

Board Report

As you read this we may already have heard which areas will be the first to implement Medicare Locals. If our bid is successful the Nepean Blue Mountains Medicare Local may be starting up in July 2011 or January 2012. Otherwise it will be July 2012. As the Medicare Local establishes so our GP Network will transfer its services to the new organisation. Have you thought about what the life of the Blue Mountains GP Network will be after July 2012? Will it still have a role? Could it be the voice of local GP's? Over the next 12 months we will need to consider these issues.

The federal government is offering money to build infrastructure in your practice! Grants of up to \$500,000 are available "to enable existing premises to expand or to upgrade space for GPs, nurses and/or allied health professionals, strengthen team-based care services, extend hours, establish or extend clinical training facilities and provide integrated GP and primary health care." If you are interested go to <http://www.health.gov.au/internet/main/publishing.nsf/Content/grant3421011>.

We welcome a number of new staff joining the Network in the Healthy for Life project this month. The Blue Mountains GP Network is working on this project with local Aboriginal groups and Community Health through the Blue Mountains Aboriginal Health Coalition to improve access to services for Aboriginal people across the Mountains. AMA members will have seen the project featured in their NSW Doctor magazine this month.

The Network exists to help you in the important work you do of providing crucial primary care services to the people of the Blue Mountains. Please do not hesitate to be in contact with Sheila Holcombe or myself if there is anything the Network can do to support you.

Dr Andrew Knight, Chair

News from Nepean Blue Mountains Local Health Network

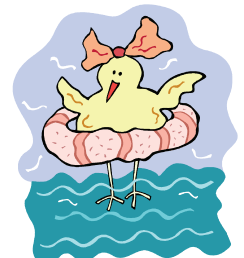
PRENATAL AQUATIC EXERCISE CLASSES AT BLUE MOUNTAINS HOSPITAL

The Hydrotherapy Pool at Blue Mountains Hospital runs **PRENATAL AQUATIC EXERCISE CLASSES** on **Tuesdays at 10.00am**.

Women wishing to participate must be of at least 14 weeks gestation with a signed medical midwifery consent form (obtainable from the Pool).

Cost is a low \$8.50 per session, or as little as \$6 for advance payment!!

**Interested?
Want more information?
Want to book in?
Contact Trish or Regina at the Pool on 4784 6999
Monday to Friday.**



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

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Dr Mike de Vries

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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

Healthy for Life Program (HFL)

Aboriginal Health Program Manager

Chris Haslam

HFL Complex, Aged & Chronic Care Health Nurse

Tilly Elderfield

Closing the Gap

Aboriginal Health Project Officer

Recruiting

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

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

The Network website has been updated and expanded over the past few months. Please go to www.bmdgp.com.au to have a look at all the new information now available on the Blue Mountains GP Network website.

If you have any information or forms that you would like included on the website please contact the Office and speak to **Gayle Shaw on (02) 4758 9711**.

If you have a GP or Practice Nurse vacancy you would like advertised on the website please write to admin@bmdgp.com.au and Serena will work with your practice to place the advertisement on the Network website.

Aboriginal Health: Healthy for Life Administrative Office

The Healthy for Life Aboriginal Health Administrative Office is now established at the Hazelbrook General Practice Allied Health Building at 9 Rosedale Avenue, Hazelbrook.

The Healthy for Life Program, when recruitment is completed, will have five full time staff. Three of the five positions have been recruited and we are currently recruiting the other two positions.

Program Manager - Chris Haslam

Child and Family Health Nurse – under recruitment

Complex, Aged & Chronic Care Health Nurse – Tilly Elderfield

Female Aboriginal Outreach Worker – Tracey Callegari (commencing 23 May 2011)

Male Aboriginal Outreach Worker - under recruitment

The Healthy for Life staff are working with following five primary care sites to run Healthy for Life in the Blue Mountains:

Springwood Community Health Centre

Hazelbrook General Practice

Lawson Community Health Centre

Katoomba Medical Practice

Upper Mountains Medical Centre

If you would like to know more about the Healthy for Life Program or have any feedback you would like to provide to the Network please call me on either (02) 47589711 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

Attention Blue Mountains Practice Nurses

Are you receiving emails from the Blue Mountains GP Network on upcoming training and events for practice nurses? If not, please send your email address to yolande@bmdgp.com.au to stay up to date with practice nurse news and events.

Mental Health

Mental Health Networking Forum

Tuesday, 24 May 2011

12noon – 3:45pm

Mid Mountains Community Centre
Mavis Wood Hall, 9 New Street, Lawson

Mental Health and Children

The Forum will address eating disorders, school counseling, an update on ATAPS for children, early intervention services for children and mental health services for children under 5 years.

Booking essential - to book or for more information contact Claudia at the Network on (02) 4758 9711.

Training Workshop

Western Sydney Local Health
District and Nepean Blue
Mountains Local Health District
invite GPs to attend the



**Linking Physical and Mental Health...it makes sense
Training Workshop**

**Wednesday, 15 June 2011 from 5:30pm - 9pm
Fairmont Resort, 1 Sublime Point Road, Leura**

Networking dinner included

Contact Janelle Twomey

janelle.twomey@wsahs.nsw.gov.au

Ph 02 9840 3893 for registrations and enquiries

Please see flyer included with this newsletter for details



beyondblue Clinical Practice Guidelines for the perinatal period Now Available

The beyondblue Clinical Practice Guidelines for women in the perinatal period (during pregnancy and the first year following birth) have been approved by the National Health and Medical Research Council (NHMRC) and are now available.

Copies of the Guidelines can be downloaded FREE or ordered at www.beyondblue.org.au/guidelines or by calling the **beyondblue info line 1300 224 636**. Summary documents for health professionals are in development.

Work wanted

An experienced EEN is seeking work 30-40 hours per week as a Practice Nurse or Medical Receptionist. Please contact Yolande, Gayle or Miriam at the Network on (02) 4757 9711 for her details.

Do you seek more nursing staff?

if you seek additional nursing support. We have 3 people seeking nursing work in general practice.. Please contact Yolande at the Network on (02) 4758 9711 for details.

What is a Nurse Practitioner?

A nurse practitioner is a registered nurse who has undertaken a master's level degree and is authorised by the relevant regulatory body to function autonomously and collaboratively in an advanced and extended clinical role.

The nurse practitioner role includes assessment and management of clients using nursing knowledge and skills and may include, but is not limited to, the direct referral of patients to other health care professionals, prescribing medications and ordering diagnostic investigations.

The nurse practitioner role is grounded in the nursing profession's values, knowledge, theories and practice and provides innovative and flexible health care delivery that complements other health care providers. The scope of practice of the nurse practitioner is determined by the context in which the nurse practitioner is authorised to practice (Australian Nursing and Midwifery Council, 2006).

Approved clinical guidelines for nurse practitioners

http://www.health.nsw.gov.au/nursing/practitioner/np_clinicalguidelines.asp

Pamphlet on Nurse practitioner in NSW

http://www.health.nsw.gov.au/pubs/2005/pdf/nursemw_prac.pdf

How to become a nurse practitioner

http://www.health.nsw.gov.au/nursing/practitioner/become_np.asp

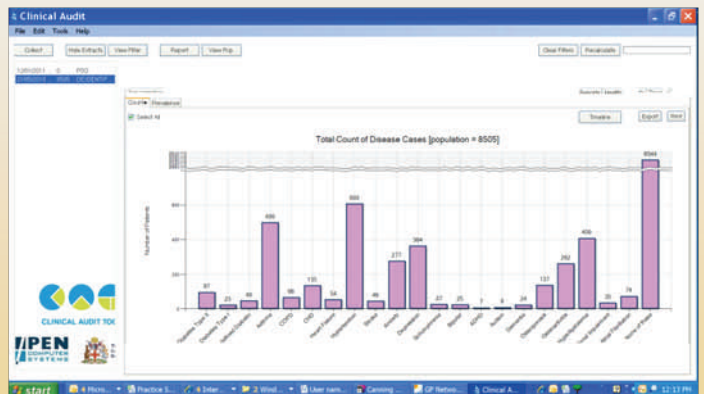
Data Extraction Tool - PENCAT

The Pen Computer System Clinical Audit Tool (CAT) is a population reporting enhancement to the leading GP Clinical Desktop Systems in Australian general practice. CAT allows practice staff to look at their data in new ways for the achievement of best practice and data quality while optimising the financial opportunities for GPs and the practice.

CAT scrutinises the aggregated patient information of the practice and presents it quickly and accurately in a refreshing graphical format that is easy to understand.

Practice staff can produce a list of patients who fall into selected population 'target groups' making population health and quality care initiatives simple to act upon and measure. Business opportunities can be identified.

Using worlds-best graphics, CAT is simple to use, seamless to implement and is a highly effective tool in improving patient population and business outcomes. Within minutes of installing the system it is ready to deliver for your practice. CAT operates with the GP Clinical Desktop System (currently Zedmed, MD3, MD2, Best Practice & Genie Solutions) to present the GP and practice staff with meaningful information on the practice population.



The Blue Mountains GP Network is now able to provide this tool to practices in the Blue Mountains. Please contact Liz on (02) 4758 9711 or email liz@bmdgp.com.au if you would like further information or to arrange installation.

Quality Use of Medicines



NPS Small Group Case Study

Blue Mountains GP Network, in partnership with NPS is offering an educational program on best practice for

CVD Risk: Guiding Lipid Management

This program provides a valuable opportunity to discuss up-to-date, independent, practical, evidence-based information on current therapeutic issues with a trained NPS Facilitator and other general practitioners.

Participation in the program will include:

- The importance of early assessment of absolute cardiovascular risk.
- Discussing cardiovascular risk with patients to encourage lifestyle changes.
- Factors to consider when prescribing statins, including dose, based on recent trial evidence.
- The place of ezetimibe in lipid modifying therapy.
- Tips to encourage long term adherence to lifestyle and lipid modifying therapy.

What's in it for me?

- An opportunity to discuss evidence-based information and access key resources.
- Relevant case study discussions with your peers. Please allow one hour.
- Medical students, practice nurses, pharmacists & allied health professionals may also participate.
- A Quality Prescribing Initiative (QPI) activity within the Practice Incentives Program and eligibility for RACGP QA & CPD (GPs), PSA CPD&PI (Pharmacists) and Royal College of Nursing (Practice Nurses) program points.

Two small group sessions are planned for :

Wednesday, 8 June 2011 at 7:30pm OR Tuesday, 21 June 2011 at 7:30pm
Venue: Blue Mountains GP Network Office, Level 1, 192 Great Western Highway, Hazelbrook

Bookings essential: to book e-mail, fax or phone

Kerin Singleton at the Network on (02) 4758 9711, mob 0410 922 229 or fax 4758 9722

*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

Flu Season 2011

Issues with reporting Fluvax® to ACIR

- Some immunisation providers have been entering "Fluvax®" as the influenza vaccine for children on ACIR.
- The Australian Technical Advisory Group on Immunisation (ATAGI) has recommended the use of Influvac® and Vaxigrip® for use in children between 6 months to less than 5 years of age under the National Immunisation Program (NIP).
- **For children aged 5 to less than 10 years of age, it is recommended that Vaxigrip® and Influvac® is used.**
- Enter the correct name and batch number for the influenza vaccine for children under 10
- submit the correct information to ACIR.

Adult NIPS vaccination

Pneumovax 23

Recommendation about revaccination

The Therapeutic Goods Administration (TGA) has advised health professionals not to administer the second dose of Pneumovax 23 vaccine, pending the outcome of a review of an apparent increased rate of injection site reactions following the administration of the second dose.

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.

Immunisation

Choosing a Data Logger

updated resource now available

GP NSW has updated the list of data logger manufacturers that contains information on approximate price, size, number of readings available and accuracy of thermostat.

http://www.gpnsw.com.au/data/assets/pdf_file/0012/3414/110331_ref_GPNSW-Data-Logger-Reference_v7_Mar11.pdf

WHO immunization highlights: 2010

In a new online format, the 2010 edition of "WHO immunization highlights" covers key global achievements and provides a snapshot of the wide range of work undertaken by WHO staff and partners to support national immunization programmes. <http://www.who.int/immunization/newsroom/highlights/2010/en/index.html>

The History of Vaccines

The College of Physicians of Philadelphia, USA has launched a new educational website called *The History of Vaccines* <http://www.historyofvaccines.org/>. The interactive site was set up to increase public knowledge and discuss how vaccines, toxoids, and passive immunity work.

Although the site is based on US Immunisation information, it provides a multitude of resources that can be useful to healthcare professionals in Australia.

Working with Veterans

A Blue Mountains Veteran Health Project update

The Blue Mountains Veteran Health Assessment Report is complete and will be available in hard copy very soon. The report has 9 recommendations which will be publicised in an upcoming newsletter.

Sheila Holcombe, John Fenton and Diana Aspinall met with Jennifer Collins, Deputy Commissioner for NSW & ACT Department of Veterans' Affairs, to present the report on Friday, 6 May 2011.

The Coordinated Veterans' Care (CVC) program began 1 May 2011.

For more about the CVC visit the AGPN website www.cvcprogram.net.au – more details will appear in the June GP newsletter.

GP Forum

GP Registrars & Practice Nurses welcome

Infertility Treatment The Patients' Journey

Presented by

Dr Howard Smith & Dr Cecilia Sjoblom
from Westmead Fertility Clinic

Wednesday, 1 June 2011

7pm - 9:30pm

Network Office, Hazelbrook



ATTENTION EDUCATION BROADCASTING

**BLUE MOUNTAINS DISTRICT ANZAC
MEMORIAL HOSPITAL KATOOMBA**

Smoking Cessation: No Butts

Tuesday, 24 May 2011 (8.00pm AEST)

(repeated broadcast Friday, 27 May 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**

Training Course in Minor Surgery for General Practitioners

Practically Focused

Saturday & Sunday, 4 & 5 June 2011

Royal Australasian College of Surgeons
Cnr Spring Street & Lonsdale Street, Melbourne
View www.surgeons.org for details

Training available

4th Edition

RACGP Standards for General Practices

The transition to using the RACGP *Standards for general practices* (4th edition) for accreditation purposes will happen gradually over the coming year with full details available on the RACGP website, see: <http://www.racgp.org.au/standards>. A summary of key differences between the 3rd and 4th edition standards is now available.

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

A free PDF version of the RACGP *Standards for general practices* (4th edition) is now available.

The RACGP *Computer security guidelines* (3rd edition) is a free companion document.

Upcoming Conferences

Sydney GPCE Primary Care Conference
20 - 22 May 2011
Sydney Showground, Sydney Olympic Park
www.gpce.com.au

Preventive Health Summit
26 & 27 May 2011
Sydney Harbour Marriott at Circular Quay
www.iir.com.au/preventhealth

Obstetric Malpractice Conference
20 - 21 June 2011
Vibe Savoy Hotel, Melbourne
www.iir.com.au/obstetric

**MHCC Conference 2011 - Trauma Informed Care &
Practice: Meeting the Challenge**
23-24 June 2011
Four Points by Sheraton, Sydney
www.mhcc.org.au



AGPAL Launches New Website

AGPAL launched its general practice dedicated website on Wednesday 20 April, redeveloped to better service both existing and potential clients.

Simplified navigation and a permanent homepage login tab will ensure users can find the information they are looking for in fewer clicks. Clients can more easily access AGPAL's online resource library QbAY and web-based accreditation tool AccreditationPro.

Visit the new website at www.agpal.com.au

Communicable Disease Report 11 April 2011 - 17 April 2011

http://www.health.nsw.gov.au/PublicHealth/Infectious/reports/20110417_weekly_report.asp

Reports on measles, leptospirosis, legionnaires' disease, mosquito borne disease and gastroenteritis in institutions.

A new booklet is now available
**Improving Primary Health
 Care for All Australians**

The Australian Government has released a publication directed at consumers explaining why primary health care is important, why it needs to be improved and what the changes will mean. It also provides further details on Medicare Locals and their central role in improving the primary health care system.

The Network has a number of copies of this publication available for our general practices. If you would like a copy of this publication **please contact Gayle or Miriam at the Network on (02) 4758 9711**. Alternatively the publication can also be accessed online at <http://www.yourhealth.gov.au/internet/yourhealth/publishing.nsf/Content/improving-primary-health-care-for-all-australians-toc>



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

Biggest Morning Tea

Monday, 30 May 2011 - 10am - 11:30am

To raise awareness around women and cancer, join us for morning tea. Guest speakers Tracey Willow as well as Robyn Yates from Blue Mountains Cancer Support. Raise funds to support NSW Cancer Council. Bookings essential. **Note venue is YHA - 207 Katoomba Street, Katoomba**

Contenance Info Morning

Thursday, 16 June 2011 - 9:30am - 12:30pm

Free information session on continence for women of all ages. Find out about healthy bladder habits, pelvic floor exercises and surgical options. Speakers include a local doctor, physiotherapist and nurse continence specialist.

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.

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

Bookings for groups are essential.



Phone the Centre on 4782 5133

**multi-cultural
 playgroup**



If you are a **migrant family** and you would like to **meet with other migrant parents** and young children (aged 0-5 years) in a safe and supportive environment, please call:

Yola on 4782 1555
 Jill on 4739 5963

**DATES FOR
 PLAYGROUP in
 2011, term 2:**

Fridays
 6th May
 20th May
 3rd June
 17th June
 1st July

Time: 10 am—12 noon
**Place: Blue Mountains
 Family Support Service at
 2 Station Street,
 Katoomba**



The Multi-Cultural playgroup is **FREE** for our migrant families living in the Blue Mountains and will meet on a **Friday, every two weeks** during school term.

Please bring a piece of fruit to share

Support for this project has been provided by the Blue Mountains Multicultural Residents' Association and Nepean Migrant Access.



This project is a partnership of Blue Mountains Family Support Service & Gateway Family Services, and is funded in partnership by the Family Links Project and Families NSW Program (Department of Human Services NSW). Family Links is a project of Gateway Family Services and is funded by the Department of Families, Housing, Indigenous Affairs and Community Services.

PARENT GROUPS

Gateway Family Services

(An activity of Blaxland Uniting Church/Uniting Care)

Gateway Family Services are running a number of Group activities and education seminars aimed at parents.

Please see flyer inserted with this newsletter for details, call (02) 4739 5963 or visit www.gatewayfamilyservices.org.au



New Library Resources

Copies of the following new resources are held in in the library at the Network Office.

NSW Health

- ◆ Infants and Children: Acute Management of Croup (second edition)
- ◆ Infants and Children: Acute Management of Fever (second edition)



**Take part and host
 your own Biggest
 Morning Tea.**

www.biggestmorningtea.com.au

2011

M a y	4 May 2011 7pm - 9:30pm	GP Forum - Early Diagnosis and Management of Prostate and Bladder Cancer	Network Office
	17 May 2011 8:45am - 10:15am	Mental Health - ATAPS Committee Meeting	Network Office
	24 May 2011 12pm - 3:45pm	Mental Health Networking Forum	Mid Mountains Community Centre, Lawson
	26 May 2011 7pm - 9:30pm	Board Meeting	Network Office

J u n e	1 June 2011 7pm - 9:30pm	GP Forum - Infertility - The Patients' Journey	Network Office
	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 9am - 3pm	Practice Nurse Network Asthma & Respiratory Management	Springwood Sports Club

This newsletter kindly distributed by



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