



We're here to help with resources
www.dcgpa.com.au

A review of the last two months of activity on the website is confirming the value and popularity of a number of resources developed by DCGPA. During July/August there have been over 8,000 visits to the website from 2,379 visitors. 19% of visitors downloaded at least one resource. The main items downloaded included:

- The generic Policy and Procedure Manual for General Practice
- The triage support guide
- Care plans, forms, checklists and templates
- Employment Handbook
- Accreditation resources
- Occupational Health and Safety resources

Recently added under HOT RESOURCES is the finalised version on the **Safety and Security Kit for General Practice**.

Occupational violence is a concern for general practice with many experiencing violence at work, or concerns about their safety and security. The kit has been developed by the Dandenong Casey General Practice Association and funded by WorkSafe. It provides those in general practices with a set of tools to help them improve the safety and security of their workplace. Everyone working in general practices, including GPs and practice managers as well as receptionists, practice nurses, allied health professionals can use the tools in this kit.

Members will find enclosed, as an insert, a list of resources available from the website relating to the Practice Support Program. Please don't hesitate to contact us at DCGPA if you have any trouble locating any of these resources.



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Anne Peek

**Dandenong Casey
General Practice Association**

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Deadline for newsletter articles is 10th of each month. Dandenong Casey General Practice Association reserves the right to accept or reject all material submitted for publication. For further information please call the Association.

DISCLAIMER

The views expressed in this newsletter are those of the authors and do not necessarily reflect the official position of the Dandenong Casey General Practice Association.

Enclosures for Members:

- List of practice support resources available on www.dcgpa.com.au
- GP Refugee Health Forum Invitation



**Heart Foundation Releases
New Hypertension Guidelines**

The Heart Foundation's *Guide to management of hypertension 2008* is now available.

The updated Guide addresses new evidence and recommendations from international guidelines released since the publication of the last guide in 2004, including new recommendations for first-line therapy in uncomplicated hypertension and revised treatment targets for various patient populations.

It provides consolidated information on the diagnosis, management and follow-up of people with raised blood pressure making the guidelines more GP user-friendly. With blood pressure the most frequently encountered problem in general practice, GPs are reminded to first measure blood pressure in both arms and thereafter to use the arm with the higher reading.

The Guide and its associated resources – including a 'quick reference guide' for busy health professionals – can be accessed at: www.heartfoundation.org.au/Professional_Information/Clinical_Practice/Hypertension. Contact the Heart Foundation's Health Information Service on 1300 36 27 87 or email heartline@heartfoundation.org.au to order your copy.

Annual Membership Renewals

Just a reminder—there are still some membership renewal forms that have not yet been returned.

Please complete and forward these to the Association Office. If you have misplaced your form, please contact Heather on 8792 1900.

**Anxiety Support Groups:
Give your patients another option!**

Do your patients suffer from Anxiety and Depression? Do you know that medication is not their only option? Patients requiring extra support may find the answer here ...

A support group allows people to express their thoughts and feelings, providing a forum for discussion in a safe and confidential environment. Groups are guided by qualified facilitators who assist in directing discussions and can provide insight and understanding in regards to issues raised.

The Anxiety Disorders Association of Victoria (ADAVIC) will be running a **new Anxiety Support Group** on the 1st and 3rd Tuesday of every month in the evenings from 7.30pm to 9.30pm at the **Berwick Neighbourhood Centre, 112 High Street, Berwick**. The first group meeting will be on Tuesday 23rd September, 2008.

For more information call ADAVIC on 9853 8089 or visit their website at adavic@adavic.org.au.



Immunisation Update

Recently the Department of Human Services (DHS) released new vaccine order forms for government funded vaccines.

This change has occurred to ensure the requirements outlined in the Drugs, Poisons and Controlled Substances Act 1981 and Regulations of 2006 were being met.

A nominated doctor is required to be responsible for 'all vaccines stored and administered at the site and relevant record keeping'. The responsibility of these vaccines already lies with the medical practitioner; this is documentation of that implied responsibility.

To assist in understanding and applying the above Act, the Drugs and Poisons department has a summary of the requirements titled "Managing Drugs in General Practice" January 2008. This document can be viewed in full at the following link, <http://www.health.vic.gov.au/dpu/reqhealth.htm>.

Vaccines are classified as Schedule 4 Poison and must be stored in a lockable storage area. This could be in a lockable fridge or an unlocked fridge in a locked room.

This area does not have to be locked if the GP is present, but it is up to the GP to decide how unauthorised access will be prevented.

It is stated on the order form 'In order to receive government funded vaccines, I agree that: (1) this centre complies with the recommended vaccine cold chain storage of 2° - 8°c as stated in the National Vaccine Storage Guidelines, Strive for 5:

www.immunise.health.gov.au and (2) in the event of a cold chain breach, I will call DHS to discuss before discarding any vaccine.' These systems, to maintain vaccine potency, are already required, established and assessed in the accreditation process.

When vaccine is ordered, DHS advises holding a months supply of vaccine in the fridge. If the responsible doctor is going to be away, pre-ordering vaccine is advised.

The letter offers the alternative of applying for a Health Services Permit (HSP). One permit per site is required as well as a nominated person (i.e. a nurse) to be the designated person responsible for the ordering, storage and documentation of schedule 4 drugs. The nominated person can access the vaccines in the absence of a medical practitioner, and they are required to maintain a "Poisons Control Plan" to comply with storage, administration and record keeping requirements. The cost of a HSP is \$410.90 for the initial permit, and then renewal is \$163.40 annually.

The form reflects the responsibility that the doctor already takes when storing DHS vaccines at their practice. The signature used to be a requirement, but in one of the form revisions it was discarded. The completed form will ensure that the requirements of the Drug and Poisons Act are met.



New Multicultural Resources from PapScreen Victoria



Three new multicultural resources have been developed by PapScreen Victoria to assist health organisations with communicating cervical cancer prevention messages to women from culturally and linguistically diverse communities.

Resources include:

- **Flipchart: Spreading the word, cervical cancer prevention.**
An educational flipchart for health workers to discuss Pap tests and the cervical cancer vaccine.
- **Information sheet: The Pap test - a way to prevent cervical cancer.**
One-page information sheet about cervical cancer and Pap tests, in six new languages: Amharic, Arabic, Burmese, Dari, Karen and Punjabi.

- **Poster: Pap tests can prevent cervical cancer.**

Two posters with different language combinations are available.

Poster one: Greek, Italian, Mandarin, Vietnamese and Cantonese.

Poster two: Arabic, Dari, Punjabi, Burmese and Turkish.

Both posters encourage women to speak to their health professional about making a Pap test appointment. These posters are ideal for displaying in waiting rooms.

All three resources are free-of-charge for health professionals and we encourage your health service to place an order today.

Information sheets and posters can be ordered via the website at www.papscreen.org.au and flipcharts can be ordered by calling PapScreen on (03) 9635 5147.



Attention All Nurses



The 2008 Australian Government Practice Nurse Scholarship scheme is now open. It is very easy to apply and most applicants are successful.

This year there are over 500 Continuing Professional Development (CPD) Scholarship places on offer.

There are also a limited number of Postgraduate Scholarship places available for nurses currently undertaking or seeking to undertake a postgraduate level of study.

Who can apply?

To be eligible for this scholarship practice nurses need to be:

- Currently employed in general practice;
- An Australian citizen or permanent resident;
- Currently registered as a Division 1 or 2 nurse in Victoria or an Aboriginal Health Worker

What courses are covered by these Scholarships?

These scholarships provide up to a maximum of **\$1500** for training/education expenses. The scholarship is in the form of a reimbursement for education/training undertaken between 1st July, 2008 and 30th June, 2009.

Training/education selected by practice nurses for this scholarship must be covered by one of the following twelve listed course area categories:

- wound management;
- women's health including pap smear;
- immunisation;
- diabetes management;
- chronic disease management and illness;
- mental health;
- asthma;
- cardiovascular care including cholesterol management;

- obesity, food and nutrition;
- health and clinical assessment;
- sexual and reproductive health; or
- clinical skills competency based (e.g. suturing, plastering, ear irrigation and EN/DIV2 medication administration)

Training should be held by Universities or TAFE institutions as well as other accredited providers within Australia.

Full details about these scholarships are available from the APNA website at www.apna.asn.au including application forms and guidelines, supplementary information and frequently asked questions.

Secure online applications will be available from Wednesday 3rd September (CPD) and Monday 10th September (Postgraduate).

Applications close at 5pm (EST) on Friday 3rd October, 2008. All eligible applications received before the closing date will be assessed.

If you have any questions regarding the 2008 Practice Nurse Scholarship scheme, please contact scholarships@apna.asn.au or the APNA office on freecall 1300 303 184 during business hours (EST).



Also don't forget **General Practice Victoria (GPV)** are offering **50% off** the cost of some of the practice nurse courses available on their website. For example, in the month of September there are 3 courses offered by the Lung Health Promotion Centre at The Alfred that would attract a 50% subsidy. To view the practice nurse training calendar and the courses available log onto www.gpv.org.au or contact Rose or Maree at the Association on 8792 1900.

"Renovation Rescue Day" at Bunnings

Saturday 25th October, 2008

GPs and Practice Nurses –

Can you spare 1–2 hours of your time?

Join us at Bunnings in Dandenong where we will be conducting free health checks and encouraging patrons to visit their GP for regular check ups. The MBS Item 717 (45–49 year health check) will be highlighted.

Nurses will carry out baseline health checks consisting of blood pressure, height, weight, cholesterol and a short health survey. A GP will then discuss the results and, if necessary, encourage the participant to follow up with their own GP. This will not be a consultation.

The inclusion of a short reference to the eligibility of the person to receive a 45–49 year health check (MBS Item 717) would also be of benefit.

I will be available to visit any practice requiring updates on this item number and how it will fit with any of the other item numbers available eg. 713.

Committing 1 or 2 hours of your time would be greatly appreciated. You will be remunerated for your time. If you need more information please contact Christine Prendergast by phone 8792 1900 or email c.prendergast@dcgpa.com.au.

Christine Prendergast,
Health Promotion
Program Officer.





Stock up on resources for Breast Cancer Awareness Month!

The Cancer Council Victoria is launching a new breast cancer awareness brochure and poster, aimed at women aged 40 to 69, in time for Breast Cancer Awareness Month (October).

'Finding breast cancer early: every woman's guide to breast health' replaces 'breast awareness for all women' and completes the Cancer Council's suite of breast health brochures/booklets, which also includes:

- Your breast health: a guide for young women
- Take the lead: a guide for Aboriginal women
- Common breast problems

A copy of these resources will be sent to your practice in the coming weeks. The Cancer Council

Victoria encourages you to ensure your practice is well-stocked with breast health resources during Breast Cancer Awareness month.

'Breast Cancer Awareness Month is a great opportunity to remind women of the importance of being breast aware by having breast cancer resources prominently on display at your practice. If women are familiar with their breasts they are more likely to notice unusual changes that could be a sign of breast cancer. And if detected early, 90 per cent of women can expect to be alive and well five years after their diagnosis, compared to only 25 per cent of women diagnosed at an advanced stage,' said Manager of Cancer Education Programs, Alison Peipers.

For more information and to order additional copies of these or other resources visit www.cancervic.org.au/breasthealth or phone 13 11 20.

How much sun is enough?

The sun's ultraviolet (UV) radiation is both the major cause of skin cancer and the best source of vitamin D. The Australasian College of Dermatologists, Australian and New Zealand Bone and Mineral Society, Osteoporosis Australia and the Cancer Council Australia have now released a new community brochure, 'How much sun is enough?'

To download go to www.sunsmart.com.au and look under Vitamin D. To order hard copies please contact Kym West on (03) 9635 5148 or email Kym.West@cancervic.org.au



Refugee Health

Victorian GP Refugee Health Forum

The Dandenong Casey General Practice Association will be co-hosting a state GP Refugee Health Forum with the Northern Division of General Practice and PivotWest (Western Division) on Saturday 18th October. It will be a practical education forum for GPs with speakers from a number of fields and ample time for further discussion of refugee health issues. It will be held at Foundation House, Brunswick. Category 1 and 2 CPD points may be available. See the enclosed invitation.

Vitamin D deficiency in Pregnancy

The following Vitamin D deficiency treatment guidelines for pregnant women are taken from the Royal Women's Hospital (with thanks to Refugee Health Nurse Sue Willey):

<u>Serum level:</u>	<u>Treatment:</u>
<25 nmol/L	2000 iu daily of OsteVit-D (Cholecalciferol)
25-70 nmol/L	1000 iu daily of OsteVit-D (Cholecalciferol)

Encourage women to continue taking Vitamin D after birth. Give Pentavite Infant Liquid 0.45mL/day to their infants for the duration of breastfeeding. Consider Paediatric advice.

Full details can be found at <http://www.thewomens.org.au/VitaminD AntenatalScreening#Screening andtreatment>.

Victorian Refugee Health Network

The Victorian Refugee Health Network was recently formed to bring health and community services together to be more accessible and responsive to the needs of refugees and asylum seekers. It includes participation from primary health, acute care, mental health care, general practice, settlement services, asylum seeker agencies and relevant State and Commonwealth departments.

The recently launched website provides assistance to GPs on professional development, referral, resources, research and refugee health news. The website is www.refugeehealthnetwork.org.au.

The Network also produces a helpful monthly E-bulletin which provides the latest news and information on refugee healthcare in Victoria. You can sign up on the above website or email refugeehealth@foundationhouse.org.au.

For further assistance or information please contact Dr. I-Hao Cheng, Refugee Health Program Coordinator— i.cheng@dcgpa.com.au.

The One Night in November

Annual General Meeting
&
The Most Anticipated Grand Final Of The Year
Parkmore Medical Centre Vs Casey Medical Centre

Thursday 13 November, 2008

6.30pm for 7.00pm

(2 course dinner)

Novotel Glen Waverley,
285 Springvale Road,
Glen Waverley

Look out for your invitation in the mail.

Parkmore Medical Centre

Award Winning Performance
"I will follow him"



Casey Medical Centre

Award Winning Performance
"Rocky Horror Show"



GP, Practice Manager & Nurse Education weekend

Friday 27 - Sunday 29 March, 2009
Silverwater Resort, Phillip Island

Mark this date in your diary now!!