
- Antenatal management of women with Hypertension
 - Blood pressure recording
 - Eclampsia - management of
 - Postnatal management of women
- with Hypertension
 - Severe Pre-eclampsia Acute management
- Estimated date of confinement
- Decreased Foetal Movement
- Fundal Height Measurements
- Rhesus Negative Women
- Clinical Pathway for ANSC

There are a number of ways that all interested GPs and practice staff can stay abreast of any changes. The first is to be involved in the Antenatal Shared Care Program and attend an Update.

Updates are held at Wollongong Hospital twice a year and our next is confirmed for Sat 5th Nov from 1.30pm.

You are also invited to the Mortality & Morbidity meetings at Wollongong Hospital on the first Wednesday of every month. Meetings run 1.30-2.30pm in Seminar Room 2, Level 8, Wollongong Hospital.

Thirdly, an ANSC update will be included in the Division's Annual Update Seminar now known as VIEW to be held in August.

To access the information go to www.idgp.org.au –look under - Services- Antenatal Shared Care Program. You can also contact the Antenatal Shared Care Coordinator through the website to stay up-to-date with Obstetric Care Policies & Guidelines by joining the Antenatal Shared Care Program.

Breast Cancer Network Australia Resources

BCNA is the peak national organisation representing Australians affected by breast cancer.

They work to ensure that women diagnosed with breast cancer, and their families, receive the very best information, treatment, care and support possible, no matter who they are or where they live.

They are represented by the Pink Lady silhouette, symbolic of their focus on women diagnosed with breast cancer and all those around her.

Provided free of charge, the My Journey Kit (for women with early breast cancer), which can be found at the following address <http://www.bcna.org.au/my-journey-kit>, and Hope & Hurdles Pack (for women with secondary breast cancer), which can be found at the following address <http://www.bcna.org.au/hope-hurdles-pack>, are key information resources for women with breast cancer.

These packs have been developed by women with breast cancer offering support, insights and practical advice. They have also been endorsed by leading organisations such as the Royal Australian College of General Practitioners, Medical Oncology Group of Australia and Cancer Nurses Society of Australia.

Free display copies of these resources can be ordered by GPs to have on hand when caring for women who have been diagnosed with breast cancer. You can order these resources from the Breast Cancer Network Australia website in the resources section at <http://www.bcna.org.au/>

NEW National Antenatal Guidelines

GP Feedback on new antenatal care guidelines is being sought by the NH&MRC. Comments are due by the 28th June. Guidelines are available at <http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-antenatal-care-index>, visit the IDGP website or phone **1800 017 533**.

Men's Health

Men's Health Week 2011 – June 13-19

"Lets face it. Unless the subject is sport, men aren't always the best talkers. And we really struggle when it comes to talking about reproductive health." – Merv Hughes (Andrology Australia Ambassador).

Andrology Australia's theme for International Men's Health Week 2011 is "Time to Talk Tackle". The fishing-themed resources feature Merv Hughes, as the Ambassador, and aim to get men to address their health issues by talking to their doctor. International Men's Health Week takes place from June 13-19 in 2011.

Your practice may consider sending out a reminder to men in a particular age group (over the age of 40) to come in and discuss men's health issues with their GP. To order free resources for International Men's Health Week, visit www.andrologyaustralia.org or call 1300 303 878. Limited resources are available from the Illawarra Division of General practice if you call 4220 7600 or contact the Practice Support Team at practicesupport@idgp.org.au. (Newsletter of Andrology Australia, 28 March 2011).

Healthier Illawarra Men (HIM) – Check It event.

HIM, supported by the Illawarra Division of General Practice (IDGP), is organizing an AHM Check It event at the WIN Entertainment Centre (WEC) on Friday, 2 September between 11am and 6pm.

We are hoping that the event will attract up to 1,000 men on the day, and that it will then set them on a road to better health. Illawarra men of all ages will be invited to come to the WEC, where they will be able to undertake a variety of screenings, blood tests and other assessments for conditions such as hypertension, obesity, diabetes and seek advice and information on depression, anxiety, stress, alcohol and drug dependency and so on.

This is a prime opportunity to target men who are interested in improving their health. Please encourage your male patients to attend this event.

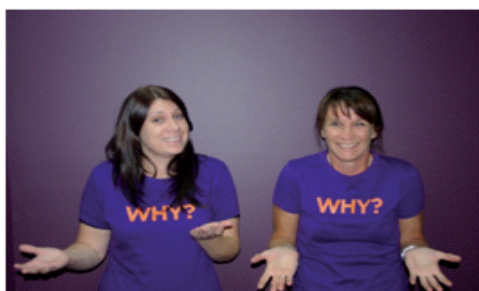
IDGP SERVICES AND PROGRAMS



NPS – Better Choices, Better Health

What's different with NPS?

Some of you may have noticed a change to the traditional branding of NPS. This has been in response to the expansion of the role of NPS to include more education of the community about medicine choices, and also the appropriate use of diagnostic tests.



How practices can be involved

There has been a media campaign to raise awareness for those who use medicines (and that is most of us!) to know that what they are taking is a medicine – as it could include a skin patch, cream or eye drops; what is the ingredient of the medicine and to ask the right questions about it.

Resources have been developed for this promotion and if you are in a general practice surgery, you would have received a sample in the hardcopy of this newsletter.

The NPS website for more information, both for professionals and patients is www.nps.org.au. The practice can order any of the resources from the NPS website.

There are patient leaflets on specific areas such as good sleep practices, antidepressants, antibiotics, and chronic pain. The current NPS program is about cardiovascular risk, and patient information pads have been developed for this; copies will be available with the delivery of this program this year.

Illawarra Division of General Practice

At the IDGP there are two contacts for the NPS, pictured here in the scintillating NPS T-shirts. The NPS Program Facilitator is Ali Martin; who provides support for the program and will answer any of your administrative questions on the NPS in your practice. Margaret Jordan, NPS Program Officer delivers the program to the GPs, practice nurses, and Residential Aged Care Facilities.

Each year Margaret is involved with education for community groups- this year the theme is "Menopause- the time of your life?".

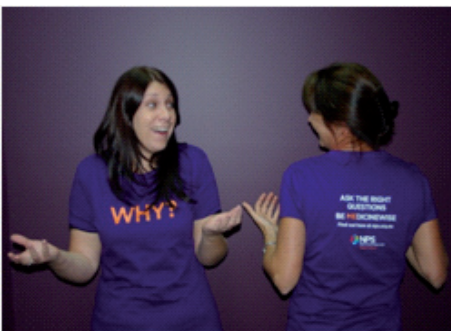
What's the NPS program for 2011-2012?

Margaret is currently visiting GPs on Opioids in chronic pain, with an evening education session planned with Dr Guy Bashford for GPs on June 28 at the IDGP. The next two visiting programs will be on lipids and antipsychotics.

For those practices who wish to participate in the QPI arm of the PIP program, there are three electronic clinical audits still current. The three new clinical audits for this year are osteoporosis, lipids (an e-audit) and antipsychotics; so there is something to suit everyone.

For more details on these, or other NPS matters contact Margaret on **4220 7627** or Ali on **4220 7600**.

Margaret Jordan
mjordan@idgp.org.au



headspace Shoalhaven centre a step closer

Thousands of young people are a step closer to accessing headspace services in NSW's South East, following the announcement of the planned Shoalhaven centre's lead agency and consortium members.

The Minister for Health and Ageing and headspace National announced on the 14th of April that Illawarra Division of General Practice has been selected to lead the development and running of headspace Shoalhaven in collaboration with consortium partners that include the Shoalhaven Division, Illawarra/ Shoalhaven Local Health Network, Access Community Group, Bay and Basin Community Resources and the Lewis and Dunn Centre.

headspace Chief Executive, Chris Tanti said the selection of Illawarra Division of General Practice (IDGP) followed a rigorous review process. "It's a significant milestone in the process to establish the new centre. IDGP has a long history of supporting the community through general practice services. Given their clinical expertise and experience running Illawarra headspace, we are really pleased to have them operating the new centre," Mr Tanti said.

IDGP, Chief Executive, Dr Kellie Marshall, said the consortium members are excited about establishing the headspace centre. "We know that 75 per cent of mental health issues emerge between the ages of 12 and 25 so it's critical that young people have access to youth friendly services tailored to their needs. headspace services will make a significant difference to the mental health and wellbeing of young people in the region," Dr Marshall said.

The Shoalhaven centre will be in operation later this year in Nowra with outreach in Vincentia, at the Bay and Basin Centre and in Ulladulla at the Lewis and Dunn Centre. For more information about headspace visit: www.headspace.org.au.

IDGP SERVICES AND PROGRAMS

Argus

Argus Connect recently released "ARGUS 5", a new and updated version of their widely-used secure clinical messaging software.

How will this affect your practice?

1. Current GP, Specialist and Allied Health Argus users that already have a paid ARGUS Priority Support contract will have NO CHANGE TO THEIR CURRENT COSTS and will now get:

- Credited with one additional month of Priority Support at no extra cost;
- Assistance with the Argus 5 upgrade installation at no extra cost; and
- Priority for upgrade to Argus 5.

2. Current GP, Specialist and Allied Health Argus users that do NOT have a paid Priority Support Contract and who choose to remain with their existing Argus 4 freeware license can do so until mid 2011.

However, please be aware that Argus 4 will not undergo any further development and all support for Argus 4 will be phased out in mid-2011, if you require Argus support for version 4 you will need to subscribe then upgrade to version 5.

We have been advised by ARGUS that Argus 4 will be turned off in mid 2011. This means that reports currently being delivered via Argus (discharge summaries, specialist reports, etc) will cease and you will need to arrange for reports to be delivered via fax or mail if you decide to not purchase Argus 5.

3. Argus version 4 is no longer available. All new Argus users must subscribe to the Argus 5 software and support.

How will your practice get ARGUS 5?

Argus have indicated that they will be contacting all GP, Specialist and Allied Health sites, that currently have ARGUS 4 installed, within the months following the release of Version 5.

For those sites that do NOT currently have paid priority support and would like ARGUS 5, please be aware that OTIIS can assist your practice with the installation of ARGUS 5.

For further information or to upgrade to ARGUS 5, please contact Argus Connect via one of the following methods:

Ph: 03 5335 2221

Website: <https://www.argusconnect.com.au/subscription/existing/>

Internet Connections

All businesses should review their internet subscription every 12 months. With technology, pricing and plans changing so quickly it is important to check that you have a plan that meets your business needs at the best price.

Some things to consider when looking at changing plans with your existing provider:

- Will the new plan meet your data requirements
 - Ensure that the plan is a business grade plan with a static IP address
 - Check that your hardware can support any upgraded speeds or technology
- Some additional considerations when looking at changing providers:
- Do you use e-mail accounts with your existing provider, as they will be disconnected
 - If you have an e-mail account from your existing provider associated with your ARGUS account this will need to be reconfigured, involving IT and ARGUS support.
 - If you have VPN access to your site the VPN service will need to be reconfigured
 - Your router for connecting to the internet will need to be reconfigured or replaced.

OTIIS is able to assist with advice and IT support, to have your IT questions answered and for IT support OTIIS can be contacted on **4220 7610** or otiiis@idgp.org.au



reset your life a healthy lifestyle program to prevent diabetes

The Division is still taking new referrals for our Lifestyle Modification Program and has also starting running this group education program from Kiama.

The following topics are covered in seven group sessions:

- Type 2 Diabetes and associated complications
- Pre-diabetes including risk factors, diagnosis, treatment and prevention
- Healthy eating and physical activity
- How to make and maintain healthier lifestyle choices
- Stress management
- Goal setting to improve your health and how to stay motivated.

Eligible participants:

- Are aged 40-49 years or Aboriginal and Torres Strait Islanders aged 15-54 years
- Score 12 or more on the AUSDRISK tool
- Have had type 2 diabetes excluded.

NOTE: Diabetics may also be referred under the 8 Medicare Diabetes Group Sessions. The six month program will cost \$50 for those that meet the above criteria (this is waived for health care card and concession card holders) and \$280 for those who are not eligible for this government subsidy.

How to Refer?

The AUSDRISK tool and both the LMP and 8 Medicare Diabetes Group session referral forms can be found at www.idgp.org.au under the 'Lifestyle Modification Program (LMP)' link in information for general practices. GPs may claim time based health assessment item numbers for completion of the type 2 diabetes risk evaluation. Simply fax the completed appropriate referral form and the completed AUSDRISK questionnaire to us on **4226 9485** and we will contact the participant from there.

Please do not hesitate to contact Pippy Barnett on **4220 7600** or email pbarnett@idgp.org.au for further information.

IDGP SERVICES & PROGRAMS

IDGP Clinical Psychology Service (CPS)

Supporting Mums and Families

A unique partnership between Illawarra Children's Services and Illawarra Division of General Practice (IDGP) has produced some great outcomes for a group of local mums (and their families) dealing with post-natal depression and anxiety.

The supported group therapy, an eight week program, is the only one of its kind in the Illawarra and focuses on the family unit rather than the individual. Jennine Primmer from Illawarra Children's Services says the program started as a conversation between ICS and IDGP. "Louise Ramsay from IDGP came to us with the idea of hosting a group therapy session for mums in need. They wanted to include child care services so that the mums could go into the therapy without their children but still have them close by and they were looking for a venue." said Jennine.

"We decided that the Green Bean Play Café in Fairy Meadow would be the perfect venue – it's a non-threatening, anti-clinical environment. We knew the children would love it and we could also provide a separate room for the mums, within the café, to have

their quite therapy sessions." With statistics for post natal depression running at 1 in 7 women, there is a huge need for this kind of support within the community and because of the stigma attached to mental health issues it is a group very much at risk. "It has been very important for the clinical psychology aspect to be supported with childcare so women are not separated from their children." says Division of GPs Clinical Psychologist, Louise Ramsay.

"For us, the non-threatening environment where women can come and have their children cared for by highly qualified child care staff whilst connecting with other sufferers has been a winning combination. The café environment helps the women relax and therefore connect more quickly." said Louise.

The empirically validated psychological treatment for post natal depression includes a structure of 40 minutes of therapy, a 30 minute break for coffee with carers and another 40 minutes of therapy so the women have the opportunity to play and connect with their children in the course of therapy. The first eight week program was run at the end of 2010 and produced such positive outcomes that CEOs Bill Feld (ICS) and Dr Kellie Marshall (IDGP) have committed to fund and continue more Group Supported Therapy Programs in 2011 in partnership.



The women who attended the first program said that they looked forward to attending each week, their relationships have improved within their families, they have formed meaningful relationships with the other women in the group and the learnt some managing tips from the childcare experts.

"Participating in the group therapy has been a godsend. I have felt supported in every step, from having my children looked after by qualified staff, to the care and understanding from the other mothers, and guidance and follow up from the psychologists.

The overall approach has given me practical steps to assist my recovery and tools to continue to maintain my wellness." 2010 participant.

Jennine Primmer
Illawarra Children's Services

SEXUAL HEALTH

Sexually Transmitted Infections – Contact Tracing

NSW State-wide STI Contact Tracing Working Group focuses efforts on supporting general practice to undertake STI contact tracing. In Australia, general practice is the main provider of sexual health care and contact tracing is an important part of a comprehensive STI control program.

Evidence, from surveys and research, shows that many doctors are unaware of their responsibilities around contact tracing. Some of the barriers identified include the perceived lack of written guidelines, skills and experience.

The NSW Contact Tracing project aims to increase GPs awareness of their contact

tracing responsibility and the recourses available to them. The project is guided by an active working group. Membership includes sexual health experts and general practitioners with an interest in the area. Sexual health will also be a key area among practices Nurses as their role evolves.

Patient resources

Useful GP, PN and patient resources can be found at <http://www.gpnsw.com.au/programs/sexually-transmitted-infections-sti/contact-tracing>. This website contains patient resources to assist in the contact tracing process.

It is also helpful for GPs to review the information that the patient needs to share with their partner and provides some written material and web links.

There are a number of online recourses for

both patient and provider that can assist with contact tracing. These websites allow the patient to inform a partner by letter, email or SMS. It can be anonymous or not, depending on the patient's preference.

GP Contact Tracing Tool

Also available to GPs is a STI Contact Tracing Tool, which has been developed by the NSW STI Program Unit (STIPU) Contact Tracing Workshop Group and is available on their website at http://www.stipu.nsw.gov.au/pdf/May_2011_Contact%20tracing_tool_final_version.pdf

For further information regarding this project contact Liz Meadley at lizmeadley@gpnsw.com.au.

ACCREDITATION

AGPAL Launches New Website

AGPAL launched its exciting, innovative and general practice dedicated website on Wednesday 20 April. The site has been redeveloped to better service both existing and potential clients.

The new website www.agpal.com.au promises clients a new era of quality improvement services in the changing primary health care environment. In conjunction with the AGPAL website launch, subsidiary company Quality in Practice (QIP) has also launched its new website www.qip.com.au. AGPAL is delivering many positive changes, reflected in the new website, to enhance clients' accreditation experiences.

Changes include:

- A dedicated custom website
- Improved and simplified navigation around the site
- Updated content and new pages relevant to our expanding markets and surveyor recruitment
- New home page banners to share the latest news and events
- Member login tab available permanently on the interface to AGPALs online resource library QbAY and AccreditationPro, our web-based accreditation tool.

If you have any questions please contact the AGPAL and QIP Marketing and Communications team on **1300 362 111**.

Training Available for the 4th Edition RACGP Standards for General Practices

The transition to using the RACGP Standards for general practices (4th edition) for accreditation purposes will happen gradually over the coming year with full details available on the RACGP website, see: <http://www.racgp.org.au/standards>.

A summary of key differences between the 3rd and 4th edition standards is now available. The RACGP is offering free education sessions about the new features of the 4th edition Standards. The education sessions will be held via teleconference on several dates in April, May and June see: <http://www.racgp.org.au/standards>

SNIPPETS

Obesity Guidelines Questionnaire

The Department of Health and Ageing (DoHA) is revising the 2003 Clinical Practice Guidelines for the Management of Overweight and Obesity in Children, Adolescents and Adults for the primary care setting (<http://www.nhmrc.gov.au/nics/programs/obesityguidelines.htm>), as well as developing a [Healthy Weight Guide to provide consumers with advice on how to achieve and maintain a healthy weight](#).

NHMRC is interested in making sure the Clinical Practice Guidelines suit the needs of GPs and their patients and is seeking feedback on identifying the most suitable format and structure.

A 10 minute web based questionnaire has been developed to gather this feedback: <https://www.surveymonkey.com/s/58NP8WZ>.

If possible, could responses please be submitted by 15 June 2011. If you would like further information please contact Stephanie Goodrick on **03 8866 0407**.

New Medicines Listed on the PBS and NIP

[Australians will benefit from 7 new medicines and vaccines being listed on the Pharmaceutical benefits scheme \(PBS\) from 1 July 2011.](#)

Two new vaccines will also be added to the National Immunisation Program. This means that they will be fully funded by the Australian Government and provided free of charge to eligible children.

One of which is a vaccine used to protect children against thirteen strains of pneumococcal disease.

While the other is a combination vaccine used to protect children against two diseases: meningococcal C disease and Haemophilus influenza type b (Hib).

ANSC Committee Needs Additional GPs

The Illawarra's GP Antenatal Shared Care Program is looking for interested GPs to be a part of their Committee which meets quarterly for 1 hour at Wollongong Hospital.

The Committee strives to enhance antenatal services to women and develop strategies for continuous improvement and shared best practice. It also endeavours to facilitate a strong collaborative partnership between the IDGP and The Illawarra Shoalhaven Local Health Network.

If you would like to nominate to be part of the committee, or have the Terms of Reference sent to you, please contact Leanne, Antenatal Shared Care Coordinator on **4253 4271** or email Leanne.Cummins@sesiahs.health.nsw.gov.au

IDGP EDUCATION

SAVE THE DATE!!

Vertically Integrated Education Workshop (VIEW)

6th August 2011

The Division's Annual Update Seminar has been given a completely new look and new name.

This year, in partnership with the Graduate School of Medicine and Coast City Country Training, The IDGP is offering a program of concurrent lectures and interactive workshops covering clinical updates and skills, teaching and learning support and practice management issues. General practitioners, registrars, practice nurses, practice managers and administration staff are invited to attend.

Venue: Graduate School of Medicine

Date: 6th August

Time: 12 noon to 5pm

Invitations and further details will be sent to IDGP members soon. Registration is essential. For further information please contact Vanessa Brown at IDGP on **4220 7600**.

IDGP EDUCATION

IDGP Practice Support Dates

Practice Managers Forum meeting dates:

- 24th August
- 23rd November

Upcoming workshops:

- Preparing for the flu season – Infection control – 20th June
- NSW Child Protection System under Keep Them Safe, Mandatory Reporting – 26th July
- Diabetes – July*
- Cultural Awareness Training - August*
- Wound Care – September*
- Annual Immunisation update – November*

*Dates are to be confirmed

Asthma Courses

The Asthma Foundation NSW is running practice nurse education in 2011.

Some of the courses the Asthma Foundation will be running are an Introduction to Spirometry course and an Asthma Update course. All courses will be held at the Asthma Foundation in St Leonards, NSW.

However, the Asthma Foundation will hold courses around the State for groups of 8 or more from expressions of interest. If you are interested in doing an asthma course please contact Melanie Cousins at mcousins@idgp.org.au to be added to an EOI list. If we get 8 or more nurses interested we will organise for this course to be run in Wollongong.

Alternatively, if you are interested in doing the course at the Asthma Foundation in St. Leonards, please contact sovens@asthmafoundation.org.au for booking forms for the courses.

EXTERNAL EDUCATION

New Online Training: Early Childhood Oral Health: Case Studies From General Practice

Early childhood oral health management skills are the focus of a new online learning activity from the Royal Australian College of General Practitioners (RACGP).

The activity, is available on the gplearning website (www.racgp.org.au) and for free on the Clin-ed website (www.clined.com.au). The activity supports GPs and PNs to effectively perform their critical role in identifying, preventing and managing early childhood dental caries.

This activity also contributes to CPD hours. Referrals to public oral health services can be made using a GP Referral form: http://www.health.nsw.gov.au/resources/cohs/pdf/gp_referral_form.pdf.

For further information on the NSW Early Childhood Oral Health Program, visit: <http://www.health.nsw.gov.au/cohs/resources.asp>. Or contact: Tanya Schinkewitsch - Centre for Oral Health Strategy Tanya_Schinkewitsch@wsahs.nsw.gov.au.

New Online Diabetes Education Program for Practice Nurses

The Australian Practice Nurses Association (APNA) and the Australian Diabetes Educators Association (ADEA) have launched a new online education program, Diabetes Management in the Primary Care Setting.

The online education program is separated into two units:

Unit One: Introduction to Diabetes - to update or increase their basic diabetes and diabetes management knowledge.

Unit Two: Supporting People Living with Diabetes - specific situations and individual circumstances that influence diabetes care and management goals for different population groups.

The first unit of the course is now available, whilst enrolment in unit 2 will commence shortly after. The course will take approximately 20-25 hours to complete.

For more information about Diabetes Management in the Primary Care Setting or to enroll in the course, please visit APNA Online Learning at www.apna.asn.au/onlinelearning.

FREE online mental health training for health professionals working with pregnant women and mothers

The program - 'Beyond babyblues: Detecting and managing perinatal mental health disorders in primary care' - is the first of its kind in Australia and will provide health professionals - including midwives, GPs, obstetricians and maternal, child and family health care workers – with extra training and skills to understand, detect, treat and manage mental health conditions.

On completion of the advanced six-hour program, GPs will receive a mental health skills training qualification from the General Practice Mental Health Standards Collaboration (GPMHSC) and other health professionals will receive relevant recognition from their professional bodies.

To find out more about the online training, visit www.thinkgp.com.au/beyondblue Contact – beyondblue - Shelley Blake – **03 9810 6100 or 0428 333 917.**

The College of Nursing

For details about what courses are being offered by the College of Nursing, please contact Philippa Holland, Nurse Educator Professional Education Services, on: Tel: Direct: **02 9745 7596** Fax: **02 9745 7501** email: pholland@nursing.edu.au www.nursing.edu.au

New APNA Online Learning

APNA online learning has relocated to a new platform and is now available. APNA Online Learning delivers rich, interactive learning in a fully flexible online format, with courses designed specifically for nurses in primary health care and other health professionals. To Find out what courses are available now and coming soon please visit: <http://www.apna.asn.au/scripts/cgiip.exe/WService=APNA/ccms.r?PagelD=11144>

Benchmark Group

The Benckmaque Group is launching several new courses throughout 2011. For details about these courses, please visit, <http://promo-manager.server-secure.com/download/files/05760/194382/Edition%2020%20-%20February%202011.pdf>