Country SA News

phn COUNTRY SA
An Australian Government Initiative

Message from the Chair

As a General Practitioner working in country South Australia it is exciting to know we are getting closer to being able to generate electronic prescriptions that will be accessible in the pharmacy via a token or code sent to the patient by SMS or email. It will be helpful in overcoming lost prescriptions, minimise transcription errors and save printing costs and time!

While there may be some of our older patients who will not be interested in transitioning to electronic scripts, I think there will be plenty who will appreciate the convenience. Those patients without the technological capacity for e-prescriptions can either have the token sent to a carer or continue to receive a printed paper prescription as they do now.

In my role as Chair of the Country SA PHN Board I have been proud to see our PHN working with general practices and pharmacies to help ensure IT systems are prepared for this new option and we will be supporting local hubs as test setups once capacity is available.

Country SA PHN has also been working with The Pharmaceutical Society of Australia (PSA) to ensure that we have consistent messaging and support in South Australia and have a high state of preparedness in pharmacy. We have supported more than 85 sites to have their pre-requisites in place.

We have also worked with approximately 125 general practice assisting with the Secure Messaging program.

There have also been several Agency webinars promoting electronic prescribing which have been well attended by pharmacy and general practice.

In another exciting Digital Health initiative it's pleasing to announce that medication safety has taken another huge step forward with the release of the Scriptcheck website from SA Health. It's scheduled to go live from early next year and will be mandatory in 12 months. Consultation is now open. The program will need the same pre-requisites as electronic prescribing. It will monitor all Schedule 8 and some Schedule 4 medications.

For resources visit the Australian Digital Health Agency website.

Small Grant – Large Reach

When the Upper Eyre Local Health Cluster applied for the small grant funding in 2019, the idea of asthma education was based on local observations and data.

The plan was to deliver an education program in partnership with Asthma Australia in Whyalla and surrounding towns. That was when COVID-19 hit. Undeterred, the Upper Eyre Local Health Cluster and Asthma Australia moved rapidly to covert the program to an on-line educational format and within the 2019/20 year.

To view the webinars, click on the below links:
Focus on Paediatric Asthma for Health Care Professionals
Asthma First Aid For Health Care Professionals
Asthma First Aid for the community

This partnership of a Local Health Cluster with a service provider based around local knowledge is a great example of why it's good to be part of a Local Health Cluster. For further information or to join your Local Health Cluster go to the Local Health Cluster Community website.

Kite Support app

COVID-19 has created dramatic changes in our work and personal lives. The uncertain journey ahead in terms of restrictions and second waves can be destabilising and concerning. Supporting people through this time, in terms of wellbeing, engagement and connection is critical.

Here at Country SA PHN we know it is important to take care of our primary health workforce. In recognition of this, we are providing free access to the Kite Support app to anyone working within primary health in country South Australia.

We offer this support to help maintain workforce wellbeing and assist in workplace and individual resilience development. This wellbeing support helps to underpin the success of our shared goals and the region's long term health outcomes.

About the Kite Support app
The app has been created by a team of experts with a resilience and strengths program specifically for the challenges of COVID-19. This is a supportive resource that includes self-paced mindfulness modules and a journal and daily reminders that can be scheduled for you.

Who can access the app?
Country SA PHN is proud to provide free access to the Kite Support app for all people working

within a primary health related role in country South Australia, including GPs, practice managers, nurses, pharmacists, administration, mental and allied health workers.

How to access the app
For more information on the app and to register for free access please visit our website.

HealthPathways SA

HealthPathways SA are excited to announce over 200 pathways of care are now available! Since launching in March 2018, the local team have worked closely with South Australian clinical specialists and health professionals to develop pathways for conditions commonly presenting in primary care.

"Patients can get less than optimal care or get lost in the health system because it is made up of too many conditions, with too much to know, too many pathways of care, and too many confusing treatment and referral options for any one healthcare provider to be totally across", says Dr Chris Moy (HealthPathways SA GP Clinical Editor), "HealthPathways represents a way to pull all of this together into a single source where a health provider can quickly assess, treat or refer the patient in front of them to the closest and most appropriate local referral option. It brings some sense to a very complex health system."

A partnership between SA Health, Adelaide PHN and Country SA PHN, HealthPathways SA is designed to be used at the point of care by GPs, practice nurses and other healthcare professionals, each clinical pathway goes through a development process led by a team of South Australian GPs: Drs Helena Williams, Katrina Couchman, Chris Moy, Muazzam Rifat and Simon Lockwood.

"Working on the pathways has made me aware of the number of disparate services for medical conditions which GPs in general did not know about and therefore did not refer to. I have learned that HealthPathways has a unique opportunity to transform both public and private health care in South Australia by providing a portal for GPs for referral and management pathways and by enabling links between different services to enhance patient care" - Dr Simon Lockwood - HealthPathways SA GP Clinical Editor

The team continues to work on localising over 700 clinical and referral pathways to meet priorities and needs for South Australia. Having a local GP led South Australian based team

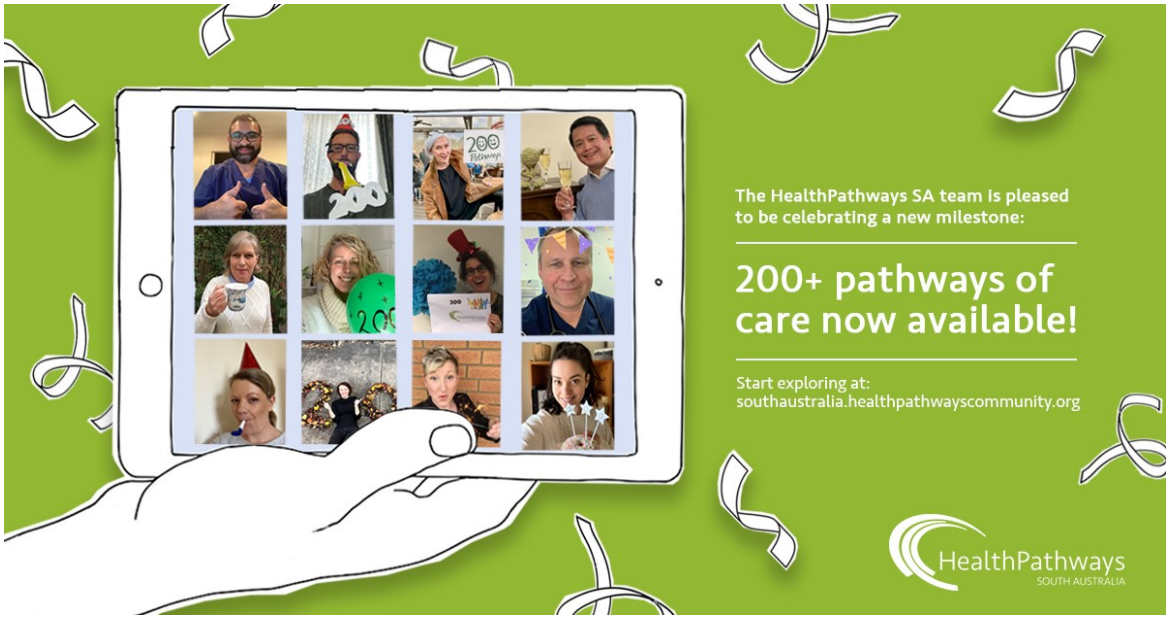
sees HealthPathways SA as being able to rapidly respond to updates and changes in clinical care.

"With the ever expanding infodemic, and the fact that medical knowledge is doubling at an unprecedented rate, it is critical for GPs to be able to access evidence based assessment and management guidelines at the point of care in a consistent, rapidly accessible and digestible format" Dr Helena Williams - HealthPathways SA GP Clinical Editor.

Working in consultation with relevant subject matter experts from across the state, the HealthPathways SA GP Clinical Editors apply a general practice lens to develop and publish current, evidence based and easy to read pathways for use during consult. With the clinical team based locally in South Australia, updates to guidelines or clinical management can be responded to rapidly to support users of HealthPathways SA.

HealthPathways SA acknowledges and thanks all those who have supported the program to date and we look forward to continue working closely with GPs, key specialists, health professionals and subject matter experts to support consistent care and management of health conditions and to improve the health outcomes and journey of patients through our local health system.

Start exploring HealthPathways SA today: https://saproject.healthpathwayscommunity.org/



Lower Eyre Family Practice Milestones

Like most country practices the Lower Eyre Family Practice in Cummins on the Eyre Peninsula has remained busy during the COVID-19 pandemic by being innovative and resourceful. Along with implementing telehealth services and opening a respiratory clinic in the town, they've kept community morale high by running a Cummins and District Talent Show on Facebook. As well as these initiatives, they have also commemorated some significant milestones at the practice - Dr Gerard Quigley celebrated 30 years as principal GP in March this year and Cathy Pearson retired from General Practice nursing after 21 years.

In his 30 years in Cummins Dr Quigley has also worked as Principal Medical Officer at the Cummins and District Memorial Hospital. For over 25 years he has been involved with training GP Registrars, the Family Medicine Program, Adelaide to Outback and the GPEX training program. He was the Chair of the Eyre Peninsula Division of General Practice and Board Director of GP Training for Adelaide to Outback. Dr Quigley is also a Clinical lecturer and

supervisor for The University of Adelaide and Flinders University medical students and a PESCI panellist for the Australian College of Rural and Remote Medicine.

Cathy has been a valued and integral part of the practice and her career achievements include: being the Practice Nurse support person for the Eyre Peninsula Division of General Practice; being a Board member for APNA (Cathy remains the only Enrolled Nurse to ever sit on the Board); being awarded the GP Nurse of the Year in 2012 through AusDoc; and studying and working as a practice manager.

Cathy originally joined the practice to help with overdue childhood immunisations, back when an Australia wide immunisation register was just a dream. It started as a few hours a week and grew to full time as the practice joined the Quality Improvement and Change Management wave. Together, Cathy and Dr Quigley, were part of the Quality Improvement Foundation and successfully elevated the practice to the standard of the best in Australia. During several trips to Perth they learned to measure access and control appointment times, as well as implement quality improvement activities, PDSA's and improve health outcomes for patients with chronic disease.

Congratulations Cathy and Dr Quigley.

Telehealth Changes – July 2020

As of 20 July 2020, it is a legislative requirement that GPs and Other Medical Practitioner

(OMP) working in general practice can only perform a telehealth or telephone service where they have an existing relationship with the patient. There are limited exemptions to this requirement. It is a legislative requirement that the GP and OMP COVID-19 telehealth services, must be bulk billed for Commonwealth concession card holders, children under 16 years old and patients who are more vulnerable to COVID-19.

These changes amend the telehealth items to reflect requirements in place when telehealth was first made available in March 2020. The changes promote patients receiving continuous care from a patient's regular GP or medical practice and have taken effect from 20 July 2020. The Telehealth MBS items are due to expire at the end of September 2020.

These changes are intended to support continuity and coordination of care, crucial to the health of our community and healthcare system, and help ensure the viability of high-quality, local, bricks and mortar practices.

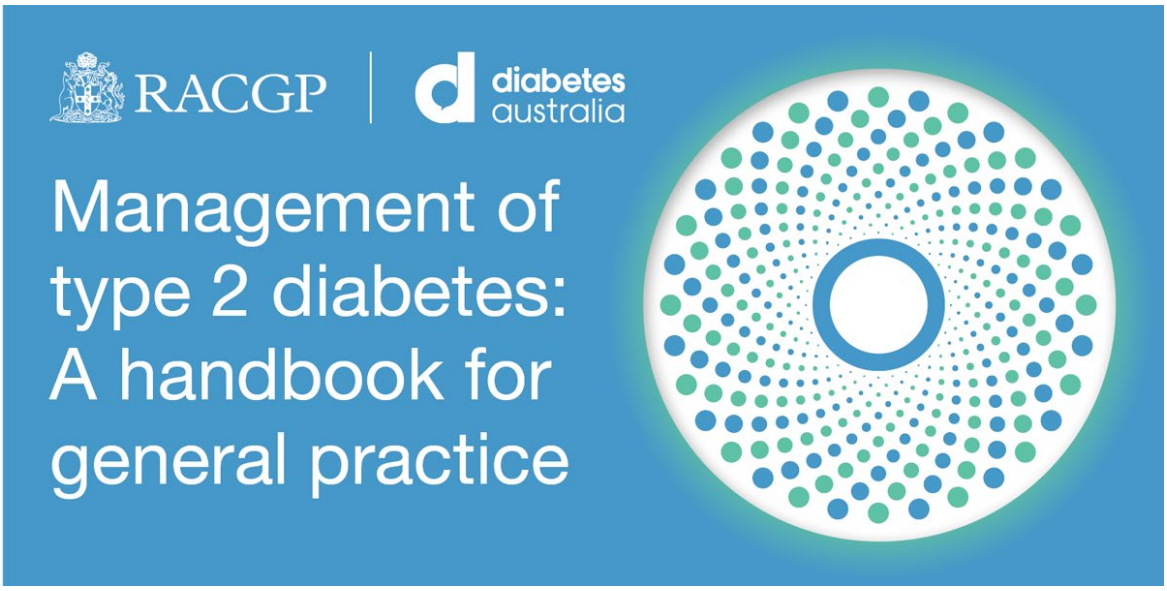
For detailed information on Telehealth changes, visit MBS Online or RACGP.

Management of Type 2 Diabetes: A Handbook for General Practice

The RACGP has released the latest edition of the diabetes handbook, Management of Type 2 Diabetes: A Handbook for General Practice, in a new online format. Updates to the diabetes handbook include new sections on:

- Early-onset type 2 diabetes
- Mental health & type 2 diabetes
- Management of type 2 diabetes in the elderly & residential aged care facilities
- The use of technology in managing type 2 diabetes
- Diabetes management for people fasting during Ramadan

To access the handbook and find out more, including how to use it, please visit the RACGP website.



Health Connections Community

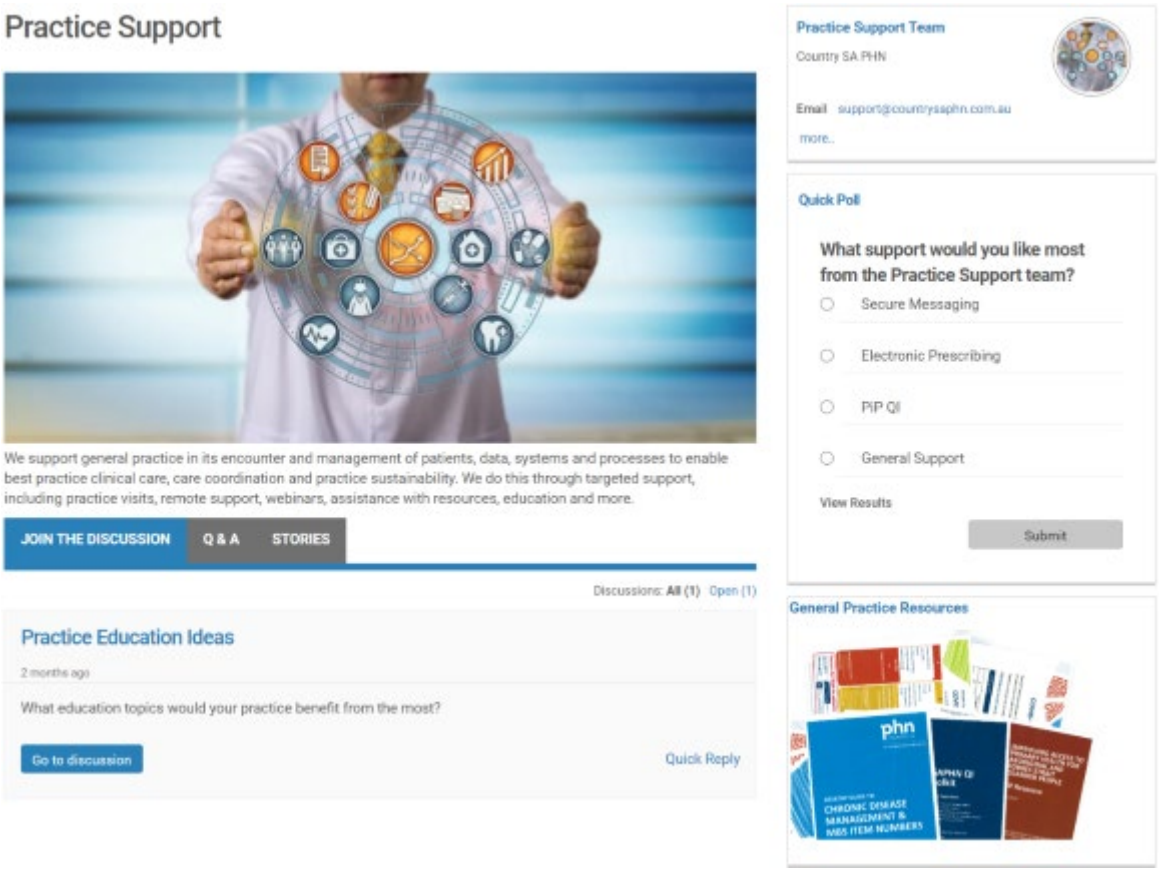
The Health Connections Community is an online portal that houses all resources that the Practice Support team have available for Country SA PHN practices that were in the past distributed during practice visits on USB.

Current Resources available include:

- Quality Improvement Toolkits
- PDSA Templates
- Desktop Guide to CDM and MBS Item Numbers
- RACGP Accreditation Resources
- Secure Messaging
- Electronic Prescribing
- PRODA Guides
- MBS Improving Access to Primary Health for Aboriginal and Torres Strait Islander People

Members will also be able to join the forum, network, ask questions, share ideas, and remain connected with Country SA PHN and other general practices.

If you would like access to the resources please contact support@countrysaphn.com.au to express your interest and your username and password will be forwarded with the instructions on how to register for the platform.



Quality Improvement Support in General Practice

The aim of the PIP QI is to reward practices for participating in continuous quality improvement activities in partnership with Country SA PHN.

The Practice Support team will be available over the coming months to conduct remote sessions covering the use of Pen Cat and Top Bar focussing on PIP QI and the Model for Improvement. The team can work with you to develop a tailored activity plan for quality improvement within your practice.

The Model for Improvement uses the Plan-Do-Study-Act (PDSA) cycle, a tried and tested approach to achieving successful change. It offers the following benefits:
- it is a simple approach that anyone can apply
- it reduces risk by starting small
- it can be used to help plan, develop, and implement change that is highly effective.

The Model for Improvement helps you break down your change into manageable pieces, which are then tested to ensure that the change results in measurable improvements, and that minimal effort is wasted.

To arrange training for your practice in Pen Cat or Top Bar please contact support@countrysaphn.com.au and a member of the Practice Support team will contact you.

Building Nurse Capacity Project

The 18-month Nurse Clinic project focuses on the development of nurse-delivered (team-based) models of care which improve patient outcomes, in a range of primary health care settings, to increase the capacity of the Primary Health Care team. The Australian Government is helping to strengthen the role of nurses in delivering primary healthcare to meet the future needs of the Australian community.

For more information go to https://www.apna.asn.au/profession/buildingnursecapacity

Encourage your patients to connect to care - Helping your patients live their best life with lung disease or lung cancer

A lung disease or lung cancer diagnosis can have a significant impact on the emotional and mental wellbeing of patients. Research shows 50% of patients with lung cancer experience distress, anxiety or depression and patients with Chronic Obstructive Pulmonary Disease are ten times more likely to experience panic disorders. With the added stress and impact of COVID-19, now more than ever it's important for people living with a lung disease to be managing their condition and looking after their general wellbeing.

To provide support, the new 'Connect to Care' campaign encourages patients to connect with Lung Foundation Australia's evidence-based resources, information, and support services to help them manage their condition and live their best life.

The suite of resources and services includes a free call Information and Support Centre, Respiratory Care Nurse and Lung Cancer Nurse telephone services, peer support programs and connection to support and exercise programs.

For more information and to refer your patients to Lung Foundation Australia today, visit https://lungfoundation.com.au/connect or contact free call 1800 654 301.

The 2020 NAIDOC Local Grants round have re-opened

NAIDOC Local Grants offer an opportunity for community groups to organise activities that celebrate our Aboriginal and Torres Strait Islander histories, cultures, achievements, and our continuing contributions to our country and society.

The NAIDOC Local Grants support all activities, big and small. The majority of grants are for amounts of $500 to $1,000.

All activities will need to meet government guidance aimed at reducing the risks associated with COVID-19, including requirements for physical distancing.

Organisations that submitted an application for the NAIDOC Local Grants Round that closed in March 2020 due to COVID-19 restrictions will need to submit a new application. These organisations should have received a copy of their previous application from NIAA to refer to in preparing their new application.

The application package is published on Grant Connect and includes information on eligibility and guidance on how to apply. If you have any general queries, please email NAIDOCgrants@niaa.gov.au or contact your NIAA Regional Office.

This is your chance to make NAIDOC Week part of your community. **Applications close Monday 17 August 2020 at 7pm AEST**.

Scholarships for Aboriginal & Torres Strait Islander Focused Workers

SHINE SA is offering scholarships for participation in their courses and professional development to Aboriginal and Torres Strait Islander focused workers.

Priority for these scholarships will be given to professionals who identify as Aboriginal and Torres Strait Islander, work with Aboriginal and Torres Strait Island people or work in an Aboriginal organisation and who have a strong interest in sexual and reproductive health. SHINE SA will cover the full cost of the applicant's course of choice from the eligible course list.

For more information and to apply please visit www.shinesa.org.au/scholarships.

Visit the COVID-19 web page for more information and updates

Cross border travel, from 12:01am Wednesday 29 July 2020, South Australian residents will no longer be able to return to South Australia from Victoria. Only essential travellers will be able to enter South Australia from Victoria. Find more information see the Cross-Border Travel Direction and Essential traveller table, or visit the website at www.covid-19.sa.gov.au.

Industry Code for Visiting Residential Aged Care Homes during COVID-19, was released by 13 aged care peak bodies and consumer advocacy organisations on 12 May 2020. The Code creates a nationally consistent approach that ensures residents can receive visitors while minimising the risk of spreading COVID-19. It was reviewed and last updated on 3 July 2020. Click here

Supporting senior Australians during the coronavirus pandemic, support services are available for older Australians if they would like to continue to stay at home to protect themselves. If you or your patient would like further information about support services available or about COVID-19, please visit the Department of Health website.

Certificate of Compliance COVID-19 Test, SA Health have developed a Certificate of Compliance COVID-19 Test for both day 1 and day 12 for use at COVID-19 Clinics. To download the certificate go to the COVID-19 page on the our website.

BCG vaccination to reduce the impact of COVID-19 in healthcare workers (The BRACE Trial), the purpose of the BRACE trial is to find out whether BCG vaccination protects against COVID-19 or reduces severity of COVID-19 in Australian healthcare workers. For more information visit the website.

Extended arrangements for accessing emergency CHSP services, the assessment and referral pathways for the CHSP were relaxed to enable older Australians to access emergency CHSP services for up to six weeks without an assessment. The Department has decided to extend these arrangements through to 31 October 2020. For more information about eligibility see Section 4.4.1 of the CHSP Program Manual 2020-2022.

Monash University is conducting a second nationwide survey about life and COVID-19. The anonymous survey will help us to inform the government of the most useful policy responses, and to understand what life is like while the COVID-19 restrictions are being lifted in some parts of the country. It takes less than 10 minutes to complete.

A range of COVID-19 resources for culturally and linguistically diverse communities have been collated on the SA Health website. Find resources and other translated materials at www.sahealth.sa.gov.au/covidtranslated.

4th edition of the 'Chronic Kidney Disease (CKD) Management in Primary Care' handbook has recently been released, to download a copy click here or to order a hard copy click here. The handbook is also available on the CKD Go app which can be downloaded free from the iTunes Store and from Google Play.

HAP-EE Program provides Diagnostic Hearing Assessments to children aged 0-6 years we work from either the local Aboriginal Health Centre or local Child Care Centres that have Aboriginal Children and the program and is also designed to raise awareness around hearing loss. for more information email violet.buckskin@hearing.com.

NCIRS immunisation schedule tables that summarise vaccine recommendations for Aboriginal and Torres Strait Islander people and non-Indigenous people are available here.

Providing palliative care to clients at home, ELDAC can help you to assess a client's palliative care needs with a free downloadable care plan that can help you to identify and managing issues quickly. Find out more in the Assess Palliative Care Needs section of the ELDAC Home Care toolkit.

The Community Portal on the Australian Indigenous HealthInfoNet Alcohol and Other Drugs Knowledge Centre has recently been updated to better meet the information needs of Elders and community members working to reduce harms from alcohol and other drug (AOD) use in their communities. Visit the Community Portal here.

New statewide Paediatric Clinical Practice Guidelines (PCPGs) are now available for download from the SA Health Practice Guideline web App. Pneumonia (Community Acquired Pneumonia in Children) and Neonatal Sepsis Presenting from the Community.

General Practitioner Position Available

Murray Street Medical is a well-established practice located just 40 minutes from the city and 15 minutes to the Barossa. Fully computerised using Best Practice software; Health Engine online booking system; GPA accredited; 4 experienced supportive GPs; nursing support of 2 RNs and 1 EN; on-site pathology; and on-site Allied Health.

The position offers above average %; the first 2 months guaranteed income; sign on bonus; flexible hours, no minimum sessions; and opportunity for partnership available.

If you would like to join the friendly team, you will need to be vocationally registered (VR) GP and have full unrestricted AHPRA registration.

Contact the Managing Director, Rachel Betts, for a confidential discussion on 0414 455 802 or email rbetts@springwoodfm.com.au.

For more professional development opportunities go to www.countrysaphn.com.au

Central Region

Aged Care – Cognition, Consent and Care of the Older Patient - Victor Harbor
Thursday 27 August 2020, 6.30pm to 9.00pm
Register Here

North & West Region

Management of Skin Cancer in General Practice - Wallaroo
Tuesday 8 September 2020, 6.30pm to 9.00pm
Register Here

South & East Region

Management of Skin Cancer in General Practice - Murray Bridge
Wednesday 12 August 2020, 6.30pm to 9.00pm
Register Here

Immunisation Practice in Primary Healthcare - Mount Gambier
Tuesday 24 November 2020, 8.45am - 1.00pm
Register Here

Metro

BLS & Anaphylaxis Management for General Practice - Royston Park
Tuesday 18 August 2020, 6.00pm - 9.00pm
Register Here

RDASA - Masterclass 2020 - Adelaide
Saturday 29 August to Sunday 30 August 2020
Register Here

Flinders Chronic Condition Management (CCM) Program Workshop - Bedford Park
Monday 24 August to Tuesday 25 August 2020
Register Here

Musculoskeletal Lower Limb Injuries - Adelaide
Saturday 5 September 2020, 8.30am - 4.30pm
Register Here

Webinar

Hepatitis C: Treatment is Simple
Tuesday 4 August 2020 at 7.00pm (AEST)
Register Here

Invitation to CAT Plus User Group
Wednesday 5 August 2020 at 12.00pm
Register Here

How to build your reputation, and how to repair it when things go wrong Thursday 6 August 2020 at 2.00pm
Register Here

AAPM Referral Compliance
Thursday 13 August 2020, 1.00pm - 2.00pm
Register Here

Keeping your heart safe this winter
Thursday 6 August 2020 at 7.30pm (AEST)
Register Here

Practice Manager Webinar - Helping the challenging person
Thursday 20 August 2020 at 1.00pm
Register Here

Online Learning

Spinal muscular atrophy and other paediatric neuromuscular disorders
Online education module on what healthcare professionals need to know about recognising the red flags for spinal muscular atrophy and when to refer to a specialist. **Register Here**

Adelaide Pain Support Network
A peer led support groups, facilitated by volunteers who all live with chronic pain. Next meeting will be held via Zoom, Tuesday 4 August 2020 at 1.30pm. To register contact Mary on 0422 006 457 or Cassandra on 0422 529 115.

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