Country SA News

Message from the Chair

As Chair of Country SA PHN I am proud of the breadth and diversity of the myriad of primary health services that we are able to commission and fund. A collaboration with SHINE SA led to CSAPHN funding a much needed safe and gender diverse friendly support service for anyone living in rural and remote South Australia – Gender Connect Country SA (GCCSA).

The program is a free confidential telephone peer support service for country South Australians of all ages who identify as trans, gender diverse or gender questioning as well as their personal or professional supports – after hours, four evenings a week.

One of the key factors crucial to the service's success is that it is staffed by an entirely trans/gender diverse (TGD) team. Their lived experience of gender diversity provides a vital point of connection for those seeking information, support, advice and understanding. TGD voices and perspectives have also been front and centre in GCCSA's design and implementation. The service's dual aim is to support the personal and professional development of a TGD workforce.

GCCSA also offers clients a wellbeing check whereby a peer support worker will call to check in and see how a TGD person who has been using the service is doing and offer further information and follow up calls as required.

Also available through the service is information about gender affirming transition options and opportunities to connect with social and community groups. The team has a strong relationship which it continues to build with headspace's Queer Youth Groups and is always eager to support the development of new community groups within country South Australia. GCCSA is also able to provide referrals to emergency services and any other external services where appropriate.

Another unique element of the service is that it recognises the importance of extending this support and information beyond the TGD person to their personal and professional supports. This may include partners, family members, teachers, general practitioners (GPs), nurses as well as other health professionals and youth workers.

SHINE SA has received much positive feedback from both community members and other professionals who have utilised the service. In addition, the TGD team employed within the service has reflected increases in their skills, knowledge, experience, confidence and sense of belonging and purpose within their community.

Overall, the GCCSA team has built a strong foundation to continue their work in supporting TGD people and their personal and professional supports living in Country South Australia. We look forward to our continuing association with this well-renowned, successful program.

Further information can be found on the Shine SA website, click here.

Coming Soon | HealthPathways SA – Mobile Friendly Website

The HealthPathways SA website is having a facelift and going mobile friendly.

What does this mean?
A fresh new look to support a better experience for all users on desktop, tablet and mobile devices. While the website may look and feel a little different, clinical content will not change, remaining the same as the current HealthPathways SA website.

Keep an eye out for the banner at the top of the website for your first look at the new site.

Want to find out more about HealthPathways SA? Start exploring today
https://southaustralia.healthpathwayscommunity.org

Telehealth items extended until March 2021

The Commonwealth government has announced an extension to a range of COVID-19 related health measures until March 2021. This extension includes Medicare-subsidised telehealth for general practitioner, nursing, midwifery, allied health and allied mental health services. The telehealth extension includes essential specialist services, such as consultant physician, geriatrician, and neurosurgery.

Bulk billing will continue to be available and regular billing practices will apply to all of these services. GP-led respiratory clinics, home medicines delivery, and a range of other measures will also be extended. Read the full announcement here and for all the Fact sheets please click here.

Telehealth Survey: Support the ongoing use of telehealth

We would like to learn from your experience and feedback. The survey is to find out about your use of telehealth throughout COVID-19. Your responses will be used to plan further support in accessing equipment, licensing, education and training.

To access the General Practice survey click here. To access the Allied Health, Mental Health and ACCHOs survey click here.

Kite Support app

Country SA PHN is providing free access to the Kite Support app to anyone living and working within country South Australia.

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 living or working in country South Australia.

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

Kite

A wellbeing and learning solution delivered via a clever and calming app that takes just 5 minutes per day.

phn COUNTRY SA
An Australian Government Initiative

KITE

Australian Immunisation Register Guide

The Australian Immunisation Register (AIR) formerly the Australian Childhood Immunisation Register (ACIR) is a national register that records vaccinations given to people of all ages in Australia. This expansion includes adult vaccines such as those given for whooping cough, shingles, influenza, and travel.

The Australian Immunisation Register:

- is used to monitor immunisation coverage levels and service delivery, and to identify regions at risk during disease outbreaks.
- can provide reports to vaccination providers upon request to help identify individuals who are due or overdue for immunisation.
- makes an information payment to vaccination providers who administer and notify the AIR of a completed National Immunisation Program (NIP) vaccination schedule for children under 7 years of age; and
- makes an additional incentive payment to vaccination providers who follow up and vaccinate children under 7 years of age who are more than 2 months overdue for their childhood vaccinations.

The CSAPHN AIR Guide aims to assist vaccination providers with the use of AIR and its utilities to ensure the timely transfer of immunisation encounter data to the AIR, so individual's records are up to date. In addition, the AIR data allows vaccination providers to follow up on individuals who have become overdue for their vaccinations.

To access the AIR Guide please log in to the Health Connections Community Portal (HCCP). If you would like access to the HCCP please contact support@countrysaphn.com.au to register your interest and your username and password will be forwarded with the instructions on how to register for the platform.

Accreditation Update for Practices

Planning for recommencement of Assessments under the National General Practice Accreditation (NGPA) Scheme Announcement from the Commission

Resumption of onsite assessments to the RACGP *Standards for general practices* will occur from 26 October 2020. This follows the period from 25 March 2020 where the requirements for accreditation in general practices were maintained and no assessments were commenced.

As the reintroduction of onsite assessments will take into consideration the lead-time for planning and preparation of assessments, all general practices will have an additional 12 months added to their current certificate expiration date.

The Commission has identified criteria for determining which general practices should be assessed first and those that will be assessed during subsequent rounds. On-site assessment will be based upon a risk-based approach and will only take place in settings where there is a low risk of transmission of COVID-19. More information, including a set of Frequently Asked Questions is available at the Commission's website.

In line with the current announcement and update from the Australian Commission on Safety and Quality in Health Care the practice support team have recorded a series of accreditation webinars. There are 10 in the series that are located on the Health Connections Community portal with all the information you will need to take the stress out of the accreditation process.

If you would like access to the webinars and are a current member please log onto our Health Connections Community portal https://community.healthconnections.com.au or contact support@countrysaphn.com.au to register your interest and your username and password will be forwarded with the instructions on how to register.

Port Lincoln hosts Galinyala Aboriginal Medical Student Retreat

(Story published by Port Lincoln Times, written by Jarrad Delaney September 9, 2020)

A group of Aboriginal medical students from the University of Adelaide got a look at medical practice and learning opportunities in a rural area thanks to a retreat in Port Lincoln at the weekend.

Adelaide Rural Clinical School (ARCS) in Port Lincoln hosted about 11 medical students studying at the university for the inaugural Galinyala Aboriginal Medical Student Retreat.

The aim of the retreat was to get the students to consider a rural placement with ARCS when they reach their fourth and fifth year.

Throughout the retreat the students got to see sights across the region as well as visits to the medical clinic in Tumby Bay and the Port Lincoln Hospital.

They also got to meet with local general practitioners who shared their stories about working in a rural setting. Read the full story here

Photo taken by Port Lincoln Times

Pictured are (back): Dr Pascale Dettwiller, Dr David Lam, Abby Walker, Aidan Barbo, Shane Hutcheson, Grace McMahon, Ebony Tattam, Donna Stewart, Lauren Whitington; front: Aiden Ravi, Emma Richards, Professor Lucie Walters, Dr Katrina Morgan and Jasmyn Lloyd.

GPiT the lifeblood of the Rural Healthcare System – Dr David Lam

Dr David Lam believes that GPs in Training (GPiT) are the lifeblood of the rural healthcare system. A premiership sporting club is only as strong as its youth development program and the same thing can be said regarding the importance of medical training programs in rural areas. It is important to support GPiT as best you can. If you put the time and effort in, they are more likely to stay.

The hands-on medical experience in rural areas is unbeatable. Dr Lam says: "There's no one else around. You don't have the luxury to put a patient in an ambulance and within 5 minutes they're in a hospital full of doctors. You have to deal with it yourself. So, the hands-on experience that you get is unparalleled. Plus, the ratio of GPiT to teachers is lower than the city and you can have greater access to one-on-one tuition and mentorship.

I got into teaching by accident. I found that sharing my own experiences of failure as well as the wins highlights key take home messages helped GPiT fill in gaps in their knowledge. A lot of important teaching information isn't readily available in textbooks, it's experiential. There is an old saying that if you have a patient in your room, avoid telling them more than 3 things because they won't remember them when they leave. I believe teaching is the same. Keep it brief, include up to 3 take home messages and avoid long lists of information.

In Port Lincoln we had GPiT coming and going. In the last five years, myself and my two registrars that recently Fellowed, Dr James Ashby and Dr Keith Jarrett, are the only doctors who have stayed in the town. We had to sit down and consider how to make teaching more engaging.

In rural areas, supervisors are time poor and have to balance the clinic, hospital, emergency department, teaching and their families. Registrars have to balance this and exam study. On top of this there is the unpredictability and interruption of emergencies which can lead to burnout and leave little time to focus on teaching.

We created a protected weekly teaching timeslot. We call it 'church' and it is the one hour a week where we get GPiT together and learn around the table. Not because it's a religious service but because everyone is welcome, and it is a "sacred" unmovable weekly event. The understanding between me and the other Fellows in my practice is that when I'm teaching, they are covering me for emergencies and taking my calls. I also recommend having a syllabus. We created a syllabus based on the chronic conditions that you need to know inside out that make up the majority of general practice, rather than purely relying on GPiT to bring us cases.

With face-to-face workshops postponed during the COVID-19 pandemic and hands on procedural experience reduced by patients staying away due to social distancing, the idea of the "GP Lyf Hacks" podcast was appealing to cover the same 'take home' summary based on evidence and cases I personally encountered. The podcast format is portable and convenient for learning interruptions and those driving long distances. The episodes are 20 minutes long and have an integrated social media supplement for visual learners. Each podcast comes with summary slides on Facebook and Instagram to follow along and the posts can be used for quick reference to jog the memory.

It's important to know your audience and it's a great time to consider how you may be able to incorporate online options into your teaching practices and how you might be able to do something a bit differently."

Dr Lam's podcast, "GP Lyf Hacks", is accessible for FREE at: soundcloud.com/gplyfhacks with supplementary material available at facebook.com/drdavidlam and instagram.com/doctor_dj_d

Older Persons Mental Health Specialised Services

Older Persons Mental Health Services are jointly delivered to older people living in country regions by the Older Persons Mental Health Specialised Services and through the local Community Mental Health Teams (CMHTs).

The Consultation Liaison Service aims to streamline and facilitate specialist older persons care pathways and build skills in managing psychiatric illness via information and advice.

The Rapid In-Reach Service aims to prevent or reduce avoidable transfers of older persons to acute care or emergency departments.

Nurse Practitioners aim to provide specialised older persons in-reach consultations to CMHTs as determined and negotiated through service planning and development.

General information and advice are available by telephone 08 7087 1622 or email Health.GlensideCLS@sa.gov.au.

Residential Aged Care Emergency (RACE) Dental Service

SA Dental Service will be implementing a new emergency dental service for residents living in South Australian Residential Aged Care Facilities (RACFs) commencing 1 October 2020.

The Residential Aged Care Emergency (RACE) Dental Service will provide emergency dental care for residents who are unable to attend a public dental clinic due to severe physical, functional and/or cognitive impairment.

RACE defines two designated emergency dental referral pathways for senior RACF staff (such as RNs, Care Managers, Care Coordinators) and/or GPs to follow:

RACE 1 is for high risk oral conditions requiring immediate public hospital-based emergency care. All residents are eligible for this care as covered by Medicare.

RACE 2 is for emergency oral conditions that can be treated on-site by a visiting SA Dental Service RACE dental team and/or in country areas via an Emergency Dental Scheme (EDS) authorising a private dentist to undertake dental care on behalf of SA Dental Service.

To be eligible for public dental care, residents must have a current pensioner concession card or a health care card. Ineligible residents should be referred to a private dental provider (private fees apply). For more information please refer to www.sahealth.sa.gov.au/RACEdental.

A new PLUM and HATS website is live

PLUM is the Parent-evaluated Listening and Understanding Measure and HATS is the Hearing and Taking Scale.

These are tools designed for primary health or early childhood workers, to have a yarn with parents, tested with 100 Aboriginal children; now used with >1000. It is a systematic, reliable way to screen listening & communication skills in Aboriginal children aged 0-5 years and enable hearing & speech problems to be picked up much earlier with >80% accuracy: for every 10 children who are 'not yet on track' on PLUM, eight will have hearing loss. Delayed listening skills are a reliable indicator of hearing loss.

Latest versions of the checklists, online version of the tools, recorded e-learning, fact sheets for health & early childhood staff, and other resources are available free on the website.

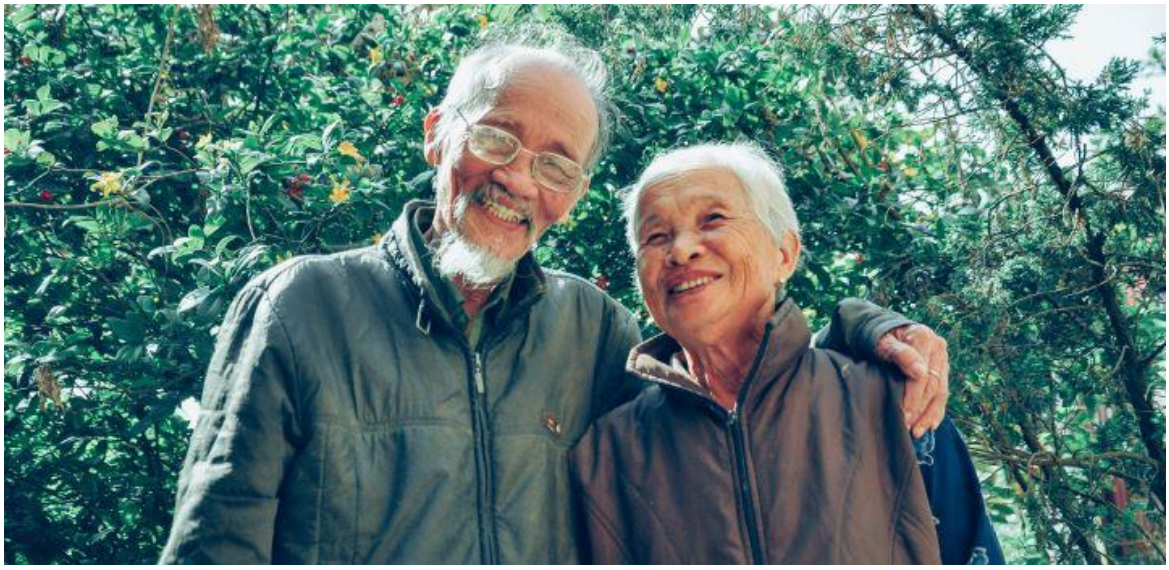
A new referral avenue to Hearing Australia will also start in mid-September for Aboriginal and Torres Strait Islander children aged five years and younger. These children will be able to access hearing assessments at Hearing Australia either in community outreach locations or in Hearing Australia centres at no cost to the family. Children whose listening skills are *'not yet on track'*, as indicated by their PLUM, will be prioritised.

Embrace Multicultural Mental Health (The Embrace Project)

The Embrace Project aims towards an equitable mental health system and improved mental health and wellbeing for Australia's multicultural population. The project provides a coordinated approach to meeting the unique needs and challenges faced by people from Culturally and Linguistically Diverse (CALD) backgrounds.

Through the Framework for Mental Health in Multicultural Australia, the project works to improve the cultural responsiveness of mainstream mental health services to meet the needs of the diverse Australian population. The online Framework consists of a tailored set of modules and self-reflection tools to allow organisations and practitioners to evaluate and enhance their cultural responsiveness. Registered users build on their strengths and address areas for improvement in a self-paced way, with free access to a range of support and resources to inform both professional and service development.

For more information about the Embrace Project click here, call 02 6285 3100 or email multicultural@mhaustralia.org.



Australian Immunisation Register relating to Indigenous status, catch-up schedule information and amended pneumococcal rules

Recent improvements have been made to the Australian Immunisation Register (AIR). These changes improve functionality for vaccination providers and make it easier for people to stay up to date with their immunisations.

- Recording Indigenous status on the AIR - To identify Indigenous people who may require additional vaccines, vaccination providers can now record Indigenous status directly on the AIR and it will not be over-ridden by their status recorded by Medicare.
- Catch-up schedule to display on immunisation history statement - From February 2020, if a person is on an approved immunisation catch-up schedule registered on the AIR the catch-up schedule will display on the top of the immunisation history statement and the date it expires will also show.
- Amended pneumococcal rules and the introduction of reminder letters for older Australians - In line with the 1 July 2020 schedule changes, Services Australia will send a reminder letter to people who are eligible for a pneumococcal and/or shingles vaccination.

Full details are available on the Department of Health's website:
https://www.health.gov.au/news/recent-updates-to-the-australian-immunisation-register

Are you affected by the Disability Royal Commission (DRC) and would like to receive counselling and support?

Relationships Australia South Australia (RASA) is providing free and independent counselling for people engaging with or affected by the Royal Commission into Violence Abuse Neglect and Exploitation of People with Disability (Disability Royal Commission), funded by the Australian Government.

Counselling and support is available for people with disability, their families, friends, carers and support workers affected by the Disability Royal Commission. Anyone who would like to participate by providing their accounts to the DRC is welcomed.

RASA will be in the following locations: Berri 30 September to 1 October; Whyalla 20 October; Port August 21 October; Port Pirie 22 October; Kangaroo Island 2 November to 4 November; Port Lincoln 9 November; and Ceduna 10 November to 12 November 2020.

For more information on the Free Support Services that are available for the people go to the website or Freecall 1800 577 571 or email DRCcounsellingSA@rasa.org.au .

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

CRANAplus Awards 2020 Do you know an individual or team who has gone above and beyond during the COVID-19 pandemic? The CRANAplus annual awards this year will specifically focus on the recognition of remote health professionals who have responded to the COVID-19 pandemic. Nominations are open and will close on 12 October 2020. Click here to submit your nomination.

Tailem Bend COVID-19 testing facility update, from 15 September 2020 the Tailem Bend testing facility will operate from 12.00am to 4.00pm, 7 days. The site, located at Tasco Caltex Tailem Bend Roadhouse, Princes Highway, provides free COVID-19 testing for interstate truck drivers and interstate travellers requiring swabs. No booking is required.

Update to SA and ACT border restrictions, from 16 September 2020, people travelling to South Australia from the Australian Capital Territory (ACT) will no longer be required to self-quarantine for 14 days. More information is available on the SA Gov COVID-19 website

COVID-19 Temporary MBS Telehealth Services extended until 31 March 2021, temporary MBS telehealth items have been made available to help reduce the risk of community transmission of COVID-19 and provide protection for patients and health care providers. For more information click here.

Angaston COVID-19 testing clinic update the drive-through testing clinic at Angaston Hospital, temporarily established due to a positive COVID-19 result in routine wastewater testing, closed on Friday 18 September 2020. People can continue to access COVID-19 testing at the drive through clinic at Tanunda Hospital. Alternatively, testing is also available at the Angaston Respiratory Clinic (by appointment only).

Mount Gambier COVID-19 testing facility update, from Tuesday 22 September 2020, the testing facility located at the Mount Gambier Hospital will be moved to the Mount Gambier Showgrounds. The site will operate from 8.00am to 4.00pm, 7 days a week. No booking or referral is required.

Update to SA and NSW border restrictions from Thursday 24 September 2020, people travelling to South Australia from New South Wales (NSW) will no longer be required to self-quarantine for 14 days. More information is available on the SA Gov COVID-19 website

Allergic Rhinitis or COVID-19? With the onset of spring, more patients will be experiencing symptoms of allergic rhinitis. The CDC have developed a resource to demonstrate the main differences. COVID-19 testing should be conducted if there is any doubt or regular indications for testing.

Accessing AIR using PRODA for Individuals and PRODA for Organisations now available, Services Australia has developed two user guides that provide a step by step guide to the registration process for an individual and an organisation to access the AIR website using PRODA. Click here

Version 2.1 of the Australian Asthma Handbook is available at www.asthmahandbook.org.au. The Australian Asthma Handbook provides evidence-based, practical guidance for health professionals diagnosing and managing asthma in primary care.

Plant-based nutrition and health: A guide for health professionals, this free publication aims to quickly introduce GPs and other health professionals to the benefits of shifting towards more plant-based nutrition and provides tools to use with patients. The guide and associated resources are available to download or order for free via www.doctorsfornutrition.org.

Heart Health Check Toolkit, The delivery of Heart Health Checks in primary care is now supported by Medicare. The Heart Foundation will be launching the Heart Health Check Toolkit for GPs, practice nurses and practice managers. You will have free access to templates, factsheets, posters, quality improvement activities and much more. Register your interest here.

Following Vaccination - Updated Resource Pads This resource pad was updated recently and now includes information about Bexsero® and Zostavax® vaccines. The tear-off pad provides information for patients on common reactions that may occur. To download a copy or to order hardcopies click here.

4th edition of the 'Chronic Kidney Disease (CKD) Management in Primary Care' handbook, is available as a free download from the Kidney Health Australia website here or, hardcopy purchase here. For more information and resources, please visit www.kidney.org.au.

Mental Health in Multicultural Communities, Beyond Blue has created a series of resources in a range of languages to help people in Australia understand how to find support and feel comfortable talking about their experiences. Resources available on the website here.

Central Adelaide Local Health Network (CALHN) recognises that GPs plays an integral role in providing primary health care to patients in their community. To better link general practices with the services, initiatives and research stemming from their network, CALHN has established a regular newsletter, 'The GP CALHN Link' and invite you to subscribe here.

HELP Awards - Recognising Outstanding South Australians! The HELP Awards are committed to identifying and celebrating outstanding contributions to the community in the areas of **H**ealth, **E**ngagement, **L**earning & **P**eople. Go to www.thehelpawards.com.au for more information and to nominate!

Wellbeing SA national cancer screening fact sheet has been developed to support practices in maximising participation in the three national cancer screening programs (Breast, Bowel and Cervical), containing key updates, phone numbers and useful hyperlinks. Click here to access the fact sheet.

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

Central Region

Skill Workshop for people living with disability
7-8 October 2020; 11-12 November 2020; 2-3 December 2020
Register Here

Doing the Diabetes Limbo: how low can you go? - Mount Barker
Tuesday 10 November 2020, 6.30pm - 9.00pm
Register Here

NDIS and Mental Health for Clinicians - Victor Harbor
Tuesday20 October 2020, 5.30pm - 9.00pm
Register Here

NDIS and Mental Health for Clinicians - Mount Barker
Wednesday 11 November 2020, 5.30pm - 9.00pm
Register Here

Yorke and North

NDIS and Mental Health for Clinicians - Clare
Tuesday 17 November 2020, 5.30pm - 9.00pm
Register Here

North & West Region

NDIS and Mental Health for Clinicians - Renmark
Tuesday 27 October 2020, 5.30pm - 9.00pm
Register Here

Deepen your Understanding: Aboriginal and Torres Strait Islander Health Training - Port Augusta Friday 13 November 2020, 9.15am to 4.30pm **Register Here**

NDIS and Mental Health for Clinicians - Mount Gambier
Thursday 5 November 2020, 5.30pm - 9.00pm
Register Here

NDIS and Mental Health for Clinicians - Whyalla
Monday 16 November 2020, 5.30pm - 9.00pm
Register Here

South & East Region

Doing the Diabetes Limbo: how low can you go? - Mount Gambier
Tuesday 20 October 2020, 6.30pm - 9.00pm
Register Here

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

Metro

FPAA National Certificate in Reproductive & Sexual Health for Doctors - Royston Park

Freedom to Explore Sexual Health (FRESH) Course: Youth Focus - Woodville

Monday 26 October to Friday 30 October 2020, 9.00am - 5.00pm
Register Here

Thursday 19 November - Friday 20 November 2020, 9.00am - 5.00pm
Register Here

Webinar

Blinded by Sugar
Thursday 1 October 2020, 6.00pm - 7.00pm
Register Here

HIV pre-exposure prophylaxis (PrEP) for women
Tuesday 6 October, 7.30pm – 9.00pm (AEST)
Register Here

An introduction to working with Transgender and Gender Diverse patients
Tuesday 13 October 2020, 7.00pm - 8.30pm (ACST) **Register Here**

NDIS - General Overview: Free Online Information Session
Tuesday 13 October 2020, 6.00pm - 8.30pm
Register Here

Compliance you must know and how to keep on top of it all
Thursday 15 October 2020, 1.00pm - 2.00pm
Register Here

Hepatitis C in Drug and Alcohol Settings
Friday 16 October 2020, 12.00pm - 3.00pm
Register Here

Online Learning

Pen CS - Invitation to CAT Plus User Group
Thursday 1 October 2020, 11.30am - 12.30pm
Register Here

Chronic Disease Management and Healthy Ageing Workshop
Monday 2 November to Tuesday 3 November 2020, 12.00pm
Register Here

CONTACT US
Beckwith Park, 30 Tanunda Road, Nuriootpa SA 5355
PO Box 868, Nuriootpa SA 5355
T 08 8565 8900 **F** 08 8311 1723
E comms@countrysaphn.com.au

SA Rural Health Network trading as Country SA PHN.
Country SA PHN gratefully acknowledge the financial and other support from the Australian Government Department of Health.