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## Board Report

Sometime in the next 18 months the services your GP Network provides will move to being provided by a new Medicare Local. As I write we await still more changes to the health reform plan as the Prime Minister renegotiates the reform agreement with the Premiers. How this will affect us is not clear. The "firm boundaries" we received in December 2010 stated we will be part of a Nepean Blue Mountains Medicare Local which will include parts of Lithgow/Portland and parts of Hawkesbury.

The Board met in late January 2011 to discuss these changes. We discussed our aims for this process. We may not be able to deliver them but at least we know what we are aiming for.

1. Continued and expanded services and support to general practice in the region.
2. To be as effective as possible in achieving our aims.
3. To maintain and strengthen our friendships. We have many strong friendships – the Aboriginal Health Coalition, consumers and veterans to name a few.
4. To stay close to our members.
5. To work out the best position for the Network in relation to the Medicare Local.

The Government has guaranteed that divisions will be given the chance to set up the Medicare Locals first. We believe that it is important that we be part of a bid to set one up in our region. The most obvious partner is the Nepean Division with whom we already work well on a number of projects.

The Invitation to Apply for setting up a Medicare Local will be released very soon. Based on what it contains we will develop a bid and liaise with you about your views on how we should proceed.

In the meantime as always the general practices of the Blue Mountains continue in meeting the daily health needs of the community. For the Blue Mountains GP Network it is business as usual.

Be in contact if there is anything we can do to support you in your important work or if you have any questions or comments.

**Dr Andrew Knight, Chair**

## News from Nepean Blue Mountains Local Health Network

### EDUCATION BREAKFAST SESSIONS AT BLUE MOUNTAINS HOSPITAL

Blue Mountains Hospital Physicians are conducting regular educational sessions at the hospital. Sessions will commence at 7.30am for approximately 1 hour and a light breakfast will be provided.

Sessions will be held on the 1<sup>st</sup> and 3<sup>rd</sup> Thursdays most months. Dates are shown below.

**GPs are most welcome and encouraged to attend.**

Details of session topic will be available the week prior to the session and will be notified to Blue Mountains GP Network or available from the hospital by contacting 4784 6514.

**The next meeting will take place on 17 March 2011.**

Pencil the following dates into your diary:

7 & 21 April, 5 & 19 May, 16 June, 21 July, 4 & 18 August, 15 September,  
6 & 20 October and 3 & 17 November.



## BLUE MOUNTAINS GP NETWORK

### Chair

Dr Andrew Knight

### Vice Chair

Dr Susan Owen

### Executive Secretary

Dr Grace Chen

### Treasurer

Alastair Ross

### Vice Treasurer

Dr Joan Levy

### Board Members

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Dr Linda McQueen  
Dr Katriona Herborn

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Sheila Holcombe

### Senior Program Manager

Claudia Grab

### Education Officer

Yolande Speter

### Quality Use of Medicines Facilitators

Jackie Janosi, Immunisation  
Kerin Singleton, NPS

### Aboriginal Health

### Healthy for Life Program Manager

Chris Haslam

### Aboriginal Health Project Officer

Clyde Chatfield

### CDSM Project Coordinator

Serena Joyner

### Practice Support Officer

Liz Welch

### Administration Officers

Gayle Shaw (Mon-Wed)  
Miriam Fuhrmann (Thur-Fri)

### Finance Manager

Annette Wickens

### Finance Support Officers

Natalie Evans  
Anita Mrozek

### SWAHS Diabetes Service

Patients appointments & info: 4734 3974

### Chronic & Complex GP Liaison Nurse (NBMLHN)

Kate Le Cornu

### PO BOX 74

HAZELBROOK 2779

TEL: 4758 9711 FAX: 4758 9722

Email: [admin@bmdgp.com.au](mailto:admin@bmdgp.com.au)

Website: [www.bmdgp.com.au](http://www.bmdgp.com.au)

## CEO Report

### IMPORTANT NEWS FOR MEMBERS

#### Medicare Locals (or Primary Health Care Organisations (PHCOs))

If you have not had a chance to catch up on the news – divisions of general practice are funded to 30 June 2012. After 2012 the work that divisions currently do will be undertaken by Medicare Locals.

The Federal government put out the boundaries for the Medicare Locals on 23 December 2010. The map for Nepean Blue Mountains Medicare Local includes the four local government areas of Nepean, Blue Mountains, Lithgow and Hawkesbury and mirrors the Local Health Network boundaries.



The Commonwealth of Australian Governments met on 13 February 2011 to discuss National Health Reform. The meeting discussed hospital funding and the establishment of Medicare Locals. The Invitation to Apply for setting up a Medicare Local will be released very soon. Based on what it contains we will develop a bid and liaise with members about your views on how the Network should proceed.

If you have any feedback you would like to provide to the Network please call me on either (02) 4758 9711 or 0431 400 168 as your comments and suggestions are important and will continue to improve the service we provide to you.

Sheila Holcombe, CEO

### Practice Nurses Available

There are currently 2 experienced nurses looking to work in general practice in the Blue Mountains. Does your practice have a vacancy? Please contact Yolande, Gayle or Miriam at the Network on 4758 9711 or email [admin@bmdgp.com.au](mailto:admin@bmdgp.com.au). Practice nurses – looking for more work? Let us know so that we can update our register and let you know if work becomes available.

# Mental Health

## Free Perinatal Depression Management Group

The Network has organised a new PND group under the ATAPs program facilitated by Kathy Gerontakos

**Please Note  
New Dates**

Every Thursday from 28 April 2011 for 8 weeks

10am – 12noon

Mountain Community Resource Network (Lawson Library Building),  
San Jose Avenue, Lawson

Free childcare is available on the same premises.

Please refer any suitable women for the group and use the Edinburgh Postnatal Depression Scale as the screening tool. The perinatal period includes pregnant women and women with babies up to 12 months.

Referrals are accepted now up until Wednesday, 20 April 2011.

If appropriate, women waiting for the group can receive individual counselling sessions under the ATAPS program.

For information and referral details contact **Claudia Grab** at the Network on **4758 9711** or **0411 361 933** or via e-mail on **claudia@bmdgp.com.au**

See attached flyer included with this newsletter

## Quality Improvement - Canning Tool

### Results from the Canning Tool - National Performance Indicators - Coronary Heart Disease

December's newsletter provided data on the National Performance Indicators for diabetes. This month, data for Coronary Heart Disease is provided.

Aggregated data from the 16 practices providing data to the Network indicate the following:

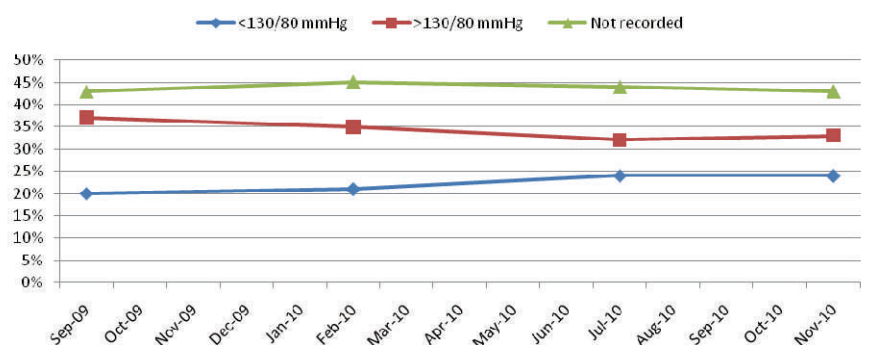
- The proportion of chronic heart disease patients who have not had their blood pressure recorded in their electronic clinical record in the last 12 months has remained stable at 43% however the proportion of patients whose BP is not well controlled (BP >130/80 mmHg) has decreased from 37% in Sep 2009 to 33% in Nov 2010 (Refer Figure 1).

Activities which could improve the BP not recorded rate include:

- Ensuring that patients who are no longer coming to the practice are inactivated in the clinical database.
- Ensuring that blood pressure recordings are entered into the appropriate field in the electronic medical record.
- Once the above 2 steps have been completed, it will be easier to identify those patients at your practice who have a diagnosis of CHD and have not had their BP recorded in the last 12 months. These patients can then be actively or opportunistically followed up.

If you would like the Canning Tool installed in your practice and/ or you would like assistance with utilising the Canning Tool for quality improvement activities, please contact Liz Welch, Practice Support Officer, at the Network on 4758 9711 or [liz@bmdgp.com.au](mailto:liz@bmdgp.com.au).

Figure 1.  
BMGPN NPI Data  
CHD patients- last recorded blood pressure within last 12 months



# Quality Use of Medicines



## Complete your Clinical e-Audit for the 2011-12 QPI cycle

A CD featuring three Clinical e-Audits is available to GPs and GP Registrars:

**Management of hypertension;** assess absolute cardiovascular risk, modify risk factors, identify and aim for guideline-recommended blood pressure targets and tailor therapy according to coexisting conditions.

**Review of proton pump inhibitor (PPI) prescribing;** review management of patients using PPIs, identify and implement a step-down strategy for suitable patients and review concurrent use of drugs that may induce or exacerbate dyspepsia/ulceration.

**Optimising management of type 2 diabetes;** review drug therapy and achieve target levels in patients with type 2 diabetes.

### Why complete a Clinical e-Audit?

- Keep up to date with a clear summary of current guideline recommendations
- Reflect on immediate individualised feedback for each patient
- Compare practice with peers
- Review improvements in current practice
- Recognised for the current Quality Prescribing Initiative cycle (ending 30 April 2011)
- Earn CPD points: RACGP QA&CPD Program 40 points (Category 1) and ACRRM PD Program 30 points (extended skills)

#### Enrol in the Hypertension e-Audit

[http://forms.nps.org.au/enrolments/CeA\\_hypertension\\_enrol.php](http://forms.nps.org.au/enrolments/CeA_hypertension_enrol.php)

#### Enrol in the PPI e-Audit

[http://forms.nps.org.au/resources/content/CeA\\_ppi\\_enrol.php](http://forms.nps.org.au/resources/content/CeA_ppi_enrol.php)

#### Enrol in the Diabetes e-Audit

[https://forms.nps.org.au/resources/content/CeA\\_diabetes\\_enrol.php](https://forms.nps.org.au/resources/content/CeA_diabetes_enrol.php)

For more information please contact Kerin Singleton your NPS Facilitator at the Blue Mountains GP Network on ph 4758 9711 or a Video Overview of the process can be viewed on the following website.

[http://www.nps.org.au/health\\_professionals/activities/about\\_clinical\\_e-audit\\_proton\\_pump\\_inhibitors/overview](http://www.nps.org.au/health_professionals/activities/about_clinical_e-audit_proton_pump_inhibitors/overview)

*Independent, not-for-profit and evidence based, NPS enables better decisions about medicines and medical tests.  
We are funded by the Australian Government Department of Health and Ageing.*

### Nicotine replacement therapy available for concession card holders

From 1 February 2011, concession card holders will be able to access Nicotine transdermal patches (Nicorette®, Nicabate P® and Nicotinell®) under the Pharmaceutical Benefits Scheme (PBS) as part of a smoking cessation program.

### Medicare provider enquiry line change of options

The options on the Medicare Provider Enquiry Line have changed. The changes will make it easier for health professionals to directly access staff that can deal with complex enquiries such as the interpretation of Medicare Benefits Schedule (MBS) item numbers. There now is a dedicated option for MBS item interpretation in response to feedback.

**Medicare Provider Enquiry Line: 132 150,**  
[www.medicareaustralia.gov.au](http://www.medicareaustralia.gov.au)  
or email [medicare.prov@medicareaustralia.gov.au](mailto:medicare.prov@medicareaustralia.gov.au).

# Quality Use of Medicines

## immunisation news

### Summary and Updates

#### Medicare Watching Immunisation Incentives

Medicare Australia's National compliance program 2010 - 2011 has identified the General Practice Immunisation Incentive Program as an area they will audit this year. Practices may be randomly audited to ensure they meet the entry requirements:

- Meet the RACGP definition of a General Practice.-
- Have appropriate processes to handle and store vaccines.
- Have current public liability insurance; and
- Have current professional indemnity cover for general practitioners.

Practices already participating in the Practice Incentive Program (ie accredited practices) are automatically considered to meet the requirements and practices needed to confirm they met the requirements to receive the August 2010 payments.

#### 2011 Seasonal Influenza Vaccine

Updated information at <http://www.health.nsw.gov.au/immunisation>

- National Influenza Vaccination Program commences in March 2011.
- Practices may place orders for seasonal influenza vaccine now - however, vaccines will not be distributed until late February/early March.
- Vaccination clinics should only be scheduled once practices have received vaccines.
- WHO & AIVC recommend the following viruses for 2011 influenza vaccines for the Southern Hemisphere:
  - an A/California/7/2009 (H1N1) like virus
  - an A/Perth/16/2009 (H3N2) like virus
  - A B/Brisbane/60/2008 like virus
- Intanza® Flu Vaccine (Sanofi pasteur ) world's first intradermal flu vaccine available February 2011:
  - uses a micro needle only 1.5 mm long
  - is not on the PBS

## Working with Veterans

Two veteran stakeholder meetings were held in early to mid 2010 and were followed up in further discussions with local Veteran Welfare Officers and Community Service Workers.

In late 2010, Blue Mountains GP Network received funding from the Australian General Practice Network to draft a report that describes the health needs and health gaps in the Blue Mountains Veteran Community and make recommendations with a focus on quality use of medicines.

A Blue Mountains Veteran's health working group was formed to coordinate and inform the above report (the working group consists of representatives from the general community, a veteran welfare officer and a representative from the Blue Mountains GP Network).

Key informant interviews with local GPs, local Practice Nurses, Nepean Blue Mountains Local Health Network staff and allied health professionals were conducted.

Surveys by local veterans are being completed and compiled.

Ilse Blignault was contracted in December 2010 as a consultant to work closely with the working group to create the report from the consultations.

An early draft of the report has been compiled and upon addition of recently collected data, a more complete draft is expected to be circulated amongst veteran stakeholders by March 2011 for further comment.

**GP Forum**  
GP Registrars & Practice Nurses Welcome  
**Rhinology**  
Presented by Dr Michael Hunter ENT  
**Wednesday, 2 March 2011**  
7pm - 9:30pm  
Network Office, Hazelbrook

**Practice Nurse Network  
Networking Meeting**  
**Tuesday, 22 February 2011**  
6:30pm - 9:00pm  
Network Office, Hazelbrook

**Attention Practice Nurses**  
*\*\*Set aside a date in your diary\*\**  
**Asthma and Respiratory Management Seminar**  
**Saturday 30<sup>th</sup> July 2010**  
6 hours duration (including lunch)  
*Presented by*  
*the National Asthma Council Australia*  
*This free seminar covers the following topics:*  
*Asthma Cycle of Care plus other asthma and COPD*  
*related topics; current statistics, paediatric and*  
*adult asthma, allergy, medications, COPD, device*  
*technique, PLUS an interactive session on*  
*how to perform spirometry.*

## Upcoming Conferences

**Australian Obesity Summit**  
24 - 25 March 2011  
Radisson Plaza Hotel, Sydney  
[www.informa.com.au/obesity](http://www.informa.com.au/obesity)

**Australian Doctor Education Seminar  
Mental Health**  
26 March 2011  
University of Sydney, Camperdown Campus  
[www.australiandoctor.com.au/seminars](http://www.australiandoctor.com.au/seminars)

**Social Determinants of Indigenous Health**  
29 - 30 March 2011  
Holiday Inn Esplanade, Darwin, NT  
[www.improvingindigenoushealth.com](http://www.improvingindigenoushealth.com)



## ATTENTION EDUCATION BROADCASTING

**BLUE MOUNTAINS DISTRICT ANZAC  
MEMORIAL HOSPITAL KATOOMBA**

**Moving Forward: Surviving Breast Cancer**

**Tuesday, 22 February 2011 (8.00pm AEST)**  
(repeated broadcast Friday, 25 February 2011 at 12:30pm)

**\*\*Booking essential\*\***

**Practice Nurses also welcome**  
For more information and to register please contact  
Barbra Monley on (02) 4784 6500

## Penrith Lifestyle Modification Programs

for patients 40-49 yrs at  
HIGH Risk of T2DM

## VACANCIES exist in the February and March programs

These interactive education programs are run by Nepean Division's Dietetic Service to assist patients reduce their risk of T2DM.

Each program comprises 8 interactive education sessions over a 6 month period. All sessions are facilitated by a dietitian with occasional guest speakers (psychologist/ exercise physiologist).

People aged 40-49 years who score 12 or higher on the AUSDRISK Assessment Tool are eligible to attend. A one-off \$50 fee applies for the whole program (waived for holders of concession / health care cards).

Patients with type 2 diabetes and a GP Management Plan are also welcome to attend, using the "Allied Health Group Services under Medicare for patients with type 2 diabetes" referral form.

**New programs are commencing in Penrith on**  
**Thursday Feb 17<sup>th</sup> at 6.30pm**  
**Wednesday March 2<sup>nd</sup> at 10am**

## Please refer patients now

**GPs are welcome to attend**

For more information and copies of the AUSDRISK  
Assessment Tool contact  
Phillipa Tyldsley or Lizz Reay  
at Nepean Division of General Practice on 4721 1150

## Communicable Disease Report 31 January 2011 - 6 February 2011

[http://www.health.nsw.gov.au/PublicHealth/Infectious/reports/20110206\\_weekly\\_report.asp](http://www.health.nsw.gov.au/PublicHealth/Infectious/reports/20110206_weekly_report.asp)

This report includes reports on meningococcal disease, measles, gastroenteritis in institutions and influenza activity.



## Have you recently seen a patient with suspected cancer?

The Online Cancer Services Directory (OCS) is a one stop shop for locating NSW cancer services close to home. But we need some help to test it...

We are seeking interested General Practitioners to participate in a one-on-one paid user testing session (in your office) to provide feedback on this website.

The directory is a long-term project with the ultimate aim of developing a comprehensive repository of cancer services for New South Wales as well as supporting General Practitioners in providing referrals that are as close as possible to where the patient lives or wishes to seek treatment.

It currently includes a list of cancer multidisciplinary teams currently operating across New South Wales (and the specialists working within these), as well as the chemotherapy, radiotherapy and palliative care treatment centres treating patients. It will also link to supportive care information.

Participants will be paid for their time.

If you are able to assist, please contact Jo Walton, CanNET Project Officer, Phone 0419 163 283 or [joanne.walton@cancerinstitute.org.au](mailto:joanne.walton@cancerinstitute.org.au)



NSW Council for Intellectual Disability

## HEALTHIER LIVES

Fact sheets on health and people with intellectual disability



The NSW Council for Intellectual Disability have devised fact sheets to provide information on how to stay healthy and get good care.

The fact sheets were written with assistance from experienced health professionals, people with intellectual disability and parents.

The following fact sheets are available:

### Standard Fact Sheets

For families, advocates, disability workers and other professionals

### Easy Fact Sheets

For people with intellectual disability

Download these free fact sheets directly from website [www.nswcid.org.au](http://www.nswcid.org.au)

For more information visit [www.nswcid.org.au](http://www.nswcid.org.au) or call toll free on 1800 424 065

## Blue Mountains Women's Health & Resource Centre 124 Lurline Street Katoomba

### Women Living Well Fridays for 7 weeks beginning 25 February 12:30pm - 3pm

A group for women living with depression, using creative art based activities as a tool for building strengths and resilience. No artistic ability needed.

All materials supplied. Bookings essential.

Cost: \$15 for the course.

### Mother's Walking Group

Opportunity to meet other mothers of young children and get fit at the same time. Walking group beginning at the centre. Morning tea. Bookings essential.

### Polycystic Ovarian Syndrome

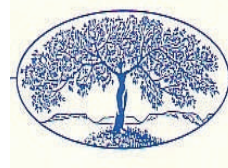
Wednesday, 30 March 2011 - 6:30pm - 8:30pm

Free information night with Dr Rhonda Barringham & Dr Samantha Critchley. Refreshments provided.

Bookings Essential.

Visit [www.bmwhrc.org](http://www.bmwhrc.org) for a full list of groups and events

Bookings for groups are essential.



Phone the Centre on 4782 5133

## Positive Parenting Group FREE Triple P Program in Katoomba

**When?** Tuesday, 15 February 2011 for 8 weeks

**Time?** 10am - 12 noon

**Where?** Woodlands Clinic at the Blue Mountains District Anzac Memorial Hospital, Katoomba

**Who?** For parents and carers who experience or are affected by substance abuse who have children from 2 to 12 years

**What?** Find ways to develop a more positive relationship with your child, understand why children behave as they do and the importance of consistency and explore practical strategies to manage emotions and protect children when substance use is a concern. This workshop is co-facilitated by the Drug & Alcohol Service, Family Support, Gunedoo and MOCs

Please contact Woodlands Clinic on 4784 6545 to make a booking.

For more information call Rick at Springwood Community Health Centre on 4751 0100

# 2011

<b>F e b</b>	1 February 2011	Network Office Closed - 2011 Planning Day	
	2 February 2011 7pm - 9:30pm	GP Forum - Antenatal Update	Santa Maria Centre (rear hall), Lawson
	8 February 2011 9am - 11am	Children's Mental Health Services Forum	Santa Maria Centre (rear hall, Lawson)
	8 February 2011 11am - 1pm	Mental Health - ATAPS Committee Meeting	Network Office
	17 February 2011 9am - 4pm	Board Planning Meeting	The Carrington Hotel Library
	17 February 2011 6pm - 9:30pm	CPR for Practice Staff - \$25 per head	Santa Maria Centre (rear hall), Lawson
	22 February 2011 6:30pm - 9pm	Practice Nurse Network - Networking Meeting	Network Office
	23 February 2011 8am - 9am	Mental Health Shared Care Committee Meeting	Katoomba CHC

<b>M a r</b>	2 March 2011 7pm - 9:30pm	GP Forum - Rhinology	Network Office
	3 March 2011 9am - 1pm	Board & Key Stakeholders Consultation	Hazelbrook Bowling Club
	22 March 2011 6:30pm - 9pm	Practice Nurse Diabetes Forum (Diabetes 2Day) Module 1 - facilitated by Chris Zingle, Diabetes Educator	TBA
	24 March 2011 7pm - 9:30pm	Board Meeting	Network Office
	29 March 2011 11am - 1pm	Mental Health - ATAPS Committee Meeting	Network Office

<b>A p r</b>	5 April 2011 7pm - 9:30pm	GP Forum - Chronic Kidney Disease	Network Office
	6 April 2011 8am - 9am	Mental Health Shared Care Committee Meeting	Katoomba CHC

*This newsletter kindly distributed by*



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