VOICEBOXL





Asperges: A message for newly diagnosed or those who don't know how to speak Aspe





Recovery and Wellness - What works for me & Severe depression: My story





Depression and Anxiety

We have the power to change

To view the videos and Voicebox project visit:

www.healthygc.com.au/voicebox

2

For GPs wanting to learn more about the experiences of patients with a mental illness or disability, and for patients to learn from others with similar experiences, useful resources are available through the Voicebox Project. This has seen people with a lived experience of mental illness and/or disability attend a series of workshops to improve skills in advocacy, peer research, presentation, public speaking, project management and creative documentation. Funding was provided by Partners in Recovery and Gold Coast Medicare Local and delivered by Human Ventures in partnership with FSG Australia.

Participant, Sandra, is raising awareness of depression.

"I wanted to talk about my amazing journey - that you can get out of the maze that is mental health, that you need to keep trying different doors and different things and keep going, don't look back, and you will come back to where you are supposed to be. Everyone is different and different things work for different people, but you are not alone."

Participant Angela, has created a video that shows the importance of widespread consultation particularly with consumers, to ensure that support is relevant, targeted and effective.

"My film highlights the need for services for consumers to be designed in conjunction with consumers.

Participant Melissa, said her aim was to improve communication and understanding. Two participants have also provided a helpful insight into the world of Aspergers.

Inside this issue

GP Communiqué Robina fracture service

General Practice Liaison Officers 3

Women's Health in Partnership

ATAPS update

Ebola resources for clinicians School based immunisation

Early childhood immunisation

Notifiable Disease Report

Undergraduate nurse placements 6 5 Jobs

5 Events calendar

6-7



For practice resources, information and the online service directory





GP Communiqué



Gold Coast Medicare Local **Board Chair**

You may be aware that Medicare Locals around Australia will cease on 30 July 2015, to be replaced by Primary Health Networks, through a competitive tendering process, with a stronger mandate to support general practice. Gold Coast Medicare Local (GCML) has submitted a well-developed and, we believe, highly competitive tender application for the Gold Coast Primary Health Network. We expect to hear the outcome in early April.

Until then GCML will continue to work with general practice and other services on existing projects and plan for new activities post 1 July 2015. The recently completed GP census will assist in our planning. Thank you to the GPs and practice staff who completed the survey. With the GP Council we will review the results with an aim to deliver the support services that general practice most values. Results of the census and our responses to them will be publicised in coming months.

Dr David Rowlands Several Commonwealth reviews including for after hours GP services, mental health and A&TSI have been presented to Government who are considering a response. We hope that these are released soon so we can understand and respond thoughtfully to the implications. Communicating the outcomes, involving general practice in decision-making and maintaining continuity of programs, are our highest priorities.

- Dr David Rowlands



Dr Roger Halliwell **General Practice Gold Coast** President

Change seems to be on the agenda again.

New Medicare rules and funding cuts are challenging us all as we try to maintain quality services with less government support. As it all evolves, one of the roles for General Practice Gold Coast (GPGC) will be to communicate and support GPs and practices through this process; watch this space!

The other big ticket item is the Primary Health Network tendering process. GPGC is directly supporting the work of Gold Coast Medicare Local (GCML) towards this. I believe the excellent work currently being done with the Hospital and Health Service and the successful partnership between GPGC and GCML have placed us in a good position to bid. Fingers crossed for a successful outcome.

GPGC continues to work towards CPR training for members. This is taking longer than anticipated as the RACGP requirements are very specific and need to be negotiated/approved. A new cohort of GP registrars starts work later this month. Welcome to the Gold Coast and please ensure that you make yourselves known to GPGC.

- Dr Roger Halliwell

QAS Statewide cardiac reperfusion strategy

The Queensland Ambulance Service has developed a brochure for GPs, emergency department medical officers and allied health staff, to inform them of the QAS Coronary Artery Reperfusion Strategy. This includes improved bystander CPR rates, increased availability of AEDs, the implementation of new Corpuls-3 monitor/defibrillator with interpretative algorithms and the expansion of acute STEMI treatment options to Advanced Care Paramedics (ACPs) across the state.

To view the brochure, visit:

www.healthygc.com.au/Professional-Resources/ General-Practices/GP-News/General-Practice-Newsfeed

Neck of Femur Fracture Service moving to Robina Hospital

GPs are requested to send any patients with a suspected neck of femur fracture to Robina Hospital, from February 16, 2015. Gold Coast Health is relocating its low impact orthopaedic trauma services to Robina Hospital starting with all neck of femur fractures. This will allow Gold Coast University Hospital (GCUH) to focus on high impact/tertiary level services. The Queensland Ambulance Service will also start to transport neck of femur fracture patients to Robina Hospital from this date.

Please be aware all paediatric orthopaedic patients should be sent to GCUH. These patients are often transferred from Robina to GCUH which may delay treatment.

General Practice Liaison Officers

Dr Kate Johnston katei@gcml.com.au

Dr James Collins jamesc@gcml.com.au

Gold Coast Health Building a healthier community

Fourth Annual Women's Health in Partnership Gold Coast Health GP Education Day



Local GPs, midwives and practice nurses with a special interest in Women's Health are invited to attend this free, local, all day event on February 21, run by the Gold Coast Health Women's Newborn and Children's Health Department. This event discusses the latest developments and services in Women's Health including maternity and gynaecological care. (Category 1 ALM RACGP points, subject to approval.)

The event has been highly popular and has received excellent feedback from GPs in the past. This year will include new topics and lectures including workshops such as Implanon NXT Insertion Training. There will be opportunities to meet and ask questions with the Women's Health Specialist Team.

WHEN: February 21, registrations from 9.30am. Workshops finish at 5pm. WHERE: Gold Coast University Hospital, 1 Hospital Boulevard, Southport TO REGISTER (or for a full agenda): www.healthygc.com.au/whip15

Participants can pre-submit any questions in advance by email to General Practice Liaison Officer Dr James Collins: jamesc@gcml.com.au

A pre-activity will be emailed to participants, so it is essential that an email is provided, to receive this material.

New GC Health Neurosurgery & Gynaecology Referral Guidelines

Gold Coast Health has published two new referral guidelines online for neurosurgery and gynaecology. This includes useful GP and patient resources that should be considered prior to a referral to Outpatients. Referrals may be returned if appropriate clinical information, investigations and management can't clearly be seen in a GP referral letter. This will ensure patients can be prioritised appropriately on the waiting list and that relevant information is available for the specialists to optimise management from the first appointment.

These guidelines join the Orthopaedics and ENT Guidelines which are already online. Urology and other specialist guidelines will be coming soon.

All new Gold Coast Health GP Referral Guidelines can be found at:

www.healthygc.com.au/gp-referrals-resources

Other GP resources can be found at: www.healthygc.com.au/gp

Gold Coast Integrated Care Update

Gold Coast Integrated Care is an innovative program being developed by Gold Coast Health (GCH) and Gold Coast Medicare Local (GCML) with the involvement of local clinicians. This program aims to reduce unplanned hospitalisations by sharing knowledge and linking services to close the gaps in the health care system for people with chronic and complex health issues.

GCH and GCML are working hard to ensure that the first practices go live in March 2015. Participating practices are currently identifying potential patients who could benefit from this program.

Work is continuing with stakeholders to ensure the electronic shared care record meets their needs. In addition, a newly designed flagship holistic assessment process is currently being tested and refined with patients involved in the co-design.

The program will continue to develop clinician led innovation to meet local needs. For more information on the program contact the Program Director, Helen Cooper, on:

07) 5626 0417 or GCIntegratedcare@health.qld.gov.au

Gold Coast Health radiology update

Gold Coast Health has been making significant improvements in its radiology reporting processes since July 2014 and would like to notify GPs of their progress, in the latest Gold Coast Health Radiology Report.

Visit: www.healthygc.com.au/Professional-Resources/General-Practices/GP-News/General-Practice-Newsfeed



Access To Allied Psychological Services

Referrals being accepted into ATAPS Programs

The ATAPS Program continues this year, with funding available to accept GP referrals for eligible patients, for the following ATAPS Programs:

- General ATAPS (including youth, 65+ years, Culturally and Linguistically Diverse, Refugee and Homeless)
- Perinatal Program
- · Aboriginal and Torres Strait Islanders
- Child Mental Health Services (0-12 years)
- · Suicide Prevention

A standard ATAPS Program provides up to 12 individual counselling sessions per calendar year with an accredited ATAPS mental health provider. Eligible patients can access up to 18 individual counselling sessions per calendar year when there is a significant change in clinical condition or care circumstances following the original 12 counselling sessions received through ATAPS.

For further information or to obtain ATAPS referral templates compatible with your medical software, please contact the ATAPS Team on **Phone:** 07 5612 5454 or **Email:** gcmlreferrals@gcml.com.au

New ATAPS providers

GCML has recently included Dr Ashley Van Houten, Akrim Mahouachi and David Boyd to the list of approved ATAPS providers. Each of these providers offers an area of expertise that meets some of the specific needs of the target population groups.

Dr Ashley Van Houten is a clinical psychologist who has a special interest in working with people from the Lesbian Gay Bisexual, Transgender (LGBT) community. He has expertise in gender dysphoria, sexual disorders, sexuality, mood and anxiety disorders, addictions, trauma and harm and relationships. Ashley's practice is in Surfers Paradise.

Akrim Mahouachi is a psychologist who has previous experience working with immigrants and asylum seekers. He has worked for Queensland Transcultural Mental Health and the Islamic College Brisbane. Akrim speaks three languages, including Arabic, French and basic Spanish. Akrim's practice is in Nerang.

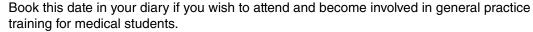
David Boyd is a psychologist who provides services under the ATAPS Suicide Prevention Program. David is based at headspace Southport working with 12 – 25 year olds, who are referred for suicide self harm issues.

ATAPS Referral for any of these mental health professionals can be made by completing the ATAPS referral form and Mental Health Care Plan (available at **www.healthygc.com.au**), and forwarding to the GCML ATAPS Triage team via: **Medical Objects** (GCML Referrals); **Email:** gcmlreferrals@gcml.com.au; **Fax:** 07 5612 5499. **Phone:** 07 5612 5454 for further information.



Calling GP trainers for medical student placements

Bond and Griffith Medical Schools next GP Trainer Education Evening is scheduled for Tuesday February 24 from 6pm to 9pm at the Gold Coast Super Clinic, Oxenford.





For more information and to express your interest contact: Carol Brereton, GCML Community Clinical Placements Coordinator on: 07 5612 5412.

Control guidelines

Ebola resources available for clinicians

The latest Ebola virus disease (EVD) clinical resources from the State Health Emergency Coordination Centre Ebola Virus Disease Incident Management Team, has been made available on Queensland Health's website.

These resources include the Queensland Ebola Virus Disease Management Plan - the overarching guiding document for managing this disease in Queensland which is supported by a suite of guidelines and forms.

To view these resources, visit:

The <u>Queensland Health Guidelines for Public Health Units</u> focus on managing the spread of quarantinable viral haemorrhagic fevers and include information about incubation, transmission, period of communicability, management of suspected cases and notification criteria and procedures.

The <u>Queensland Ebola virus disease management plan (PDF, 770KB)</u> is the overarching guiding document for managing this disease in Queensland and is supported by a suite of guidelines and forms listed below.

- Facts on EVD
- <u>Ebola poster (PDF, 650kB)</u> and <u>screensaver (JPG, 600kB)</u> for healthcare professionals in Queensland to be printed and displayed in healthcare facilities' common staff areas
- <u>Ebola poster (PDF, 690kB</u>) for public display in waiting rooms of hospitals, emergency departments and general practices in Queensland

www.health.qld.gov.au/clinical-practice/guidelines-procedures/diseases-infection/diseases/ebola/default.asp

Promoting the School Immunisation Program

The School Immunisation Program begins soon, and consent forms are being mailed to parents this month, with a reply paid envelope, eliminating reliance on students to have them returned. It is hoped this will increase consent form return rates at Gold Coast high schools after a successful pilot with direct mail out in two schools in 2013-14. A promotional campaign is also being run to raise awareness about the importance of these immunisations.

Immunisation support officers are visiting practices with large cohorts of 12-15 year olds in the coming months. They will distribute immunisation toolkits including promotional posters and flyers, alerting parents of children who may have missed a vaccine dose at school the previous year to receive a free catch up via their GP.

If your practice has students with incomplete immunisation, order vaccines via QHIP as per usual process. If you are experiencing problems ordering vaccines please advise the Gold Coast Public Health Unit 07) 5668 3700, or feedback to GCML Immunisation Support Officers Fiona Hill and Maureen Penwright on 07) 5612 5407 or 07) 5612 5408.

Together we are trying to achieve a national target of 85 pecent completed immunisation for adolescents and everybody's role is crucial. Reviewing immunisation status at every presentation, updating records and being able to answer parent queries are ways general practice can be instrumental in improving uptake and keeping our teens protected.



Common questions may surround why boys need the HPV vaccine, why it is given so young and why three doses are needed. Gardasil protects against many genital, mouth and throat cancers and genital warts, which are not exclusive to girls. It is given at a young age as antibodies develop better at this age, providing protection for later when they are exposed to HPV through sexual activity. Rigorous clinical studies have found three doses are required for the best protection.

Parents wanting more information about HPV can visit: http://hpv.health.gov.au or http://www.hpv.com.au.

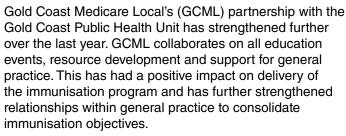
Early childhood immunisation rates at 90 percent

Gold Coast immunisation rates remain high, with second quarter rates at over 90 percent for all age groups. In fact they have improved slightly in a couple of the age cohorts.

Medicare Local Data June 2014

ML303 Gold Coast 12-<15 Months 90.57 ML ML303 Gold Coast 60-<63 Months 91.64 ML

ML303 Gold Coast 24-<27 Months 91.16 ML303 Gold Coast 72-<75 Months 90.96



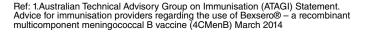
We all need to remain proactive and vigilant in regard to the immunisation status of patients. Take every opportunity to check and offer vaccines that are recommended. From the Queensland Health Immunisation Strategy released earlier this year, we need to be working towards getting 95 percent of Queensland children fully immunised.

Bexero Meningococcal B Vaccine is now available and recommended, (but not funded) for children and adolescents. ¹

Based on their higher disease risk, 4vMenB vaccine is recommended for these 4 groups:

- Infants and young children, particularly those <24 months
- Adolescents aged 15-19 years
- Children and adults with medical conditions that place them at a high risk of invasive meningococcal disease, such as functional asplenia or anatomical asplenia or complement component disorders
- Laboratory personnel who frequently handle Neisseria meningitidis.

In addition: 4vMenB vaccine is also recommended for all children and young adults who wish to reduce their risk of MenB invasive meningococcal disease.

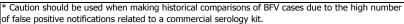




Notifiable disease report

Gold Coast Medicare Local area

Gold Coast Medicare Local Area					
Notifiable diseases	Dec 2014	Dec (5 Yr Mean)	YTD 2014	Total for 2013	
Vaccine Preventable					
Measles	-	<3	7	3	
Pertussis#	7	51	159	299	
Rubella	-	<3	-	-	
Influenza (Lab confirmed)	49	22	1955	584	
Mumps	-	<3	6	8	
Varicella	34	38	544	530	
Bloodborne					
Hepatitis B (All)	7	8	106	87	
Hepatitis C	11	19	236	257	
Gastrointestinal					
Campylobacter	51	34	563	327	
Cryptosporidiosis	-	3	96	60	
Hepatitis A (All)	-	<3	4	4	
Rotavirus	6	8	86	118	
Salmonellosis (All)	74	26	491	312	
Sexually transmitted					
Chlamydia (All Forms)	167	166	2338	2252	
Gonorrhoea (All Forms)	31	17	312	310	
Syphilis (Infectious <2yr dur)	<3	3	65	38	
Arboviral disease					
Ross River Virus	28	5	161	115	
Barmah Forest Virus*	<3	4	32	139*	
Other diseases					
Q Fever	-	<3	12	8	
Legionella	-	<3	<3	14	
Meningococcal (Invasive)	<3	<3	4	<3	
Pneumococcal (Invasive)	-	<3	23	17	



[#] Caution should be used when interpreting Pertussis notifications due to changes in the notification criteria in 2013.

Data Extracted

9/01/2015 Queensland Health NOCS database

For advice about immunisation issues please contact the Gold Coast Public Health Unit

Phone: **07 5668 3700** Fax: **07 5562 2703** Email: **gcphucdc@health.qld.gov.au**



If you would like to place a job notification email: **communications@gcml.com.au**

JOBS AVAILABLE ONLINE www.healthygc.com.au/Professionaljobs

VR required for Broadbeach

Unique opportunity for motivated, VR, male doctor, looking for long term job satisfaction and security, in a great facility and location on the Gold Coast.

- Friendly, non-corporate
- Mixed billing
- Quality nurses, allied health and support staff

For more details about this opportunity, send an expression of interest and CV to: **Contact:** jillibmc@gmail.com

Part-time GP required Currumbin Clinic

Currumbin Clinic is a 104 bed private mental health hospital situated on the southern Gold Coast. It is currently seeking:

- Part-time GP with an interest in mental health.
- Flexible hours apply, equivalent to 2-3 afternoons or evenings a week.

Contact: Email your application to Dr Peter Vidgen at pavvid@bigpond.com

Practices invited for undergraduate student nurse placement

Gold Coast Medicare Local (GCML) is working closely with the Griffith University School of Nursing and Midwifery in coordinating clinical placements in general practice for student nurses.

GCML would like to invite practices to become involved with the education of the future nursing workforce by offering clinical placements to nursing students during 2015. Student placements are an ideal opportunity to promote general practice nursing to students as a future career option while enhancing practice skills as a student nurse preceptor.

Guideline changes mean clinical placements can be worked over a 40 hour week of eight continuous hours per day during practice hours and can include weekend and evening shifts with each block being two weeks

in duration. Practices supervising student nurses will be eligible for payment of \$50 a day, for each day students are at the practice.

The Nursing and Midwifery Board of Australia Guidelines require nursing students to have direct supervision by a registered nurse. Registered nurses providing supervision to a Griffith University undergraduate nursing student are required to have current registration with the Nursing and Midwifery Board of Australia and have three years post registration experience. Registered nurses supervising students are required to

undertake preceptor training which will be provided during an evening education meeting in February 2015. The supervisors operate under the preceptor model of supervision and will be required to complete the Clinical Assessment Tool.

If your practice is interested in supervising nursing students during March to July 2015, express your interest at:

www.healthygc.com.au/
GradNursesRecruitmentInvite

or contact Sara Drew on: sarad@gcml.com.au



If you would like to place a job notification please email: communications@gcml.com.au

JOBS ALSO AVAILABLE ONLINE www.healthygc.com.au/Professionaljobs

GPs required Pacific Fair Shopping Centre

A male and female GP are required for the newly opened bulk billing facility within the Giant Chemist in the Pacific Fair Shopping Centre which caters for over 4,000 shoppers daily and 2,500 permanent staff. These roles will:

- · Assist with patient workload
- Excellent remunerations are on an offer

Contact: Pauline Jolly at pauline.jolly@hotmail.com or 07 5570 2363 for further details.

Full-time or part-time GP

- To join team of GPs and allied health
- Modern purpose built medical centre
- Southern Gold Coast

Contact: office@coolmedical.com.au or Ph 0414 992722

Registered Nurse required

- RN with general practice experience
- Busy medical centre
- · Southern end of the Gold Coast
- Medical Director and Pracsoft preferred.

Contact: Email resumes to: office@coolmedical.com.au

Upper Coomera GP required

- VR, female GP wanted to complete practice, full-time or part-time
- Long established doctor owned clinic, friendly support team.
- Fully accredited, computerised, mainly bulk billing.
- Full time RN who is Pap smear trained.
- On site pathology.
- Flexible hours and excellent remuneration.
- Pharmacy and dentist located in complex.

Contact: Caroline Graydon on 07 5561 8744 business hours or 0432 152 026 or email: ucmc@bigpond.com

GP wanted at Ormeau

- GP full/part-time
- GP owned practice
- DWS available
- Accredited, full time RN support.
- Pathology, pharmacy, physio, podiatry onsite.

Contact: Tanya/Robyn on 0488 994402 or 07 5549 0440 or email: amtanmedical@gmail.com

Benowa VR GP position available

- Benowa Family Medical Centre
- Full-time or part-time to replace overseas departing GP
- Luxuriously fitted centre with fresh air and natural light in all consultation rooms
- Female GP owned and managed family practice withfull-time RN onsite, allied health and pathology
- Mixed billings with mostly private billings and fully computerised
- No after hours or weekend work

Contact: Dr Neena on 07 5539 1997 or 0478 701 161 or email: neena21@bigpond.net.au

Registered Nurse required at Coolangatta

A surgery in Coolangatta is looking for a Registered Nurse, part-time to begin, with a view to full-time.

- Hours 8am 1.30pm with a view to extend until 4pm once established.
- Casual for three months with a view to part-time permanent.
- Computer experience in any software would be acceptable.
- Knowledge of all aspects of surgery nursing including child and travel immunisations, EPC's, pap smears, plus anti-natal care would be an advantage.

Contact: Lyn 07 5536 6771

GP required for Mudgeeraba

Practice looking to expand.

- FRACG, FACRRM or VR essential
- Non corporate non DWS
- · Mixed billing practice with long term patients
- · Opportunity for a GP to build a long term practice
- Small, modern practice in a well-positioned site with pharmacy opening next door
- Close to schools and public transport
- Flexible and negotiable for the right person.

Expressions of interest: Phone 0411 401 086 or email: admin@mudgeefmc.com.au

Ashmore part-time GP position available

- On the Park General Practice Ashmore
- · To replace retiring part-time female GP
- GP owned and run family practice
- No after hours or weekend work
- Hours negotiable
- RN on site
- Private billing fully computerised

Contact: Dr David Rowlands or Dr Michael Pearcy on 07 5527 9445 or email: management@ontheparkgp.com

Part-time receptionist required

- Receptionist wanted part-time at Coolangatta surgery.
- Monday-Friday, 8am 2pm
- Experience with computers Medical Director and Medilink an advantage.

Contact: Lyn 07 5536 6771

Generally sPeaking

Information resource for Gold Coast General Practices

Upcoming Events 2015			
Feb	21	4th Annual Women's Health in Partnership Meeting For general practitioners, midwives or nurses working in general practice or the community with an interest in women's health	
	24	GP Trainer Information Evening For general practitices wanting to become involved in general practice training for medical students	
Mar	10	'Get your data down Patwith Cat' An interactive workshop focusing on improving data quality in general practice For GPs, practice managers, practice nurses and reception staff	
	11	Immunisation catch up workshop For general practice staff, including nurses, GPs and staff new to general practice	
	20	Back to Basics immunisation workshop For general practice staff, including nurses, GPs and staff new to general practice	
	21	Wound Management Active Learning Module For general practitioners with an interest in wound management. An application for RACGP Category 1 CPD Points is currently in progress.	

Visit www.healthygc.com.au



Editorial deadline: February 9 2015

Send stories to: communications@gcml.com.au

Editor: Christine Bain (All content published will be at the discretion of the editor)

Medicare Locals gratefully acknowledge the financial and other support from the Australian Government Department of Health



For practice resources, information and the online service directory



