



Country SA News May 2021 Edition

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COUNTRY SA
An Australian Government Initiative



Message from the CEO

National Suicide Prevention Trial - Aboriginal Aftercare Service

As I watched the Federal Government's Budget announcement on the night of Tuesday May 11, I was extremely pleased to see the inclusion of comparable funding for the continuation of work in the National Suicide Prevention Trial (NSPT) sites for 2021-22 – including activities within country South Australia. This is due recognition of the success of NSPT activities, the value of their contribution and the importance of their continuation.

As one of the 12 trial sites Country SA PHN (CSAPHN) has been conducting activity under the NSPT since 2017 – bringing significant services to areas of need throughout South Australia's Country North region – including Whyalla,

Port Augusta, Port Pirie, Port Lincoln and Yorke Peninsula. Originally scheduled to end in June 2020, then extended to June 2021, this year's Budget announcement provides security for continuity of service delivery for priority populations.

At the start of the trial, CSAPHN engaged with the Port Augusta Aboriginal community to co-design a ground-breaking Australian first - the Aboriginal Aftercare Service – providing follow up care from an Aboriginal healthcare worker for Aboriginal people leaving hospital following a suicide attempt. CSAPHN commissioned Pika Wiya Health Service Aboriginal Corporation to deliver this Service, launching in July 2019.

Overarching fundamental elements of the Aftercare Service have included: being provided by an Aboriginal Community Controlled Health Service Organisation; acknowledging language and culture; responding quickly to new referrals and comprehensive engagement with clients. Other examples of good practice have included co-location with the Social and Emotional Wellbeing Team, multiple service pathways, flexible entry and re-entry, inclusion of kinships and consideration of traditional healing, provision of psychosocial models of care and assistance with practical issues such as housing and vocation.

The Aftercare Service also produced guidelines for hospital and health workers - offering a comprehensive approach to maintaining contact after discharge with psychosocial, clinical, and healing approaches and a strong focus on family and community.

As this work was evidence informing, CSAPHN commissioned the University of South Australia's Department of Rural Health to evaluate the Aftercare Service. Completed in December 2020, the evaluation showed that clients reported better engagement with services, improvements in medication adherence and improved physical and mental health and wellbeing as a result. [Click here](#) to view the evaluation.

Overall, the evaluation indicated family and community elder satisfaction was high with many saying they would recommend the Service to others. The data showed that in addition to providing culturally safe care for Aboriginal people recovering from a suicide attempt the Service was used as a bridge to connect clients to other essential services. It was also noted

that the Aftercare Service was performing an advocacy role - connecting and re-connecting clients with essential services, problem-solving and negotiating support on their behalf. This suggested that the Aboriginal Aftercare Service prepared clients to respond to future crisis and to transition to other services – bridging a service delivery gap for Aboriginal people in Port Augusta.

In conclusion, the Aboriginal Aftercare Service is widely perceived as being responsive, culturally appropriate and consistent with best practice in suicide prevention in Aboriginal settings. The evaluation stated at the time that 'to the best of our knowledge there have not been any deaths due to suicide for clients of the service during the time we conducted the evaluation. Similarly, the Port Augusta Emergency Department reported presentations for attempted suicide reduced for clients of the Service.' The Service is working with established programs, including the National Indigenous Critical Response Service and Beyond Blue's, The Way Back. It has been recognised as a promising program by the Centre of Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention.

The Aboriginal Aftercare Service has proven to be a wonderful example of the positive impact a culturally appropriate, co-designed and locally driven service provided by an Aboriginal Health Service can provide to the Aboriginal community. I am very pleased to see that the Federal Government has recognised this Service's effectiveness and we anticipate this will be reflected accordingly in detailed budget allocations.

I commend all those who have contributed to the Aboriginal Aftercare Service and other NSPT activity. We look forward to working with the Commonwealth Department of Health and stakeholders on the implementation of this Budget commitment.

Note: We would like to acknowledge the Black Dog Institute's document, The National Suicide Prevention Trial: Insights and Impacts in the writing of this foreword.

HealthPathways SA - National Disability Insurance Scheme (NDIS) pathways live May 2021

If you are looking for ways to assist with navigating through the NDIS and Early Childhood Early Intervention (ECEI) Schemes for your patients then head over to the HealthPathways site where these pathways are now live.

- [National Disability Insurance Scheme](#)
- [Early Childhood Early Intervention](#)

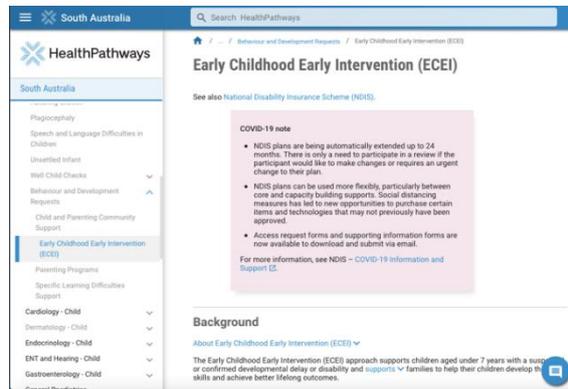
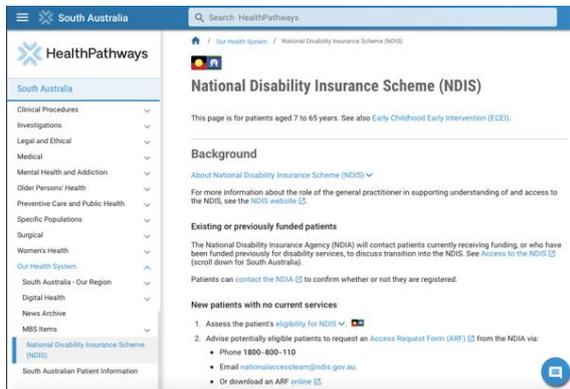
The pathways contain information and resources to help support the patient and Health Professional journey through NDIS and ECEI with patient eligibility, guides on filling out the required forms and any required supporting documentation.

HealthPathways SA is free and available for all South Australian health professionals To access or to find out more: <https://saproject.healthpathwayscommunity.org/Home.aspx>

How you can get involved, Health professionals can get involved in HealthPathways SA in a variety of ways:

- Review final draft pathways during our online consultation process – please [click here](#) to find out more.
- Explore our live pathways and send your thoughts and feedback at any time by clicking on the "Send Feedback" button on the pathway
- Become a Subject Matter Expert and help develop new pathways

HealthPathways South Australia has been made possible by the funding and support of SA Health, Adelaide PHN and Country SA PHN. For all queries, please contact the HealthPathways South Australia team: enquiries@sahealthpathways.com.au



Contemporary Heart Failure Management in Primary Care

Professor Prash Sanders and Dr Michael Stokes recently presented a Heart Failure Management professional development event in Port Lincoln to GPs, GP Registrars, Nurses, Rural Medical Officers, Pharmacists and Medical Students.

Over 25 attended the event which focused on contemporary heart failure management, diagnostic work-up to ongoing monitoring, medications and the management of comorbidities in heart failure, including atrial fibrillation and diabetes.



Registrar Workforce Status

The Practice Support Team have been contacting general practices to update workforce information including the current registrar status. Over 40 general practice registrars are now fully qualified and have remained in rural general practice. With the current workforce shortage of general practitioners this is a positive sign and future workforce planning will be imperative to keep doctors in rural areas.



Emergency Response Planning Tool (ERPT) Expression of Interest

Country SA PHN is providing funding for country SA general practices to access and use the ERPT. An up-to-date plan which best positions your practice to appropriately prepare for, respond to and recover from, the impacts of emergencies within your community.

What is the ERPT?

The Emergency Response Planning Tool (ERPT) is a cloud-based tool which assists general practices in better preparing for, responding to and recovering from the impacts of emergencies and pandemics.

The ERPT is managed by Healthpoint ANZ and was developed in collaboration with the Royal Australian College of General Practitioners (RACGP).

How does it work?

The critical information entered into the ERPT is used to create an emergency response plan which is individually tailored to your practice, providing a roadmap to recovering from emergencies.

Maintaining an up-to-date emergency plan helps ensure the safety of your staff, the smooth recovery of your practice and reduces the risk of financial loss.

To ensure business continuity, the ERPT provides suggested contingency measures for staff so that, in the event of an emergency, they will know how to respond to:

- a pandemic
- loss of power supply to the practice
- disruption to water and gas supplies
- disruption to telecommunications systems
- loss of IT systems or data
- loss of business records
- complete or partial loss of practice premises
- loss of medical supplies, equipment and furniture
- loss or non-availability of key staff
- COVID-19 safety plan

For more information and registration of your expression of interest in receiving the Emergency Response Planning Tool (ERPT) please email support@country.saphn.com.au and a member of the Practice Support Team will contact you to arrange access.



Quality Improvement training tailored for Practice Managers, Practice Nurse, GPs and GP Registrars

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

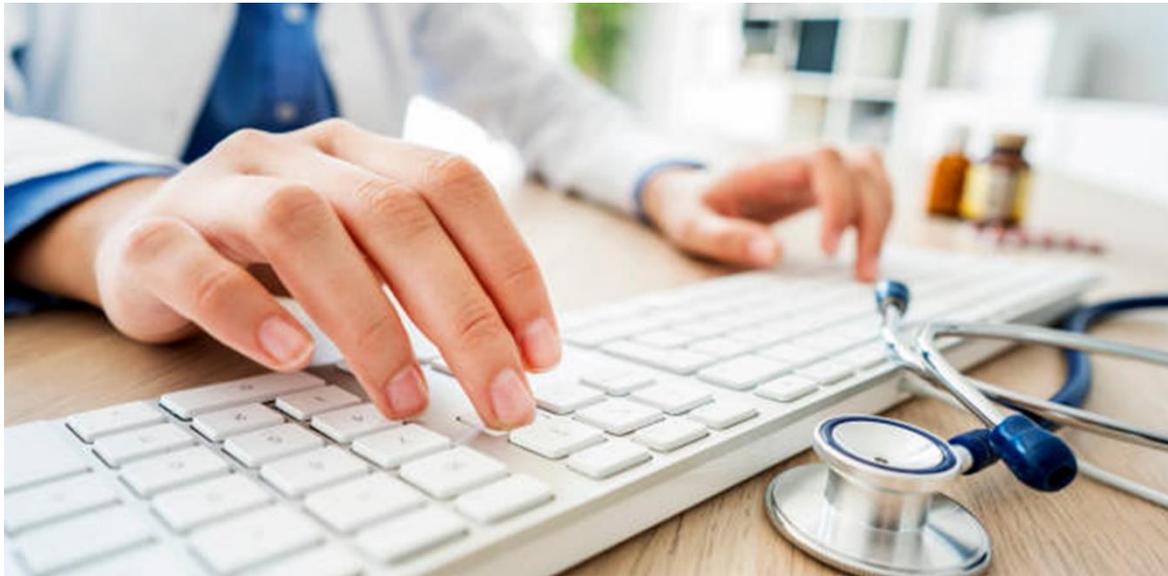
The Practice Support team are available to conduct remote sessions covering the use of Pen Cat and Top Bar focussing on PIP QI and the Model for Improvement. The team can work with you to develop a tailored activity plans for quality improvement within your practice.

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 face to face or remote tailored training in quality improvement using the Pen Cat or Top Bar please contact support@country@saphn.com.au and a member of the Practice Support team will contact you.



Facethefacts Community Events

Diabetes SA are delivering ten regional community events to create awareness and screening opportunities to recognise the signs, symptoms as well as the risk factors for type 2 diabetes.

Country and Outback Health staff travelled to Cleve and Port Lincoln to promote diabetes awareness and provide information on the services they offer. At risk community members were encouraged to make an appointment to see their GP.

The events funded by Country SA PHN and supported by Lions were well attended attracting over 80 community members. For more information or to find an event go to <https://www.facethefacts.org.au/>.



4th National LGBTIQ+ Conference

Friday 18 June to Saturday 19 June 2021 at the Adelaide Convention Centre

The aim of the conference is to:

- create a national gathering for LGBTIQ+ voices to be heard.
- create a truly intersectional discussion about achieving social and cultural change;
- explore the current issues facing the LGBTIQ+ movement and bring together voices from indigenous communities, people with a
- disability, the Deaf community, as well as multicultural and multi-faith communities;
- connect and celebrate Australia's diverse LGBTIQ+ communities and its allies;
- create opportunities to establish meaningful connections so we can work collaboratively and cultivate positive change

To register for the conference [click here](#).

Scholarship are available to reduce the full conference registration fee from \$299 to \$69 ex GST. Any travel and accommodation expenses that you may incur are not included. Please review the terms and conditions prior to completing this form. [Click here](#) to apply for a scholarship.



New national one-page guide to assist GPs in managing the recovery pathway for injured workers in all Australian workers' compensation schemes developed by Comcare is now available. [Click here to download](#).

Rural Generalist Program SA launched, on 28 April 2021, Minister Wade

SA Rural Nursing and Midwifery Plan released, the plan identifies a range of strategies to grow a sustainable rural nursing and midwifery workforce and strengthen the delivery of health care to regional South Australians. [Click here to download](#).

Remote Primary Health Care Manuals, the suite of manuals are used by

formally launched the Rural Generalist Program South Australia (RGPSA) at the Boston Bay Family Health Practice in Port Lincoln.

[Read more...](#)

New Education Resources - Medicare Digital Claiming, the resources contain clear and easy-to-follow instructions to help Health Professionals and Practice staff cancel or adjust a digital claim. [Need a digital claim deleted? Digital claims we can't delete](#)

health care workers including remote area nurses, Aboriginal and Torres Strait Islander health practitioners, doctors, midwives, nurse practitioners, and allied health professionals. [Click Here](#)

ATAGI Annual Statement on Immunisation 2021, the Annual Statement on Immunisation is the first publication in this series. It covers key successes, trends and challenges in the use of vaccines and control of vaccine-preventable diseases in 2020. [Click here to download.](#)



Registered Nurse Position Available

Southern Fleurieu Family Practice is an established general practice located in Yankalilla on the Fleurieu Peninsula and currently have an opportunity for an experienced Registered Nurse to join the team on a full-time basis.

Looking for an experienced general practice Registered Nurse with high level knowledge of triage; wound care; immunisations; cold chain management; infection control and sterilisation; ordering of medical supplies and vaccines; recalls and reminders; ear syringing; ECG; spirometry; health assessments; chronic disease management including preparation of GPMP & TCA; excellent interpersonal, organisation and time management skills.

Submit your application to pm@sffp.com.au attention to the Practice Manager.

Rural VR GP Adv Dip Obstetrics 0.8 FTE and VR GP Anaesthetics 0.8 FTE

Working as a GP on Kangaroo Island (KI) will allow you to combine the challenge and reward of working in a busy rural practice, with a great lifestyle in the perfect location. KI is just 25 minutes to Adelaide by plane, yet being an MMM7 area, lucrative rural retention allowances and incentives are available. For more information about the General Practice Rural Incentives Program, [see here.](#)

The clinic is currently staffed by 6 GP's (who also provide emergency on-call services to the KI Health Service), supported by 2 practice nurses, a practice manager and administration team, all with a commitment to providing high quality care to our patients.

At this boutique rural practice, we can offer a 3-4 day working week; up to 8 weeks annual/upskilling leave for associate; a dynamic and supportive practice team; and combine the opportunity to practice your emergency and procedural medicine skills with a great lifestyle in the perfect location.

Essential requirements, FACRRM or FRACGP; Adv Dip Obstetrics (or equivalent) or VR GP Anaesthetics (or equivalent); and Emergency medicine experience

For more information, please contact our Practice Manager, Tanya Biddell on 08 8553 2037. Website www.kimedical.com.au



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

Central Region

**Trauma-related training for
Emergency Managers and
Supervisors - Kangaroo Island**
Tuesday 8 June 2021, 1.00pm - 4.00pm
[Register Here](#)

**Trauma-related training for general
practice staff - Kangaroo Island**
Wednesday 9 June 2021, 5.30pm - 7.30pm
[Register Here](#)

**Trauma-informed Care for
emergency services staff and
volunteers - Kangaroo Island**
Wednesday 9 June 2021, 9.00am - 12.00pm
[Register Here](#)

**Medicines and Weight - Mount
Barker**
Wednesday 16 June 2021
6.00pm - 8.30pm
[Register Here](#)

**Advance Training in Suicide
Prevention - Gawler**
Saturday 19 June 2021
9.00am - 5.00pm
[Register Here](#)

**Cancer Screening Awareness
Regional Roadshow- Waikerie**
Wednesday 23 June 2021
2.00pm - 4.00pm
[Register Here](#)

North & West Region

**The Breathless Patient - Port
Lincoln**
Tuesday 1 June 2021
6.30pm - 8.30pm
[Register Here](#)

**Rheumatic Heart Disease
Management: An Aboriginal
Population Perspective - Port
Augusta**
Wednesday 2 June 2021, 6.00pm - 9.00pm
[Register Here](#)

**Professional Development
Workshop - Ceduna**
Saturday 19 June 2021
8.45am - 3.30pm
[Register Here](#)

**Management of Chronic Kidney
Disease in Aboriginal and Torres
Strait Islander Patients - Port
Lincoln**
Monday 21 June 2021, 6.00pm - 9.00pm
[Register Here](#)

**Migraine Management - Port
Augusta**
Monday 21 June 2021
6.00pm - 8.30pm
[Register Here](#)

**Hepatitis & Harm Reduction -
Ceduna**
Wednesday 23 June 2021
10.00am - 12.30pm
[Register Here](#)

South & East Region

**Advance Training in Suicide
Prevention - Mount Gambier**
Sunday 27 June 2021
9.00am - 5.00pm
[Register Here](#)

**Gold Card SA Brief Intervention 1
Day Workshop - Mount Gambier**
Wednesday 30 June 2021
8.45am - 4.00pm
[Register Here](#)

Foundations Skills for understanding and working with people living with Borderline Personality Disorder - Mount Gambier

Tuesday 29 June 2021, 9.30am - 4.30pm

[Register Here](#)

Wound Closure Workshop - Mount Gambier

Friday 6 August 2021

8.45am - 4.30pm

[Register Here](#)

Yorke & Northern Region

Community type 2 diabetes awareness and screening - Laura

Thursday 10 June 2021

9.30am - 4.00pm

[Register Here](#)

Trauma-related training for Emergency Managers and Supervisors - Yorke Peninsula

Monday 11 October 2021, 7.00pm

[More information here](#)

Trauma-related training for Emergency Services Personnel and Volunteers - Yorke Peninsula

Monday 11 October 2021, 7.00pm

[More information here](#)

Trauma-related training for General Practitioners and GP practice clinics - Yorke Peninsula

Monday 11 October 2021, 7.00pm

[More information here](#)

Metro Region

Benzathine benzylpenicillinG (BPG) long acting injection technique - Hindmarsh

Tuesday 1 June 2021, 9.30am - 3.30pm

[Register Here](#)

Country Practice Retreat - Glenelg

Saturday 26 June to Sunday 27 June 2021

starting at 9.00am

[Register Here](#)

Immunisation Practice Workshop - North Adelaide

Thursday 10 June 2021

8.30am - 4.00pm

[Register Here](#)

Contraceptive Implant (Implanon NXT) Training for RNs and Midwives - Woodville

Tuesday 29 June 2021, 6.30pm - 8.30pm

[Register Here](#)

Stolen Generations Healing Camp - South of Adelaide

Tuesday 15 June - Friday 18 June 2021

[Register Here](#)

FPAA National Certificate in Reproductive & Sexual Health for Doctors

Monday 26 July to Friday 30 July 2021,

9.00am - 5.00pm

[Register Here](#)

The 4th National LGBTIQ+ Conference - Better Together 2021 - Adelaide

Friday 18 June to Saturday 19 June 2021

[Register Here](#)

Cervical Screening Provider Course - Woodville

Tuesday 3 August 2021

8.30am - 5.00pm

[Register Here](#)

Webinar

Supporting Aged Care Residents with Chronic Conditions and Complex Care during COVID 19

Tuesday 1 June 2021, 7.00pm - 8.00pm

[Register Here](#)

Mental Health Support for Aged Care Residents during COVID-19

Wednesday 7 July 2021

7.00pm - 8.00pm

[Register Here](#)

Diagnosis and Treatment of PTSD in Emergency Service Workers

Wednesday 2 June 2021; Wednesday 9 June 2021; Wednesday 16 June 2021; and

Wednesday 23 June 2021

6.00pm - 9.00pm (AEST)

[Register Here](#)

Diagnosis and Management of Dental Pain in a Primary Care Setting

Friday 18 June 2021

6.30pm

[Register Here](#)

Talking About Suicide in General Practice

Wednesday 9 June 2021, 6.00pm - 9.00pm

[Register Here](#)

HIV and Shared Care for Chronic Disease Management

Wednesday 23 June 2021, 7.00pm - 8.00pm

[Register Here](#)

E-Learning

Diabetes in Practice for Nurses

Online CPD accredited course for Practice and Enrolled Nurses, looking to increase their diabetes knowledge.

[Register Here](#)

Palliative care learning modules for aged care nurses

palliAGED has developed online learning modules for nurses to introduce palliative care in aged care. [Register Here](#)



Invitation for GPs to participate in a survey study about breast density

Australian primary care clinicians' current knowledge, understanding and feelings around breast density information and notification: a cross-sectional survey.

Researchers from the University of Sydney are seeking GPs to participate in a study about breast density (approved by The University of Sydney Human Ethics Research Committee)

There is currently no published data on what Australian primary care clinicians know about breast density or feel about the possibility of widespread notification. Your views and experiences are crucial to generating valuable insights that will improve care for Australian women. If you are a GP and see women aged 40-74 years of age, please take part in this important research.

The study involves completing one 10-15-minute online questionnaire. By completing the survey, you will be entered into the draw for one of five \$100 vouchers!

To find out more and be a part of the study, [please click here](#). If you have any questions, please contact Dr Hankiz Dolan Hankiz.dolan@sydney.edu.au or Dr Brooke Nickel brooke.nickel@sydney.edu.au.

Do you see patients with mental health conditions that have arisen as a result of work?

Monash University is interested in hearing from GPs who would like to improve their care for patients by joining in a new NHMRC-funded Partnership trial entitled Implementing work-related Mental health guidelines in general PRactiCE ([IMPRovE](#)).

Over a 9 month period, GPs who are randomised to receive the intervention will receive one tailored academic detailing session plus engagement and support through an online community of practice. GPs who are randomised to the control group will be offered key components of the intervention when the trial concludes. GPs who complete all requirements of data collection plus academic detailing and attendance at one pre-specified webinar will receive \$800 plus 40 RACGP CPD points or 8 PDP ACRRM points at the conclusion of the trial, and their practices will receive \$500.

The trial has commenced recruitment of interested GPs. We are seeking participation from GPs who practice anywhere in Australia and can assist us (alone or along with other participating GPs in a practice) to recruit patients with confirmed or suspected work-related mental health conditions.

If you would like to know more about this IMPROVE trial, please visit: www.monash.edu/improve-trial or contact us on improve.trial@monash.edu or 0428 044 655.

Study about Barriers and Enablers for GP's Supporting Bereaved Patients

Are you a GP who provides support to bereaved patients?

A research project is being undertaken by Professor Jennifer Tieman (Flinders University), Ms Kate Swetenham (SA Department for Health and Wellbeing) and Dr David Holden (Commission on Excellence and Innovation in Health) about the barriers and enablers for General Practitioners in the provision of support to bereaved patients to help inform the development of a grief and bereavement plan for South Australia.

The project is funded by the Comprehensive Palliative Care in Aged Care Project. All GPs who meet the following criteria are invited to complete an anonymous and confidential 10-minute survey.

General Practitioners that meet the following criteria are eligible to participate:

- aged 18-years or over;
- English speaking;
- access to digital technology;
- are a registered General Practitioner with the Australian Health Practitioner Registration Authority (AHPRA); and
- are a currently practicing GP.

If you are interested in participating, please [click here](#) to access the Participant Information Sheet, which contains more detailed information about the project, and a link to the survey. If you have any questions in relation to participation, please contact the research team directly using the contact details on the Information Sheet.

This research project has been approved by the Flinders University, Human Research Ethics Committee (project 4102) which can be contacted on human.researchethics@flinders.edu.au or 08 8201 2543.

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@countryrural.com.au



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