



Fremantle
GP Network

FOR ALL PRACTICE STAFF

Weekly News

Thursday 15th July 2010

GP Census

Only one more week to go to complete GP and Practice Census! Closing date is the 23rd of July.

Thank you to the 47 GPs and 24 Practice Managers that have completed the survey. This is great information for our division. These results will help provide a clearer picture of the general practice workforce, chronic disease management, and practice capacity. Contact Corrie Cockayne at FGPN if you are having any trouble returning your survey or require another copy on 9319 0555.

Please take a look at this Infrastructure Grant Funding!

There is Primary Care Infrastructure Grant funding available for individuals and organisations to enable existing facilities to expand or to upgrade space for GPs, nurses and/or allied health professionals and strengthen team-based care services.

See <http://www.health.gov.au/tenders> and Grant Reference No. 436/0910.

Contact Christa Riegler on 9319 0555 for further assistance.

National Diabetes Week

Early intervention program for patients at risk of Type 2 diabetes

Fremantle GP Network is urging practices to identify patients who may be at risk of type 2 diabetes - particularly those aged 40-49 - and to recommend that the patient completes a simple one-minute test. The AUSDRISK tool can identify whether the patient has the risk factors associated with developing type 2 diabetes. If a patient is identified as at risk, they may be eligible to join a Lifestyle Modification Program at a minimal cost, to get help with diet, exercise and quitting smoking (if applicable).

Please find attached a flyer providing further details of this exciting new program.

National Prescribing Service quality improvement activities for GPs and staff working in Residential Aged Care Facilities

Drug use evaluation (DUE) is a quality improvement activity which uses an ongoing cyclical process to improve quality use of medicines (QUM) and health outcomes. It involves monitoring and reviewing drug use, evaluating and comparing it with best practice guidelines, and using multifaceted interventions to improve drug use and overall patient care - this cycle is repeated as often as necessary to achieve set goals.

The following NPS DUE activities focus on specific disease states or therapeutic areas for aged care homes:

- DUE of antipsychotic use in the management of dementia
http://www.nps.org.au/health_professionals/drug_use_evaluation_due_programs/documents_folder
- DUE of hypnotic medicines for the management of insomnia in aged care facilities
http://www.nps.org.au/health_professionals/drug_use_evaluation_due_programs/due_benzodiazepines_sample
- DUE of analgesic use for persistent pain
http://forms.nps.org.au/resources/DUE/DUE_login.php?sel=3
- DUE of laxative use for chronic constipation
http://www.nps.org.au/health_professionals/drug_use_evaluation_due_programs/analgesics_for_persistent_pain

For paper-based copies of the above DUE activities, please contact Lorna Hurst on 9319 0555 or email lorna.hurst@fremantlegpnetwork.com.au

Faxback

Upcoming Events

CST Cultural Safety Training

Working Better in Aboriginal & Torres Strait Islander Health
Fremantle GP Network in conjunction with the Aboriginal Health Council of Western Australia (AHCWA) would like to invite General Practitioners, Practice Nurses and Staff to attend Module 1, Introduction to Aboriginal & Torres Strait Islander Health, Cultural Safety Training. This 3 Hour module is designed to help health professionals understand the historical and cultural context of Aboriginal & Torres Strait Islander Health. AHCWA recommends this workshop to all people working in all areas of health. This training meets the requirements for PIP Indigenous Health Incentive. Please note 2 staff members from a practice (one of whom must be a GP) must complete appropriate cultural awareness training within 12 months of the practice signing up for the incentive.

Tuesday July 27th 2010
Fremantle GP Network

10 Silas Street, East Fremantle

5.30pm registration for 6.00pm start and 9.00pm finish
Cost will be free to all GPs, PNs, and Practice staff

Light refreshments to be provided

* Workshop attracts 8 Category 2 point and 4 CNE points

RSVP by Wednesday 21 July 2010 or for more information contact Maisie on 9319 0555 or email maisie.stokes@fremantlegpnetwork.com.au

YES, I would like to attend

Please place practice stamp or name here
for any of the above

Multicultural & Aboriginal Services bring to you

"What Was, What Is & What Now?"

Aboriginal Mental Health Workshop

A workshop that can help you understand better and how best to work with your Aboriginal Clients & Community.

Wednesday 21st July 2010

8:30 am (Registration) for 9:00am (Start) - 4:00pm
Phoenix Room, 18 Dalgety Street, East Fremantle

*Cost is \$100 for external applicants and free for Employees of Mental Health Service of SMAHS

To register and for more information about this workshop, please contact Siewho Yeak on 0404 890 252 or email siewho.yeak@health.gov.au by Sunday 18th July 2010.

Unplanned Pregnancy Counselling

This free, three day course targeted at mental health nurses, social workers, psychologists and counsellors aims to provide participants with the fundamental knowledge, skills and attitudes required to provide effective and sensitive non directive unplanned pregnancy counselling. The course is running from the 23rd to the 25th of August at the FPWA lecture room (70 Roe Street Northbridge). To register please contact Suzanne Calver on 9228 3693 or email suzanne.calver@fpwa.org.au.

FAXBACK TO 9339 8355

FOR FURTHER INFORMATION PLEASE CALL 9319 0555

Lifestyle Modification Program :

A program designed specifically for patients *at risk of diabetes*



What is the Lifestyle Modification Program (LMP)?

Subsidised by the Australian Government, this program targets individuals aged 40-49 years (ATSI patients aged 15 to 54 years), with the aim of preventing or delaying the development of Type 2 Diabetes. Group educational and motivational sessions (***Reset Your Life***) are facilitated by health professionals who have undertaken the accredited ***Reset Your Life*** training.

How will my patients benefit?

- Reduced risk of developing type 2 diabetes
- Reduced number of visits to GP
- Improved quality of life through increased health and wellbeing
- Increased knowledge and understanding of diabetes and how to reduce the risk

What does the ***Reset Your Life*** program involve?

Your patients will attend 7 sessions over a 6 month period. The intensive phase of the program includes 4 fortnightly sessions, followed by 2 monthly sessions and one session 6 months after program commencement.

Program content includes : what is pre-diabetes, physical activity and healthy weight, healthy eating, preventing cardiovascular disease, staying motivated and stress management.

What is the eligibility criteria for my patients?

- 1) A ***MBS Health Assessment item number*** must be completed for:
 - Patient 40-49 years at high risk of developing diabetes as determined by AUSDRISK
 - Patient 45-49 years at risk of a chronic disease
 - ATSI patient 15-54 years
- 2) Diabetes **must be excluded** by pathology at time of referral
- 3) Patient must have had a AUSDRISK completed within last 3 months, with a minimum score of 12
- 4) Waist measurement, weight and height must be recorded at time of referral

How can I find out more?

Tick the boxes below to indicate your interest in the program

- Please visit my practice to explain the Lifestyle Modification Program further.
- My Practice Nurse is interested in the *Reset Your Life* on-line training (4 hours). Please send me a registration form and further information on the training.
- Please send me a supply of Lifestyle Modification Program consumer promotional materials and referral information.

Name & practice stamp:

**Please fax-back to Rhianna Muir / Lorna Hurst – 9339 8355
For further information phone 9319 0555**

