

Weekly News

Friday 23rd July 2010

FOR FURTHER INFORMATION PLEASE CALL 9319 0555

GP Census

We have received an amazing response to the survey from Practices and GPs in our division. Thank you!

For those that have not completed the survey, there are only 3 days to go.

For queries call Corrie Cockayne at FGPN on 08 9319 0555.

CST Cultural Safety Training

Working Better in Aboriginal & Torres Strait Islander Health

Fremantle GP Network would like to say thank you to the General Practitioners, Practice Nurses and Staff who have registered to attend the Module 1, Introduction to Aboriginal & Torres Strait Islander Health, Cultural Safety Training.

Tuesday July 27th 2010

FGPN 10 Silas Street East Fremantle.

5.30 registration 6.00pm start – finish 9.00pm

Free to GPs, PNs, and Practice staff. Light refreshments will be provided

If you require further information please contact Maisie on Ph: (08) 9319 0555 or email maisie.stokes@fremantlegpnetwork.com.au.

Living Well Workshop

Workshops are free and run for 2 hours over a six week period

The Living Well Workshop aims to improve the quality of life of individuals living with a chronic condition(s) such as asthma, heart disease, stroke, diabetes, high blood pressure and/ or respiratory disorder. Participants are taught how to better manage and cope with their condition. A GP referral is not required and workshops are expected to run in August, September, October and November. Partners, family and friends are also welcome to participate. To register your interest or for more information please contact Fremantle GP Network on 9319 0555.

Department Of Health WA Immunisation Course Has Reopened!

Please note that the course had reopened and has some changes. I have highlighted the major changes below that will answer the more commonly asked questions. If you have any further queries, please contact Palee Kaur on 9319 0555.

1. The WA General Practice Network will be receiving ALL registrations from general practice settings and any other health organisations interested in the course
2. There will be no waitlisting for the intakes. All registrations will be processed as received, then forwarded to the Health Department for administration /packaging and mailing of course materials to course participants.
3. The first intake will be exceptional as to dates – course commencement is August 12th, registrations will close by end of business, Monday 2nd August. Application forms (see attached) must be fully completed with payment attached (cheque or money order of \$100.00 made payable to the Department of Health).
4. Future courses from September onwards will be monthly, routinely commencing on 1st of the month, with registrations closing on 10th of the previous month.

(Example: For course commencing 1st September registrations close 10th August, for course commencing 1st October registrations close 10th September etc.)

For more information on the course and to access flyers and registration forms, please visit the www.fremantlegpnetwork.com.au.

Faxback Upcoming Events



Common colds need common sense, not antibiotics campaign

Consumer and GP Resources Available To Order

The cold and 'flu season is upon us again. A range of NPS common colds need common sense not antibiotics brochures and posters are available to order online at: http://www.nps.org.au/consumer_resources. Alternatively I can provide you with a small supply (up to 20 leaflets and two posters per practice).

In addition, Symptomatic Management Pads are also available to assist GPs to provide to patients whose symptoms suggest a respiratory tract illness, where antibiotic treatment will have little or not benefit. To order a supply of these pads, please complete and return this form to Lorna Hurst on 9339 8355.

Please send me :

- Symptomatic Management Pads (50 tear-off pages per pad)
- Common Colds consumer leaflets - maximum of 20 per practice.
- Common Colds A3 posters (Keep your cold under control) - maximum of 2 per practice.

Practice Stamp:

Panvax Expiration Notice

The Department of Health has issued a reminder to practices that the Panvax supply is due to expire soon. Please ensure that expiry dates are checked prior to using any vaccine and also rotate your vaccines with those expiring soon closest to the front of the fridge.

Pap Smear Provider Course

This course develops the essential knowledge and skills required by nurses in general practice to provide Pap Smears and preventative health checks for women on behalf of a GP. Topics covered in the course include: cervical screening, Pap smear consultations, preventative health issues for women and women's health issues. The cost of the course is \$600 and is running from September 13th to 16th. For further information please contact Leza Bridges on 92276177 or alternatively via email on lez.bridges@fpwa.org.au.

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 9339 8355
For further information phone 9319 0555**

