Over 50 GPs receive maternity shared care training at latest workshop

By General Practitioner Liaison Officer and Program Facilitator, Dr Meg Cairns

Over 50 GPs attended the Metro North GP Alignment Program maternity workshop at the Royal Brisbane and Women’s Hospital on 28 July 2018.

The workshop delivered CPD-accredited training for GPs who provide care for women birthing at Caboolture, Redcliffe and Royal Brisbane and Women’s Hospitals.

“Relevant topics covered in an interactive way.”

Popular sessions included antenatal testing for chromosomal abnormalities, gestational diabetes mellitus, antenatal ultrasound, case studies (first trimester, complex and postnatal) and interactive skill sessions (non-invasive prenatal testing, HealthPathways, pregnancy weight gain charts, abdominal examination and fetal growth charts and Q&A with obstetricians).

“Excellent and intense but so well organised and presented – a day well spent at RBWH meeting everyone.”

Attendees particularly enjoyed meeting clinicians working in Metro North Hospital and Health Service Women’s and Children’s Stream.

Continued on page 2
**Resources**

The latest Maternal Fetal Medicine Referral Guidelines were also released at the event and can be found at [metronorth.health.qld.gov.au/specialist_service/refer-your-patient/maternal-fetal-medicine](http://metronorth.health.qld.gov.au/specialist_service/refer-your-patient/maternal-fetal-medicine).


**Online bridging courses**

GPs who have completed the Metro North GP Alignment Maternity Workshop can also become aligned with Mater Mothers’ Hospital by completing and online bridging course at [materonline.org.au/whats-on/professional-development/gp-maternity-shared-care-alignment](http://materonline.org.au/whats-on/professional-development/gp-maternity-shared-care-alignment).

Metro North Hospital and Health Service will be launching an online bridging and refresher course soon.

**Further training**

Over 40 GPs have already registered for the next Metro North GP Alignment Program workshop to be held on Saturday 8 September 2018 at the Royal Brisbane and Women’s Hospital and focusing on gynaecology.

“Good spread of experts from medical, midwifery and allied health.”

The workshop will include presentations on cervical screening, gynaecology radiology, gynaecology oncology and fertility as well as case studies and interactive skill sessions. The GP Alignment Program is a joint initiative between Metro North Hospital and Health Service (MNHHS) and Brisbane North PHN and is hosted by the MNHHS Women’s and Children’s Stream.

For more information about the Metro North GP Alignment Program contact Denise Spokes on 07 3646 4421 or email [mngpalign@health.qld.gov.au](mailto:mngpalign@health.qld.gov.au).

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**Supporting residents of aged care**

As part of our commissioned low intensity psychological services, Brisbane North PHN has funded Change Futures to deliver their Caring for Residents of Aged Care program in a range of residential aged care facilities across the North Brisbane and Moreton Bay region.

Caring for Residents of Aged Care places provisional psychologists in residential aged care facilities to provide therapeutic programs for groups and individuals. What started as a small pro-bono program with St Vincent’s Aged Care in Brisbane’s northside has now spread to 17 facilities across the region with funding from Brisbane North PHN.

Under the program, provisional psychologists visit aged-care facilities each week to offer individual and group therapy sessions. Referrals for individual therapy usually come from nursing staff.

**Joyce’s story**

Joyce lives at St Vincent’s Aged Care in Mitchelton. Her eyesight is poor and she spends much of her time in her room. Even though her son and daughter-in-law visit regularly, she often finds herself feeling lonely.

But talking to Phil, a provisional psychologist with Change Futures, has made a world of difference.

‘Phil is good to talk to,’ said Joyce. ‘He spends time with me and listens to me. He’s a very good listener. He was a big help to me recently when my husband died.’

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**Change Futures**

*Heal the Past • Live in the Present • Change the Future*

**The program in a nutshell**

**Name:** Caring for Residents of Aged Care Program

**Provider:** Change Futures

**Service type:** Individual and group therapy in residential aged-care facilities

**Service duration:** Conducted in episodes of five sessions; individual therapy available for up to 10 sessions; group therapy may be ongoing

**About Change Futures**

Change Futures is a community-based psychology practice providing mental health services in Brisbane North. The service works with people of all ages to help find positive solutions to their emotional and psychological issues. Change Futures places particular emphasis on supporting the next generation of psychologists, and supervises provisional psychologists each year.

ABOUT NETWORK LINK

For submissions and advertising or to subscribe, visit [brisbanenorthphn.org.au/page/publications](http://brisbanenorthphn.org.au/page/publications).

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Older Australians put their health in their hands with My Health Record

Carseldine retirees Peter Button and Cathy Zappala join a legion of grey nomads ready to take their health on the road with My Health Record.

Cathy suffers from chronic health issues and has been using My Health Record for many years to keep all her health information in one place and easily accessible for her treating doctors, specialists and hospitals.

“The benefits of My Health Record at my age are undeniable. My wife and I are about to set off on a trip around Australia in our motorhome and we plan to rely solely on My Health Record to contain all our health information” Peter said.

“We don’t need to worry about remembering health records from years ago and feel confident that we will receive the same level of care in a new GP compared to our usual one. I don’t understand why you wouldn’t have one.”

Older Australians, being people aged over 65 make up a considerable proportion of Australia’s population. The Australian Institute of Health and Welfare reported that in 2013-14, over 20 per cent of emergency department presentations were by older Australians.

In emergency situations, treating doctors have been able to use My Health Record to view information such as current medications and Advance Care Plans to provide the appropriate treatment quickly.

Other valuable benefits for older Australians include:

- your important healthcare information is available in one place and easily accessible by your doctors, specialists or hospitals
- when moving interstate or travelling, the information can be viewed securely online
- you don’t need to remember the dates of tests or medicine names or dosages as you can access them online through the My Health Record website
- because healthcare providers have access to clinical information prepared and shared by other health professionals, they may have a more detailed picture with which to make clinical decisions, diagnose and provide treatment.

This year, you will get a My Health Record unless you tell the Government you don’t want one. If you don’t want a My Health Record, you can opt out by 15 November 2018.

For more information or to opt out, go to MyHealthRecord.gov.au or phone 1800 723 471.

New general practice guide for My Health Record

The Royal Australian College of General Practitioners (RACGP) has released My Health Record: a brief guide for general practice to support general practice staff in their use and understanding of My Health Record.

The guide provides detailed information on what a My Health Record is, information included within the record, access controls, shared health summaries, event summaries, financial matters, medico-legal information, and the registration and set up process.

To access this resource visit racgp.org.au/your-practice/ehealth/myhealthrecord/resources.

Connect with My Health Record across the region this September

Brisbane North PHN is working with our community partners to raise awareness of the benefits of My Health Record amongst their consumers. Here are some of the locations we will be during September:

- Carers Queensland support groups, Petrie and Kenmore (6 September)
- Ethnic Communities Council of Queensland (11 September)
- Carers Queensland Support Group, Redcliffe (13 September)
- Carers Queensland Support Group, Arana Hills (20 September)
- Pride Day Festival, New Farm (22 September)
- Murri Rugby League Carnival, Redcliffe (22 – 24 September)

If your organisation has any upcoming consumer events or activities and would like to find out more about the My Health Record expansion please contact Brisbane North PHN’s Engagement and Planning team on 07 3630 7300.
Pulmonary rehabilitation
single point of referral now available

A single point of referral for pulmonary rehabilitation within Metro North Hospital and Health Service is now available after being trialled as part of the Innovative Care Innovation Fund (ICIF) COPD project. It is now available for all GPs to refer their patients who live in the North Brisbane and Moreton Bay region.

Pulmonary rehabilitation is one of the most important interventions in COPD and can also benefit other chronic respiratory conditions. Its benefits last approximately 12-18 months. Some of the many benefits of pulmonary rehabilitation include:
• increased physical fitness and functioning
• reduced breathlessness
• improved quality of life
• improved mood and motivation
• improved knowledge of lung condition
• improved ability to manage lung condition
• increased participation in everyday activities
• reduced hospital admissions
• reduced length of stay in hospital.

All Queensland Health pulmonary rehabilitation programs consist of:
• comprehensive assessment
• group exercise and allied health education (two sessions per week for eight weeks)
• personalised home exercise programs
• GP feedback including discharge letter and allied health referral and other service recommendations.

How to refer
Consider the inclusion criteria, exclusion criteria and essential information prior to making a referral to Central Patient Intake marked ‘Pulmonary Rehabilitation – MNHHS.’ Additional information such as specialist letters, information regarding previous pulmonary rehabilitation attendance and smoking history would be useful if included in the referral.

High functioning clients will NOT be excluded from MNHHS pulmonary rehabilitation programs.

Essential information required in referral
• Lung Function Tests within the last 12 months including FVC, FEV1 and FEV1/FVC ratio (measured values and % predicted) as a minimum
• medical history and current medication list
• supplementary oxygen requirements if applicable
• meets inclusion and exclusion criteria as below
• complete referral through Central Patient Intake.

Inclusion criteria
• has Chronic Obstructive Pulmonary Disease (COPD) or other chronic respiratory condition e.g. bronchiectasis, interstitial lung disease (ILD)
• can be recovering from an acute exacerbation
• are willing to participate (current smokers included)
• are independently mobile with or without aid

Clients with pulmonary arterial hypertension or other complex respiratory disease will require a specialist referral.

Exclusion criteria
• severe cognitive impairment
• severe psychotic disturbance
• relevant infectious disease
• referred for weight loss to treat sleep apnoea and do not have a chronic respiratory disease
• palliative clients.

Patients will also be excluded from the exercise component if they have unstable cardiovascular disease (e.g. unstable angina, aortic valve disease, unstable pulmonary hypertension).

For more information please contact
Dr Srishti Dutta, General Practice Liaison Officer on 07 3490 3455 or Amie Horwood, COPD Project Coordinator on 07 3490 3454.
“Education on my terms”
Warner GP shares experience with Project ECHO®

With a range of children’s health topics now offered, Warner GP and General Practice Liaison Officer Dr Srishti Dutta is calling on her peers to consider an innovative model of telementoring and case-based learning offered through Children’s Health Queensland Hospital and Health Service (CHQ).

Dr Dutta is a strong advocate for Project ECHO® (Extension for Community Healthcare Outcomes), which is delivered by CHQ and facilitates access to specialty-level care and education on a range of children’s health topics.

“I started with the project in 2017 with a four-week old baby in tow, so the obvious benefit for me was to be able to continue engaging in personal development and learning remotely, as opposed to making myself available for face-to-face education—a challenge which is often present for my GP colleagues for a range of reasons,” Dr Dutta said.

Dr Dutta reflected on having access to a panel of specialists each with different expertise and experience as part of the ADHD education series, including a general paediatrician, developmental paediatrician, developmental psychologist, senior guidance officer and parent representative.

“Another benefit of Project ECHO® is the access to an expert panel for advice, like a grand round of sorts which I still have access to return to and refine my learning,” she said.

“It brought together for me, and in turn to my patient, the benefits of being involved in a multidisciplinary team, clear communication and interaction in a collaborative environment without the hassles of time and place constraints,”

“Project ECHO® enabled me to assess and self-reflect on whether the quality of care I was providing was consistent with and to a standard expected within my peer group.”

The series is held over 60-90-minute videoconferences in a routine timetable. Each session consists of a 10-minute didactic followed by a deidentified case presentation by one of the participants. GP participants can claim a MBS Case Conferencing item if they present. In addition, participation in the series attracts 40 Category 1 points, accredited as an active learning module through the RACGP QI&CPD program.

Remaining sessions for 2018 are on topics including:

- ADHD
- kids behavioural and mental health
- childhood overweight and obesity
- paediatric persistent pain
- refugee kids.

For more information or to register your interest in an upcoming Project ECHO® series, contact ECHO.CHQ@health.qld.gov.au, phone 07 3069 7120 or visit childrens.health.qld.gov.au/cho/health-professionals/project-echo.
Tomosynthesis (3D mammography) available at BreastScreen Queensland

BreastScreen Queensland Brisbane Northside Service is offering breast tomosynthesis for women undergoing assessment, following a successful service evaluation on the use of tomosynthesis in assessment clinics.

Tomosynthesis uses a modified digital mammography unit to create 3D images of the breast. It produces a series of images to identify tissue at different depths within the breast. The 3D image is created using a single sweep of the X-ray beam over the compressed breast. Specialist Radiologists can then scroll through the series of thin-slice images which are stacked together to build the 3D image.

Current research suggests that using tomosynthesis may increase the ability for the specialist radiologist to identify subtle changes in the breast tissue that may otherwise be hidden.

It is important to note that tomosynthesis is only being used in assessment clinics for women recalled for further tests after their initial screening.

There is currently insufficient evidence for the benefit of tomosynthesis as the screening test for population screening of well women.

Current recommendations:

- At this time, 2D mammography remains the only proven technology for screening healthy women aged 50-74 years for breast cancer in Australia.
- Women should continue to feel confident that having a free breast screen every two years with BreastScreen Queensland as recommended, will give them the best chance of detecting and surviving breast cancer.
- Women aged between 50 and 74 years are strongly encouraged to have a free breast screen every two years.
- Women aged between 40 and 49 years, or 75 years and older can also have a free breast screen through BreastScreen Queensland.

BreastScreen Queensland Brisbane Northside has services at Brisbane City, Chermside, Keperra, Kippa-Ring, Indooroopilly and North Lakes. Appointments can be made by phoning 13 20 50 or booked online at breastscreen.qld.gov.au. A referral is not required.

Be aware of Middle East Respiratory Syndrome

Metro North Public Health Unit (MNPHU) encourages GPs to be aware of the risk of Middle East Respiratory Syndrome (MERS) in patients attending and returning from the Muslim pilgrimage Hajj in Saudi Arabia this August.

Approximately 3000 Australians travel to the Kingdom of Saudi Arabia each year in August for the Muslim pilgrimage. With outbreaks of MERS still current in Saudi Arabia and surrounding areas of the Middle East, the Department of Health is issuing a MERS information card for travellers about Coronaviruses that are associated with outbreaks in healthcare facilities and exposure to camels and camel products.

The card provides advice on signs and symptoms, what travellers should do if they develop symptoms and how to protect themselves and others from infections. Copies are available in multiple languages by emailing humanbiosecurity@health.gov.au.

For more information on MERS and travel warnings, see health.gov.au/MERS-coronavirus.
Metro North Kidney Service Director Dr Helen Healy said there was an increased demand for local kidney care in Caboolture and the number of people suffering from CKD was a lot higher than in areas closer to Brisbane.

‘Twenty-five per cent of our Metro North Kidney Health Service patients, who are diagnosed with CKD, are from Caboolture and the surrounding region,’ Dr Healy said.

‘The earlier we are able to start this work with people here in Caboolture, the more successful we will be in slowing the progression of the disease, and avoid invasive treatments like renal dialysis.’

New patients and those on existing waitlists across Metro North who meet the referral criteria will be offered an appointment at the new clinic, which is located at the Caboolture Community Health Centre.

Previously patients were required to travel to North Lakes Community Health Centre or Redcliffe Hospital to receive treatment. Those existing patients who meet the referral criteria are also eligible to transfer their care to the new Caboolture clinic and are advised to discuss directly with their current kidney team.

It is anticipated that the outpatient clinic will initially see up to 200 patients in its first year, with that number continuing to grow following a 12-month trial period. As part of the care, patients will be treated by a General Practitioner with Special Interest (GPwSI) in CKD, with support from a Nephrologist from the Metro North Kidney Service.

The GPwSI project is an initiative being delivered by the State Government’s Clinical Excellence Division, and forms part of the wider Specialist Outpatient Strategy, which aims to implement innovative models of care to increase timely access for Queenslanders to specialist outpatient services.

A new kidney disease clinic has been welcomed by staff from Caboolture Hospital, Caboolture Community Health Centre and the Metro North Kidney Service.

GP referral to the Caboolture GPwSI-led CKD clinic

Local GPs can refer their patients for diagnosis, review or management at the Caboolture GPwSI-led CKD clinic.

Referral criteria

The patient:

- resides in the Caboolture catchment
- has been diagnosed with CKD Stages 1, 2, 3A and 3B and classified as Yellow or Orange by the Kidney Health Australia algorithm*
- is not progressing at a rate greater than >5mls eGFR per annum at any stage
- has macroalbuminuria with stable function
- requires long term monitoring.

* Stage 4 patients may be considered on a case by case basis

Exclusion criteria

The patient:

- has resistant hypertension
- is on dialysis
- has had a kidney transplant
- requires complex healthcare decision making
- has rapid sustained deterioration in kidney function of >5mls eGFR per annum
- is under 18 years of age
- has markers of kidney inflammation otherwise unexplained
- is on immunosuppressant therapy for kidney disease other than maintenance
- is currently accessing allied health services not available at Caboolture

Patients may also be deemed ineligible for the clinic if the triaging team is of the opinion that the patient would be better managed in another healthcare setting.

How to refer

All referrals should be sent to Metro North Hospital and Health Service Central Patient Intake as per usual practice.

For more information about the clinic, contact Alexandra Cation, Project Manager, Metro North Kidney Health Service on 07 3646 2654 or Keepingkidneys-GPwSI@health.qld.gov.au.
Local campaign promotes screening for chronic disease risk

During September 2018, general practices that have Tonic TV in their waiting room will be targeted in a local My health for life advertising campaign, supported by Brisbane North PHN.

This local activity will extend the reach of the mass marketing campaign being run on commercial television encouraging Queenslanders to check their risk of developing chronic disease online at the My health for life website.

Acknowledging the role GPs play in supporting their patients with health checks, the Tonic TV advertisement will encourage patients to speak with their GP about their chronic disease risk.

My health for life is an integrated risk assessment and behaviour modification program that aims to assist participants to reduce their risk of developing chronic conditions such as type 2 diabetes, heart disease and stroke.

My health for life works in partnership with GPs, providing patients an opportunity to participate in an evidence-based lifestyle modification program in their local community. Facilitators are trained health professionals, including dietitians and exercise physiologists, who have a keen interest in preventive health.

Medical Assisting course commences November 2018

University of New England Partnerships (UNEP) is offering the Certificate IV in Medical Practice Assisting at Brisbane North PHN’s Lutwyche office, commencing 2 November 2018.

Places for the course are filling fast so interested medical receptionists are encouraged to contact the Medical Assisting team to find out more. Funding may be available for eligible students.

Contact medicalassistant@brisbanenorthphn.org.au or phone 07 3630 7371 for more information.

PHN farewells Helen Hoare

After 12 years with Brisbane North PHN and its predecessor organisations, we farewelled Care Coordination Manager Helen Hoare in July 2018.

Many GPs and health professionals particularly in the Moreton Bay region will be familiar with Helen’s pioneering work supporting Redcliffe, Caboolture and Kilcoy hospitals and her dedication to improving palliative care across the Brisbane region. Helen was also instrumental in developing and growing our flagship program, Team Care Coordination, which celebrated 20 years in 2017.

We thank Helen for her long standing commitment to working together to keep people well and out of hospital and wish her all the best for the future.
Karen refugees get a healthy start

Newly arrived Karen refugees from Myanmar have received a healthy start, thanks to a workshop in Zillmere in June 2018 supported by Brisbane North PHN.

The Healthy Start Workshop is an intensive health education day for newly arrived refugees run by volunteer students and health professionals.

The workshop focussed on preventative health education, with the aim of improving health literacy among the refugees. Topics covered included general health measures, nutrition, visiting the GP, taking medications, emergency services, and men’s and women’s health.

The event was hosted by GP Dr Rebecca Farley, a leading community expert in refugee health and supported by nine medical students from the University of Queensland’s (UQ) Towards International Medical Equality (TIME) not-for-profit organisation. It was delivered in collaboration with Australian Refugee and Migrant Care Services Ltd (ARMCare) and was funded by Brisbane North PHN.

Due to the lack of any formal health service in Myanmar, health literacy among the Karen people is generally very poor. This makes it extremely difficult for them to access and make the most of our complex health services when arriving in Australia. A large proportion of adults are illiterate in their own language, and the incidence of post-traumatic stress disorder is high. These factors greatly impact their capacity to learn and remember new facts and skills.

Towards the end of a very productive day, many participants expressed their appreciation for the opportunity to learn more, and many of the medical students mentioned that they had previously been completely unaware of the difficulties and barriers experienced by refugees trying to access healthcare in Australia. They had also appreciated the opportunity to meet and work with Karen refugees and to practice working through interpreters.

For more information about TIME UQ visit timeuq.org/refugee-health and for more information about ARMCare visit armcare.org.au.

Better hearing. Guaranteed.

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Connect Hearing
Over the past nine months, a Health Alliance between Metro North Hospital and Health Service and Brisbane North PHN has undertaken targeted consultation with local GPs on their experience supporting three key population groups.

The Health Alliance is an approach to tackling health and healthcare problems that transcend the mandate of any one organisation or part of the health sector, and that can’t be fixed by existing approaches.

The focus of the Health Alliance to 2020 is on improving the health and wellbeing of three population groups:

- older people
- people who frequently attend emergency departments
- children in Caboolture.

GPs share ideas on how care for older people can be improved

In May 2018, the Health Alliance brought together a group of GPs and specialist geriatricians practising in the Prince Charles Hospital (TPCH) catchment to workshop how care for frail elderly people living in their own homes or local Residential Aged Care Facilities (RACFs) could be improved.

There is an agreed need for a system-wide approach to the health and wellbeing of frail older people, and the Alliance has looked at the Prince Charles Hospital catchment as a starting point for this work, owing to existing projects in this region such as the Geriatric Outreach Assessment Service.

The workshop provided an opportunity for the 11 local GPs in attendance to discuss with hospital clinicians and representatives from the HHS, the PHN and the Health Alliance how care for older people could be improved, and how GPs could be supported more broadly in their work with this population group.

Health Alliance General Manager Professor Don Matheson said the workshop highlighted key challenges in the provision of care for residents of RACFs.

“GPs told us they have seen an increase in the complexity of healthcare needs of residents in RACFs coupled with the reduction in the registered nurse workforce over time,” Professor Matheson said.

“We heard that care in the RACF setting can be onerous and not well remunerated, and that sector standards don’t always encourage improvements in clinical care,” he said.

“We know that it can be difficult for GPs to access support for older people who are living in their own home, and we recognise there is a need for improved communication back to GPs after a patient has been hospitalised.”
Focus groups unpack experiences providing healthcare for people with complex health and social needs.

In late 2017, two focus groups were undertaken with six GPs, three nurses and one physiotherapist who provide care to people with complex health and social needs in North Brisbane and inner-Brisbane.

People with complex health and social needs are likely to have experienced a prejudicial background, and are often homeless or at risk of homelessness or living in transitional or supported accommodation.

The GPs in attendance shared a number of challenges that exist when providing effective care for their clients, in particular those with severe and persistent mental illness.

They noted time constraints and the challenge of continuity of care and follow up, as well as limitations around remuneration for necessary patient advocacy.

One GP said, “It takes time and you’re not remunerated for it unless the patient is sitting opposite to you which is pretty rare.”

Health Alliance General Manager Professor Don Matheson said the willingness of all stakeholders to be involved was testament to their passion for supporting the most hard-to-reach in our community.

“We recognise and acknowledge the improvements in health outcomes already achieved through local projects and the tireless work of individuals who go above and beyond to support people with complex health and social issues,” Professor Matheson said.

“What we’ve heard is that all parts of the sector share common challenges around health service provision, integration and communication between services and the same barriers to delivering holistic care.”

Children and mothers in Caboolture

Meanwhile in mid-June, 10 local GPs from the Caboolture, Bribie Island and Morayfield region spoke with staff from the Health Alliance about their experience caring for women in the antenatal period and following birth, and for children in their early years of life.

Professor Don Matheson said the group cited health needs across the lifespan, from a mother’s needs pre-conception, though to childhood.

“GP’s told us the Caboolture region is an area of enormous needs – they told us about financial disadvantage, poor access to transport, high rates of child abuse and neglect, and high rates of domestic violence including during pregnancy,” Professor Matheson said.

“We heard that pregnant women are sometimes visiting their GP late in the pregnancy and this compromised the GPs’ opportunity to get to know the patient. It also means often mothers are missing out on early scans, and the opportunity to receive education regarding drug and alcohol use during pregnancy,” he said.

One GP reflected on the changing and decreasing role of GPs in antenatal care, “In the old days, we used to see patients every four weeks up to 30 weeks, every two weeks up to 36 weeks”.

Participants spoke of the challenge of waiting to access paediatric services and the pressure to provide children with a formal diagnosis.

The Health Alliance is interested in continuing to work with GPs, practice nurses and other primary care providers to understand the current challenges in the system and design new models of care for these three population groups.

If you are interested in being involved in this work, please email contact@healthalliance.org.au.
Small actions. Big difference for September’s Dementia awareness month

September is Dementia Awareness Month, Dementia Australia’s national awareness-raising campaign, held every year throughout September.

The theme for this September’s national Dementia Awareness Month is Small actions. Big difference, and will highlight the small actions people can take to create a big difference for people impacted by dementia, their families and carers.

For Dementia Awareness Month 2018, Dementia Australia is asking the community to pledge their support by becoming a Dementia Friend and make a positive difference to the lives of people living with dementia, their families and carers, through increased awareness and support.

Through the Dementia Friends program, Dementia Australia wants to transform the way we think, act and talk about dementia. Dementia Australia’s Dementia Friends program is an informative online resource available to anyone interested in knowing more about dementia and being empowered to do small, everyday things that can make a big difference to a person living with dementia.

To become a Dementia Friend, head to dementiafriendly.org.au and watch three videos that explain dementia and feature interviews with people impacted by dementia.

As part of Dementia Awareness Month, there will also be a number of events held throughout the country. Head to dementia.org.au to find out more.

National Cervical Screening program update

The National Cancer Screening Register can now provide healthcare providers with their patients’ full cervical screening history regardless of which state or territory their test was performed in.

To access national cervical screening patient records, healthcare providers can contact the NCSR directly on 1800 627 701. The Contact Centre operates Monday to Friday, between 8.00 am and 6.00 pm in all Australian state and territory time zones.

For further information and resources, visit cancerscreening.gov.au/internet/screening/publishing.nsf/Content/cervical-screening-1

Department of Veterans’ Affairs online survey of health professionals

As part of the Department of Veterans’ Affairs (DVA) review of online professional development programs on veteran healthcare, health professionals are invited to complete a short survey on their experiences.

The Senate Inquiry into suicide by veterans and ex-service personnel recommended the review after hearing health professionals felt under-skilled or unable to work with veterans and ex-service personnel.

The aim of the review is to identify the requirements for health professionals to complete veteran-specific online training programs, and whether particular incentives such as CPD points influence their decision to participate.

All medical and allied health providers are able to participate in the survey regardless of whether they have completed DVA’s online training programs, or are currently treating veterans. The survey is available at survey.surveymanager.net.au/anon/1191.aspx and will remain open until 21 September 2018. The survey will take approximately five minutes to complete.

Consider Cure-It for patients with hepatitis C

Following July’s World Hepatitis Day, Brisbane North PHN is encouraging practices to undertake reviews of patient records to identify those patients who are living with hepatitis C and recall them for assessment and treatment.

Within the North Brisbane and Moreton Bay region, patients can be treated in conjunction with the Cure-It Program, a hepatitis C treatment service focused on keeping hepatitis C treatment in the GP surgery. Cure-It is based at the Prince Charles Gastroenterology and Hepatology Service, and is committed to delivering hepatitis C treatment in partnership with GPs.

GPs can make referrals to this service by contacting Hayley Thompson, Cure-It Clinical Nurse Consultant on 0429 419 422, emailing MN-cureit@health.qld.gov.au or the normal referral portal. Complex issues and patients can be discussed with Dr Tony Rahman, Hepatologist via the hospital switchboard on 07 3139 4000.
Wesley LifeForce suicide prevention training workshops

As part of Brisbane North PHN’s National Suicide Prevention Trial activity, we have provided funding to Wesley Mission Queensland to deliver suicide prevention training to GPs and general practice staff to increase awareness and skills in identifying and supporting people in distress.

GPs and practice nurses workshops

- comprehensive six-hour active learning module
- gain a greater understanding of risk management, suicide prevention intervention strategies and patient support and management
- demonstrates a strategy to provide assistance to a patient who may be considering suicide, understanding the time constraints of general practice consultations.

This Active Learning Module has been approved by The Royal Australian College of General Practitioners Quality Improvement and Continuing Professional Development (QI&CPD) Program. A total of 40 category 1 points.

This activity has been endorsed by the Australian Primary Health Care Nurses Association according to approved quality standards. Completion of this educational activity entitles eligible nurses to claim six CPD hours.

Practice managers and staff workshops

- two-hour tailored seminar
- build awareness and skill staff to recognise ‘at-risk’ signs and to respond appropriately.

As part of practice accreditation your staff are required to be able to triage patients. This workshop enables you to develop a strategy or protocol to meet the needs of your practice.

The Wesley LifeForce Suicide Prevention Training for Practice Staff has been allocated 2 (two) Australian Association of Practice Managers Ltd (AAPM) CPD points per 1 (one) hour of education by AAPM.

**Practice staff workshops: 5.30 pm – 8.00 pm**

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<td>Quest Chermside</td>
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<td>Thursday 11 October</td>
<td>North Lakes Hotel Conference Centre</td>
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<td>Thursday 22 November</td>
<td>Ashgrove Golf Club</td>
<td>863 Waterworks Rd The Gap</td>
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<tr>
<td>thegapps.eventbrite.com.au</td>
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</tbody>
</table>

**Contact details**

For more information about the workshops, contact Mary McNamara, Training Services Manager, Wesley Suicide Prevention Services via email, Mary.McNamara@wesleymission.org.au.

Local allied health professionals encouraged to take up interpreting program

Between January and March this year, 14 allied health professionals in the North Brisbane and Moreton Bay region received free access to interpreting services via the Interpreting for Allied Health Professionals Program, funded by Brisbane North PHN.

Facilitated by Brisbane South PHN, the program enables registered allied health providers to receive free access to immediate phone interpreting, pre-booked phone interpreting or on-site interpreting.

Allied health professionals can download the expression of interest form at brisbanenorthernphn.org.au/page/health-professionals/multicultural-health.

For more information about the program, please contact Nicole or Andrea from Brisbane South PHN on 07 3864 7580 or email refugeehealth@bsphn.org.au.
2018 AAPM conference coming up in October in Canberra

The Australian Association of Practice Management (AAPM) 2018 Conference will be held at the National Convention Centre Canberra, Tuesday 16 – Friday 19 October. The theme of the conference is “Powering Your Journey, Driving Change.”

The AAPM National Conference offers a professional development opportunity which develops and reinforces the core principles of healthcare practice management. It also provides delegates with the opportunity to connect with colleagues from across Australasia and meet with over 60 industry suppliers as well as government agencies and insurers.

For more information or to register, visit aapmconference.com.au.

Culturally and linguistically diverse NDIS ready toolkit

MDA and DiverseWerks have created a toolkit to increase sectoral understanding of people with disability from culturally and linguistically diverse backgrounds and to support the development of disability service options. The toolkit has been developed for people and organisations working in the generalist disability or community services sector, multicultural or ethno-specific organisations and smaller ethno-specific groups.

The tools are a first step in shifting mindsets, generating ideas for consideration within your organisation and providing you with some direction to seek external resources and links. The aim is to develop your capacity around delivering disability support services that respond to the needs of people from culturally and linguistically diverse backgrounds, their carers, and families under the National Disability Insurance Scheme.

To access the toolkit, visit communities.qld.gov.au/disability/rds-queensland/information-disability-providers-businesses.

Build your confidence in delivering care at the end of life with ELDAC

The End of Life Directions for Aged Care (ELDAC) website contains a Primary Care toolkit developed by AHHA with palliative care experts to connect you with current evidence-based tools and resources in palliative care and advance care planning.

With the recent cessation of the Decision Assist project including the closure of its website and helpline, resources like ELDAC are particularly valuable for GPs and health professionals.

Use the toolkit available at eldac.com.au to find tools and resources at every step of care at the end of life, or call the ELDAC Helpline (1800 870 155) for more information.

APNA online course on haemochromatosis for nurses

The Australian Primary Health Care Nurses Association (APNA) has developed an online course to support nurses to gain an understanding of haemochromatosis, its symptoms, diagnosis, and management. After completing this module participants will be:

• confident in recognising the symptoms and signs of haemochromatosis, and refer for further investigation
• confident in supporting and educating the patient and their family on how to manage their condition
• able to safely perform a venesection when ordered by a medical practitioner
• aware of the Haemochromatosis Australia information line for further support and information.

The educational activity has been developed by Haemochromatosis Australia Inc for APNA. For more information visit: apna.asn.au/online-learning-products.

Medications in pregnancy and breastfeeding survey

Metro North Hospital and Health Service is seeking the input of health professionals for a survey on the prescription of medication during pregnancy and breastfeeding.

The survey aims to identify resources and information that health professionals might need when prescribing medication to pregnant and breastfeeding women.

The survey is anonymous, has been reviewed by the RBWH Research Ethics Committee and will take approximately five minutes to complete. The survey will remain open until 12 September 2018 and is available via metronorth.citizenspace.com/metro-north-womens-and-newborn-services/d3d594a1/.
## What’s on elsewhere

Please contact the relevant organisation for more information about these events. Note, these are not Brisbane North PHN events.


### September

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>7 Sep</td>
<td>2018 private practice and medico-legal conference – AMA Queensland</td>
<td>South Brisbane, Qld 07 3872 <a href="mailto:2222registrations@amaq.com.au">2222registrations@amaq.com.au</a></td>
</tr>
<tr>
<td>9 Sep</td>
<td>GP generalist gastroenterology and hepatology update – Gastroenterological Society of Australia</td>
<td>Brisbane, Qld 1300 766 <a href="mailto:176projects@gesa.org.au">176projects@gesa.org.au</a></td>
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<tr>
<td>10 Sep</td>
<td>Introduction to animal-assisted therapy for allied health and students – Therapy Dogs Australia</td>
<td>Burpengary, Qld 07 3283 <a href="mailto:1449info@therapydog.com.au">1449info@therapydog.com.au</a></td>
</tr>
<tr>
<td>13 Sep</td>
<td>Free clinical practice workshop – Polio Australia</td>
<td>Woolloongabba, Qld <a href="mailto:workshops@poliohealth.org.au">workshops@poliohealth.org.au</a></td>
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<tr>
<td>14 Sep</td>
<td>Conservative sharp wound debridement workshop – Wound Innovations</td>
<td>Spring Hill, Qld 07 3724 <a href="mailto:0100kate.kruger@woundinnovations.com.au">0100kate.kruger@woundinnovations.com.au</a></td>
</tr>
<tr>
<td>23 Sep</td>
<td>Annual conference 2018 – AMA Queensland</td>
<td>New Orleans, USA 07 3872 <a href="mailto:2222m.mackintosh@amaq.com.au">2222m.mackintosh@amaq.com.au</a></td>
</tr>
<tr>
<td>12 Sep</td>
<td>Mental health essentials workshop for primary care nurses – the Australian College for Mental Health Nurses</td>
<td>Brisbane, Qld 1300 667 <a href="mailto:079irene.dummett@acmhn.org">079irene.dummett@acmhn.org</a></td>
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<tr>
<td>27 Sep</td>
<td>Identifying and managing eating disorders in the primary care setting - River Oak Health</td>
<td>Herston, Qld 0481 857 <a href="mailto:362hello@riveroakhealth.com.au">362hello@riveroakhealth.com.au</a></td>
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### October

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<th>Date</th>
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<tr>
<td>1 Oct</td>
<td>Therapy dog and handler training (clinical team) – Therapy Dogs Australia</td>
<td>Burpengary, Qld 07 3283 <a href="mailto:1449info@therapydog.com.au">1449info@therapydog.com.au</a></td>
</tr>
<tr>
<td>4 Oct</td>
<td>Suicide risk assessment and techniques for responding to suicidal persons (North Lakes) – Griffith University</td>
<td>North Lakes, Qld <a href="mailto:Jacinta.hawgood@griffith.edu.au">Jacinta.hawgood@griffith.edu.au</a></td>
</tr>
<tr>
<td>4 Oct</td>
<td>Fundamentals of lymphoedema and wound care – Wound Innovations</td>
<td>Spring Hill, Qld 07 3724 <a href="mailto:0100kate.kruger@woundinnovations.com.au">0100kate.kruger@woundinnovations.com.au</a></td>
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<tr>
<td>19 Oct</td>
<td>The lantern memory cafe</td>
<td>dementia friendly communities – Centacare</td>
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<tr>
<td>20 Oct</td>
<td>Cultural awareness training: turning good intentions into culturally safe practice – Institute for Urban Indigenous Health</td>
<td>Zillmere, Qld <a href="mailto:bronwyn.clark@iuih.org.au">bronwyn.clark@iuih.org.au</a></td>
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### In the community

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>1-30</td>
<td>Prostate Cancer Awareness Month</td>
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<tr>
<td>1-30</td>
<td>Dementia Awareness Month</td>
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<tr>
<td>2-8</td>
<td>Legacy Week</td>
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<tr>
<td>3-7</td>
<td>Women’s Health Week</td>
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<tr>
<td>4-10</td>
<td>Superhero Week for Muscular Dystrophy</td>
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<tr>
<td>4-10</td>
<td>Stroke Week</td>
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<tr>
<td>13</td>
<td>R U OK? Day</td>
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</table>

### Prostate Cancer Awareness Month

Prostate Cancer Awareness Month is observed annually in September. It aims to raise awareness about prostate cancer and its symptoms. This month is crucial for educating men about the importance of regular check-ups.

### Dementia Awareness Month

Dementia Awareness Month is dedicated to raising awareness about dementia and its impact on individuals and families. It encourages conversations about caregiver support services and support groups.

### Legacy Week

Legacy Week is a special week dedicated to recognizing and celebrating the contributions of older adults to society. It encourages everyone to connect with older adults and learn about their experiences and stories.

### Women’s Health Week

Women’s Health Week is a national week dedicated to raising awareness about issues affecting the health of women. It focuses on various women’s health topics, including cervical screening, breast cancer awareness, and mental health.

### Superhero Week for Muscular Dystrophy

Superhero Week for Muscular Dystrophy is an annual event that celebrates the strength and resilience of individuals living with muscular dystrophy. It aims to increase awareness and support for those affected by the condition.

### Stroke Week

Stroke Week is dedicated to raising awareness about stroke prevention, diagnosis, and treatment. It emphasizes the importance of timely emergency response to save lives and reduce disability.

### R U OK? Day

R U OK? Day is observed annually on 14 October to encourage conversations about mental health and well-being. It aims to foster an environment where people feel comfortable expressing their emotions and seeking help when needed.

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*Please contact the relevant organisation for more information about these events. Note, these are not Brisbane North PHN events.*
GP bulletin – September 2018

News from General Practice Liaison Officers (GPLOs) at Brisbane North PHN (the PHN) and Metro North Hospital and Health Service (MNHHS).

Any feedback or suggestions please send to mngplo@health.qld.gov.au. Please share with your GP colleagues.

HealthPathways update

New HealthPathways this month:

- hypertensive disorders in pregnancy
- thyroid disease in pregnancy
- abnormal fetal growth.

Login at: brisbanenorth.healthpathwayscommunity.org

Or phone 07 330 7300 for login details.

MNHHS referral guidelines:
health.qld.gov.au/metronorth/refer

Upcoming GP education

Presentations from previous GPLO-led events, can be found at health.qld.gov.au/metronorth/refer under “GP Education” tab.

- 22 September 2018 – Wesley LifeForce suicide prevention training workshop, Quest Chermside, Cat 1, full day workshop
- 13 October 2018 – Wesley LifeForce suicide prevention training workshop, North Lakes Hotel Conference Centre, Cat 1, full day workshop
- 13 October – Paediatric Masterclass – Lady Cilento Children’s Hospital, Cat 1, full day workshop
- 27 October – Gastroenterology workshop, RBWH – SAVE THE DATE

Visit bit.ly/phnevents

GP-led clinic supports patients with CKD close to home in Caboolture (see page 7)

The Metro North Kidney Health Service has established an innovative new GP-led health clinic at Caboolture to tackle Chronic Kidney Disease (CKD).

“Education on my terms”: Warner GP shares experience with Project ECHO® (see page 5)

With a range of children’s health topics now offered, Warner GP and General Practice Liaison Officer Dr Srishti Dutta, is calling on her peers to consider an innovative model of telementoring and case-based learning offered through Children’s Health Queensland Hospital and Health Service (CHQ).

Pulmonary rehabilitation – single point of referral now available (see page 4)

A single point of referral for pulmonary rehabilitation within Metro North Hospital and Health Service is now available after being trialled as part of the Innovative Care Innovation Fund (ICIF) COPD project. It is now available for all GPs to refer their patients who live in the North Brisbane and Moreton Bay region.

GP education events

The GPLOs and MNHHS are eager to know what topics you would like to see covered as part of future GP education events. Please send your suggestions to administration_integration@brisbanenorthphn.org.au

Over 50 GPs receive maternity shared care training at latest workshop (see page 1)

By General Practitioner Liaison Officer and Program Facilitator Dr Meg Cairns

Over 50 GPs attended the Metro North GP Alignment Program maternity workshop at the Royal Brisbane and Women’s Hospital on 28 July 2018.

Free access to resources for patients with chronic pain extended

The ReBoot project provides free access to online resource developed by St Vincent’s Hospital Sydney to aid in the management of chronic pain. Free access has been extended to 31 December 2018.

Visit thiswayup.org.au/how-we-can-help/courses/chronic-pain/. Register your patients by contacting Denise, Beaudequin@health.qld.gov.au or phone 07 5370 3561.

The Prince Charles Hospital trials new discharge summaries

Select departments at The Prince Charles Hospital are trialling a new, more succinct discharge summary. Feedback can be provided to mngplo@health.qld.gov.au.

Health Provider Portal registrations update

As of July 2018, 432 GPs in the North Brisbane and Moreton Bay region were subscribed to the Health Provider Portal (the Viewer). If you haven’t already signed up, visit hpp.health.qld.gov.au.