

GP Census is coming!
See page 2 for details

Board Report

Our bid for the Nepean Blue Mountains Medicare Local was judged as meeting all the criteria. This is a major achievement and puts us in just 28 of 59 bids which met the criteria. Sheila Holcombe and Claudia Grab, all the team at the Network office and our friends at the Nepean Division of General Practice are to be congratulated on such a good outcome. Nineteen regions across the country including our neighbouring division WentWest will commence functioning as Medicare Locals from 1 July 2011 but we were not selected in that first group. We understand that the Hawkesbury Hills Division of General Practice submitted a competing bid for the Nepean Blue Mountains Medicare Local. Our Board believes that it is in the best interests of the general practices in our region and our community that we resubmit our application by 19 July 2011 for the second round of offers, hoping to commence in January or July next year.

We are delighted to report that our community will be receiving more ATAPS money in the near future. This project has been a major benefit to our region giving many of our patients access to appropriate psychological services. We are less delighted that the Government elected to reduce rebates to general practices to fund increases in mental health spending. This action sends a message that our contribution to mental health is not valued and also strikes another blow at practice viability. These views have been made clear to our representative bodies.

The Blue Mountains GP Network exists to serve you and help you in the essential work you do serving the community. Please call me or the Network if you have any questions or need support.

Dr Andrew Knight, Chair

News from Nepean Blue Mountains Local Health Network

NSW STATEWIDE BURN INJURY SERVICE

Multidisciplinary Burn Education Day

Blue Mountains District ANZAC Memorial Hospital - THURSDAY 21 JULY 2011

A full day course providing information on all aspects of burn care:

- Initial First aid
- Assessment and management
- Wound management
- Dressing selection and application
- Short & long term physical & psychosocial rehabilitation
- Appropriate referral to specialist units, or local management
- Latest advances in burn care.

Presenters include:

Burn Surgeon
Burns Nurse
Allied Health member from the
Statewide Burn Injury Service.

This day is relevant for all members of the multidisciplinary health team, including medical, nursing, allied health and pre-hospital staff.

Enquiries to : Kate Scully: Katherine.scully@swahs.health.nsw.gov.au
Barbra Monley: monleyb@wahs.nsw.gov.au

BLUE MOUNTAINS GP NETWORK

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HFL Aboriginal Outreach Worker

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Closing the Gap

Aboriginal Health Project Officer

Elly Chatfield

CDSM Project Coordinator

Serena Joyner

Practice Support Officer

Liz Welch

Administration Officers

Gayle Shaw (Mon-Wed)

Kate Johnston (temporary - Thur-Fri)

Finance Manager

Annette Wickens

Finance Support Officers

Natalie Evans

Anita Mrozek

NBMLHN 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

Website: www.bmdgp.com.au

CEO Report

Medicare Locals

On 5 April 2011, the Blue Mountains GP Network together with the Nepean Division of General Practice submitted at bid for the Nepean Blue Mountains Medicare Local. Last week, the Department of Health and Ageing has informed the Network that, while the joint submission met all the criteria it was not ranked high enough to be amongst the initial 19 Medicare Locals to start on 1 July 2011 across Australia.

The Network together with the Nepean Division of General Practice are now waiting for more detailed feedback from the Department to assist in the resubmission of the application for the Nepean Blue Mountains Medicare Local to be considered for the second round of Medicare Locals.

Aboriginal Health

The set up of the Healthy for Life Aboriginal Health Administrative Office will soon be finalised and staff are looking forward to moving to the new office. Currently the Healthy for Life program has three staff who have been busy setting up the service. This included drafting a partnership agreement with the 8 Healthy for Life parties and drafting protocols to support the work with the 5 participating Healthy for Life sites. The 8 Healthy for Life parties continue to meet monthly to advise on Aboriginal health issues in the Blue Mountains.

New staff

The Network would like to welcome Elly Chatfield as our new Aboriginal Health Project Officer. Elly has been working for National Parks and Wildlife as a Cultural Heritage Officer and Aboriginal Discovery Ranger and for the Blue Mountains City Council in the role as Aboriginal Cultural Heritage Officer as part of the Reconnecting to Country project. Elly has also been teaching the Aboriginal Cultural Education Program at TAFE.

The Network Website (www.bmdgp.com.au)

I encourage all member practices to contact the Network if you have any GP or practice nurse vacancies as we can advertise these on our website.

Sheila Holcombe, CEO

All Blue Mountains GPs & Practice Managers

GP Census 2011

The week 27 June 2011 to 3 July 2011 has been nominated as 'Census Week'. This week will be the basis for answering the questions when you complete the online Census.

By running this annual census the Blue Mountains GP Network hopes to collect information which will help us to accurately determine the current status of the general practice workforce and to gather important information which will assist us in meeting your needs.

All Blue Mountains GPs and Practices will shortly receive a letter from the Network providing you with your secure login information to access our online survey tool which will be online from 4 July 2011.

A paper based survey will be available for those GPs/practices who do not have access to the internet.

Mental Health

ATAPS Networking and Information Meeting

Wednesday, 22 June 2011

6:30pm - 8:30pm

Santa Maria Centre Rear Hall - Lawson

6:30pm

informal networking and light dinner.

7pm - 8.30pm

update on ATAPS 2011-12 and information session on Cool Kids

Cool Kids is an evidence based 8 week anxiety management group program for children in primary school years 3-6.

The groups will run in Katoomba and Springwood starting late July 2011. Groups are run in partnership with Community Health Child and Family Counselling Team and Child & Adolescent Mental Health Service.

Booking essential - Please call the Network Office on (02) 4758 9711.

BLACK DOG INSTITUTE



Online Mood Assessment Program

It is now almost 12 months since the Black Dog Institute launched the free online Mood Assessment Program. GPs can access the website below or contact Dr Jan Orman at Blackdog Insitture to check how they can register to use it.

For more information visit

www.blackdoginstitute.org.au/healthprofessionals/map/overview.cfm

Alternatively you can contact **Dr Jan Orman, GP Services Consultant, Black Dog Institute** via phone 02 9382 4518 or via email j.orman@blackdog.org.au.

BEACON

New free Online Portal for mental and physical e-health applications

Developed by The Centre for Mental Health Research at the Australian National University to help consumers and health professionals to identify high quality internet and mobile phone based health interventions that work.

Beacon provides expert ratings based on scientific evidence for each intervention or application. Over 35 categories including depression, anxiety, eating disorders, phobias, smoking, alcohol, drug use, diabetes, stress, insomnia, tinnitus, and many more.

Beacon can be accessed at www.beacon.anu.edu.au.

Working with Veterans

A Blue Mountains Veteran Health Project update

Blue Mountains Veteran Community Health Needs Assessment May 2011

Go to our website to read the comprehensive report created by the Blue Mountains GP Network in close consultation with the local veteran community. Or just read the executive summary and set of nine recommendations to address these health gaps. www.bmdgp.com.au

Australian Health Practitioner Regulation Agency (AHPRA)

Implementing Nationally Consistent Professional Registration Renewal Dates

More than one in every 40 Australians is a registered health practitioner. The Australian Health Practitioner Regulation Agency (AHPRA) is in the process of aligning registration renewal dates nationally for practitioners. **By 2012, nurses and midwives will be due to renew on 31 May, most medical practitioners will be due to renew on 30 September. This year the period of renewal and fees may be varied pro-rata to align with the new national dates by 2012.** AHPRA states that nationally-consistent renewal dates will mean more Comprehensive and accurate workforce data and greater simplicity in renewal processes.

To ensure practitioners receive reminders, AHPRA are encouraging practitioners to make sure their contact details are up-to-date and to provide an email address. There are 528,000 health practitioners registered across the 10 professions in the National Scheme.

More information is available on the AHPRA website <http://www.ahpra.gov.au/>.

Evaluation of clinical software

The results of a recent study evaluating clinical software systems used in General Practice in terms of the features that facilitate improved patient safety and care (specifically focusing on e-prescribing) are reported in Sweidan *et al.* 2011. The article can be accessed at the following website:

<http://www.biomedcentral.com/1472-6947/11/27>.

The findings of the study support the need for standards and certification for clinical software. For example minimum standard features such as alerts for drug-condition contraindications, alerts for drug use in patients with renal impairment, and alerts for safety issues related to specific products should be included in clinical software.

The study was carried out as part of the research activities of the NPS.

Sweidan, M., et al. (2011). Evaluation of features to support safety and quality in general practice clinical software. BMC Medical Informatics and Decision Making, 11:27.

Pen Sidebar

invitation to test a new feature

The Improvement Foundation is looking for practices that are interested in testing a new panel in the Pen Sidebar called the "Infobutton".

Basically, the Infobutton looks at the record of the patient that is currently open and then when clicked, directs the user to health information that is relevant to that patient and what's recorded in their clinical record. For example, it will check the patient's diagnoses, and demographics and then based on these factors, takes the user to targeted chronic disease information online.

At the moment the Infobutton feature only works with Medical Director. For practices that don't have Sidebar installed, we can arrange for it to be installed for you with support from Pen.

If you have Medical Director and would like to test the Pen Sidebar equipped with this feature, please **contact Liz Welch at the Network on 47589711 or Julian Flint at the Improvement Foundation at 08 8422 7400**

Quality Use of Medicines



NPS Clinical audits for GPs

Benefits of Clinical e-Audit:

- quick and easy to complete.
- secure data transmission.
- immediate individualized feedback.
- compare improvements in your practice against best practice clinical indicators and your peers.
- free and independent quality improvement activity.
- evidence-based clinical guidance and patient resources.
- gain RACGP and PIP points for your practice.

NPS clinical audits available for the new QPI year: 1 May 2011 – 30 April 2012

Topic Updates

Clinical e-Audit: Review of proton pump inhibitor (PPI) prescribing: Online enrolment continues to be available at http://www.nps.org.au/health_professionals

Clinical e-Audit: Optimising management of type 2 diabetes: Online enrolment continues to be available at http://www.nps.org.au/health_professionals

Clinical e-Audit: Management of hypertension: Online enrolment is available at http://www.nps.org.au/health_professionals. Please note that this clinical e-Audit now involves a **review of only 10 patients**.

Paper version clinical audit: Osteoporosis: Will be available in June 2011.

Clinical e-Audit: Lipid management: Will be available in July 2011.

Paper version clinical audit: Antipsychotics: Will be available in August 2011.

For more information call Kerin Singleton, your NPS Facilitator at the Blue Mountains GP Network on (02) 4758 9711 or visit www.nps.org.au/health_professionals

*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.*

Quality Use of Medicines

immunisation news

Nurse Training

Accredited immunisation nurses update 2011

Date: Thursday, 28 July 2011 from 9.30am - 1pm
Venue: Nepean Room, Penrith City Council

The Blue Mountains Nepean area update will be held in July each year from 2011.

Please call Salwa Gabriel or Julie McLean on 9840 3603 or Jane Thomas and Denise Gibbons on 4734 2022 for details.

The update is for all immunisation providers and would be more suitable for those immunisers working in general practice or in the childhood vaccination setting.

Rotavirus & Intussusception

Communication Materials

Australian Technical Advisory Group on Immunisation has advised that immunisation providers should discuss the risks and benefits of rotavirus vaccination with parents and to alert them to the symptoms associated with intussusceptions. To assist with this, the Department of Health and Ageing has developed a fact sheet for immunisation providers and a brochure for parents. To order fact sheets and brochures contact Immunise Australia Information Line on 1800 671 811 or go to the Immunise Australia Program website:

<http://www.immunise.health.gov.au/internet/immunise/publishing.nsf/Content/resources-menu>

Immunisation

Target the fence-sitters

MUST READ for anyone in contact with parents unwilling to immunise their children.

Target the fence-sitters

Nature 473, p443–445 (26 May 2011)

Past waves of vaccine rejection in industrialized nations have a lot to teach us about preventing future ones, argues Julie Leask.

<http://www.nature.com/nature/journal/v473/n7348/full/473443a.html>

Please note

Warning for Meningococcal Peak Season

NSW Health has urged the public to be alert for the early symptoms of meningococcal disease as the peak season is set to begin.

There have been 28 cases reported in NSW this year.

Most cases are seen in infants, young children, teenagers and young adults, although people of any age can be infected.

NSW Health Director of Health Protection, Dr Jeremy McAnulty said "Meningococcal disease can be a life-threatening condition and up to 10 percent of cases

can be fatal. Other cases may result in severe complications that cause deafness and loss of limbs."

For a fact sheet go to: www.health.nsw.gov.au/factsheets/infectious/meningococcal.html or www.health.nsw.gov.au.

GREAT RESOURCE for patients who have had a SPLENECTOMY

General advice and immunisation advice
http://www.health.nsw.gov.au/pubs/2010/spleen_removal.html

GP Forum

GP Registrars & Practice Nurses welcome

Paediatric Orthopaedics

Presented by
Dr Brian Hsu

Wednesday, 3 August 2011

7pm - 9:30pm

Network Office, Hazelbrook

* Please note there will be no July GP forum



ATTENTION EDUCATION BROADCASTING

BLUE MOUNTAINS DISTRICT ANZAC
MEMORIAL HOSPITAL KATOOMBA

When Pain Persists - Pain Management in Primary Health

Tuesday, 28 June 2011 (8.00pm AEST)
(repeated broadcast Friday, 1 July 2011 at 12:30pm)

****Booking essential****

Practice Nurses also welcome

For more information and to register please contact
Barbra Monley on (02) 4784 6500

Practice Nurse Network
Networking Meeting
Tuesday, 28 June 2011
6:30pm - 8:30pm
Network Office, Hazelbrook

Working with Veterans A Blue Mountains Veteran Health Project

Perhaps veteran community health is an interest area of yours? If so, please contact Jackie Janosi (02) 4758 9711 or email jackie@bmdgp.com.au.

We are looking for GPs and Practice Nurses wanting to help us work towards improving the health of our veteran community.

We hope to provide education events around local veteran health in the near future. Please "watch this space"!

PRACTICE NURSE EMAIL LIST

To receive timely information of upcoming nurse training, events and resources, make sure we have your current email address. If you're not currently receiving practice nurse newsletters and other updates from us, send your email address to yolande@bmdgp.com.au

Epilepsy in General Practice

Epilepsy Australia and Epilepsy New Zealand want to know about epilepsy in general practice.

Take the one minute survey for GPs and go into the draw to win one of three 3M Littmann Electronic Stethoscopes Model 3200 (www.littmann.com.au).

Click on the link, or type it into your browser to start the survey.

<https://www.surveymonkey.com/s/epilepsyaustraliaGP>

The survey will run until 22 July 2011.



Palliative
Care
Australia

Let's chat about dying...

Palliative Care Australia has produced a number of resources that can help. These can be viewed, downloaded and ordered free of charge from the PCA website:

www.palliativecare.org.au

Upcoming Conferences

Reducing Hospital Readmissions & Discharge Planning Conference

25 - 26 July 2011

Rendezvous Hotel Melbourne

www.iir.com.au/readmissions/dm

Choose to be Challenged Family Planning NSW Conference for GPs & PNs

20 August 2011

Ultimo Sydney

www.fpnsw.org.au

Communicable Disease Report 23 May 2011 - 29 May 2011

http://www.health.nsw.gov.au/PublicHealth/Infectious/reports/20110531_weekly_report.asp

Reports on measles, legionnaires' disease, meningococcal disease, gastroenteritis in institutions, salmonella and influenza-like illness.



The Australian Diabetes Society is holding a training day for General Practitioners on Practical Diabetes Management.

Topics include:

- New diagnostic criteria for diabetes?
- Initiating and adjusting insulin
- Management of diabetic foot disease
- New agents for diabetes
- Diabetes and pregnancy
- Improving diabetes management skills (interactive workshops)

Date: Saturday, 18 June 2011 - 9am - 4pm

Where: Sydney – Australian Technology Park

Cost: \$120 includes materials and catering

To enrol: <http://members.asnevents.com.au/register/event/1082>

Numbers are limited and pre-registration is essential.

For more information on the training day please visit

<http://www.diabetessociety.com.au/ads-gp-training-days.asp> or call (03) 5983 2400.

BLUE MOUNTAINS OCASIONAL CHILD CARE

A project of Mountains Outreach Community Service



Quality child care for 0-6 year olds at an affordable price, operates during school terms.

Mondays 9.30am – 12.30pm
St Johns Rd Complex,
St Johns Rd, **BLAXLAND**

Wednesdays 9.30am – 2pm
Mid-Mountains Community Centre
New St, **LAWSON**

Thursdays 9.30am – 2pm
Presbyterian Church hall
Cnr High School Drive & Hawkesbury Rd
WINMALEE

Fridays 9.30am – 1pm
Baptist Church Hall
Kubya St, **BLACKHEATH**

Cost: \$6 per hour, minimum of 3 hours plus annual registration fee of \$10 per family..

Bookings essential: 0412 932 801

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

Trying to mother or parent a teenager
Wednesday, 22 June 2011 - 6pm - 8pm

What's normal? How do you set limits? How to connect with your teenager when the connection is not there?

Free information night at BMWHRC with Lisa Clements, social worker with the Springwood Community Health Child and Family Counseling team. Refreshments provided. Bookings essential.

Free Walking Groups - Mondays & Wednesdays 9am

Get motivated! Start walking and meet other local women. Great way to meet other women & get fit at the same time.

Living with a Chronic Illness
Tuesdays for 6 weeks

Beginning 19 July - 10am - 12 noon

A group for women to learn strategies to improve their health and to take advantage of the times when they feel healthy, have more control over their well being and connect with others in a similar situation. Bookings essential - \$15 for course. Childcare available.

Visit www.bmwhrc.org for a full list of groups and events

Bookings for groups are essential.



Phone the Centre on 4782 5133

MINDFULNESS BASED STRESS REDUCTION COURSES

Incorporating Mindfulness Based Cognitive Therapy
Run by Psychologist, Nicola Carter

Term 3 course commences

19th July, Winmalee.

Tues evenings 6.30-9pm, and one Sunday, 28th Aug, 9.30-4pm.

Medicare rebates available with GP Mental Health Care Plan for group psychological strategies.

Reduced fee available for Health Care Card holders.

For enquiries and to enrol:

Nicola at Falconbridge Health Centre, 4751 2211

NICOLA CARTER

PSYCHOLOGIST

INDIVIDUAL, COUPLE AND FAMILY THERAPIST.

MINDFULNESS BASED STRESS REDUCTION TEACHER.
THERAPY WITH CHILDREN, ADOLESCENTS AND ADULTS.
MEDICARE, HEALTH FUND AND WORKCOVER APPROVED
FAULCONBRIDGE HEALTH CENTRE, TEL: 4751 2211

2011

J u n e	1 June 2011 7pm - 9:30pm	GP Forum - Infertility - The Patients' Journey	Network Office
	20 June 2011 9am - 11am	Mental Health - ATAPS Cool Kids Groups Meeting	Network Office
	22 June 2011 6:30pm - 8:30pm	Mental Health - ATAPS Networking Meeting	Santa Maria Centre rear hall
	28 June 2011 8:45am - 10:15am	Mental Health - ATAPS Committee Meeting	Network Office
	28 June 2011 6:30pm - 8:30pm	Practice Nurse Network - Networking Meeting	Network Office

J u l y	28 July 2011 7pm - 9:30pm	Board Meeting	Network Office
	30 July 2011 9:45am - 4pm	Practice Nurse Network Asthma & Respiratory Management	Springwood Sports Club

A u g u s t	3 August 2011 7pm - 9:30pm	Paediatric Orthopaedics	Network Office
	9 August 2011 8:45am - 10:15am	Mental Health - ATAPS Committee Meeting	Network Office
	11 August 2011 7pm - 9:30pm	Board - Finance & Audit Committee Meeting	Network Office
	24 August 2011 8am—9am	Mental Health Shared Care Committee Meeting	Katoomba CHC
	25 August 2011 7pm - 9:30pm	Board Meeting	Network Office

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