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## MESSAGE FROM THE CEO

Welcome to the September 2013 issue of GP Matters the monthly publication published by GP partners Adelaide to provide members with up to date information regarding activities, health news, business enhancement opportunities and health information relevant to General Practice.

### 2013 ANNUAL GENERAL MEETING – PLEASE RESERVE THE DATE

The Annual General Meeting has been scheduled for the evening of 17th October 2013 and will be held at Ayers House North Terrace Adelaide. A formal notice and agenda for the meeting will be mailed to all members prior to the meeting. Please note the date and time in your diary.

### AMENDMENTS TO GP PARTNERS ADELAIDE CONSTITUTION

The Board of Directors of GP partners Adelaide will be commending to members for approval by special resolutions at the Annual General Meeting amendments to the GP partners Adelaide constitution. Whilst a detailed explanatory memorandum will be provided to members in support of the special resolutions it will be proposed:

- » To change the name of the Company to GP partners Australia

The need to change the company name has resulted from the transition from a Division of General Practice to a Membership based organisation and the resulting successful recruiting of a substantial and continuing growth in General Practitioner members. This membership growth has been derived primarily from across South Australia and outside the historical boundaries of GP partners Adelaide as defined by the now defunct Government's Divisions of General Practice Program.

General Practitioner members are increasingly suggesting that the inclusion of Adelaide in the company name suggests a capital city centric perspective to rural General Practitioners or a misnomer in the minds of metropolitan General Practitioners who are not located in the Central Business District of Adelaide or the eastern suburbs. Several alternative names were considered.

It will also be proposed by Special Resolution:

- » To empower the Board to appointment at its discretion one or more Associate Members as Non-GP Directors within 90 days following an annual general meeting

(An Associate Member is currently defined as "A registered medical practitioner with an interest in General practice and/or General Practitioners and their continued well-being.")

Existing membership categories and their voting rights will not be disturbed by the adoption of the proposed amendments. The amendment if approved will provide greater flexibility to attract an additional person of merit to be appointed (as opposed to elected) to the Board as voting Directors.

### MEDICARE LOCALS AFTER HOURS AGREEMENT - JOINT GP PARTNERS ADELAIDE AMA (SA) FORUM

In response to expressions of concern from Members, GP partners Adelaide in association with the AMA (SA) recently



held a successful information evening to raise issues surrounding the provision of after-hours services and to provide general advice around what to consider when entering contract arrangements with Medicare Locals. As a result of the workshop many General Practices have renegotiated the original offer and a considerable number are planning the date of execution on a day after the results of forthcoming Federal government election are known.

## GP PARTNERS ADELAIDE NEW WEBSITE

GP partners Adelaide has launched a new website dedicated to the needs of members. A visit will demonstrate a new fresh look with improved functionality and ease of use. It features improved and simplified navigation for planning Continuing Professional Development participation, services for General Practice, current news, business development and other services all aimed at enhancing professional role satisfaction and adding commercial value to General Practice. Please visit the website; we are confident it will be useful to you.

This issue of GP Matters features General Practice service program information, news of interest and other features and GP partners Adelaide trusts that you will find this latest issue interesting and worth a perusal.

## IMMUNISATION UPDATE

### *National HPV Vaccination Program Register*

The National HPV Vaccination Program Register has recently rebranded its website and updated resources. The pink flowers have been removed in line with the extension of the program to males.

This register is funded by the Australian Government and is an important means for monitoring and evaluating the program by recording information about HPV vaccine doses administered in Australia.

**Information for health professionals including access to the register is available at:**  
<http://www.hpvregister.org.au/health-professionals>

### *Shingles and Zostavax*

The Victorian Department of Health's website 'Better Health Channel', describes shingles as 'a skin rash characterised by pain and blistering. Tender, painful skin signals the beginning of an attack. The skin then turns red and breaks out in tiny fluid-filled blisters.' The chest and stomach are most commonly affected, but shingles can occur on the face.

Anyone who has had chickenpox can develop shingles. However, people who have never had chickenpox can catch the virus from another person with shingles.

Other facts about shingles are:

- » The virus responsible for shingles can be spread when a person comes into contact with the fluid contained in the blisters, either directly or indirectly.
- » Approximately 1:3 people will develop shingles in their lifetime.
- » Shingles is caused by the same virus responsible for chickenpox.
- » Treatment is most effective within three days of the rash appearing.
- » A vaccine is available on prescription for people aged 50 years and over.

The Australian Immunisation Handbook 10th Edition 2013 (p450), states that 'a single dose of zoster vaccine is recommended for adults  $\geq 60$  years of age who have not previously received a dose of zoster vaccine. Persons with significant immunocompromise should not receive the zoster vaccine.

However, people who wish to receive this vaccine must obtain a prescription from the doctor and purchase the vaccine at a pharmacy. The cost of the vaccine may vary amongst pharmacies, but is approximately \$230.

bioCSL, who produce the zoster vaccine - Zostavax is currently working with the Government to secure listing of this vaccine on the National Immunisation Program for Australians aged 60 years up to 80 years of age, as people in this age group are more likely to suffer postherpetic neuralgia following an episode of shingles.

For further information go to: <http://gplink.co/16cjm>

## HOME CARE PACKAGES PROGRAM

Home Care Packages are funded by the Australian Government through the Home Care Packages Program – a new program that commenced on 1 August 2013.

Elderly people who wish to stay in their home but need help with a range of services like cleaning and preparing meals, gardening, assistance with showering, or transport so that they can go shopping or attend appointments, may be able to access a Home Care Package following an ACAT Assessment.

There are four levels of Home Care Packages:

- » Home Care Level 1 – to support people with basic care needs.
- » Home Care Level 2 – to support people with low level care needs.
- » Home Care Level 3 – to support people with intermediate care needs.
- » Home Care Level 4 – to support people with high care needs.



### What types of services are provided?

- » Personal care: such as help with showering, dressing, mobility, meal preparation and eating, and fitting sensory communication aids.
- » Support services: such as help with laundry, house cleaning, gardening, basic home maintenance, home modifications (related to care needs), and transport to do shopping, visit the doctor or attend social activities.
- » Clinical care: nursing, allied health and other therapies.
- » Other services: such as remote monitoring technology (where appropriate) and assistive technology, including devices that assist mobility, communication and personal safety where these services are identified in the care plan.

### What is Consumer Directed Care?

Some Home Care Packages will be delivered on a Consumer Directed Care (CDC) basis. CDC is a new way of providing home care. It gives older persons more control and choice about the types of care and services that may be accessed, how the care is delivered and who delivers it.

Under CDC, the older person will determine the level of involvement they would like to have in managing their own package. They will be provided with a personalised budget so that they are aware of how much funding is available for services and how the money is being spent.

Initially, around 10% of Home Care Packages will operate on a CDC basis, but this will increase over the next two years. From July 2015, all Home Care Packages must be delivered on a CDC basis.

### What does a Home Care Package cost?

The Australian Government pays for the bulk of aged care in Australia, but as with all aged care services, people may be asked to contribute to the cost of care if they can afford to do so.

The amount will vary according to income. If a person is on the basic rate of pension, the maximum contribution would be 17.5% of the single pension. People on higher incomes may be asked to contribute a higher amount.

For more information go to: <http://gplink.co/1z9ij>

## DVA'S CVC PROGRAM

Do you need assistance with billing enquiries for the CVC Program? See 'How to Claim' on the DVA website.

GPs can claim the following payments through existing payment arrangements with Medicare Australia:

- » Initial Incentive Payment for enrolling a participant in the program
- » Quarterly Care Payments for ongoing care.

DVA has recently updated the CVC claiming ready reckoners:

- » Self-populating claiming date ready reckoner automatically calculates the date of service and the claiming date.
- » Claiming date ready reckoner spreadsheet helps calculate the date of service and the claiming date.

For further information, please contact Gemma Butler or Cathy Hayward at GP partners Adelaide on 8112 1100

## PRACTICE NURSE UPDATE

### Management of Leg Ulcers in General Practice

Recently GP partners Adelaide hosted an education session for general practice nurses on Wound and Leg Ulcer Management in general practice. Education regarding leg ulcer management included:

- » The clinical profile of venous and arterial leg ulcers
- » Pathophysiology of venous disease
- » Diabetic foot ulcers
- » Clinical management
- » Compression bandaging, which is the mainstay of treatment in venous leg ulcers, and addresses the underlying causes of the problem

The International Leg Ulcer Advisory Board has produced a 'Recommended Management Pathway' for the use of compression bandaging. This pathway chart can be accessed via the Smith & Nephew website: <http://gplink.co/s9oy1>

The Australian Wound Management Association provides guidelines and standards through comprehensive resources regarding the assessment and management of wounds and leg ulcers.

'The Australian and New Zealand Clinical Practice Guideline for Prevention and Management of Leg Ulcers' was developed by the Australian Wound Management Association and the New Zealand Wound Care Society. The guideline presents a comprehensive review of the assessment, diagnosis, management and prevention of venous leg ulcers within the Australian and New Zealand health care context, based on the best evidence available up to January 2011.

Some points from this resource include:

- » Australian data indicates that approximately 99% of individuals with a VLU are aged 60 years or over
- » A health professional trained in the assessment and management of VLUs should conduct a comprehensive assessment of all patients presenting with a leg ulcer. A comprehensive assessment should include:
  - » Clinical, pain and leg ulcer history
  - » Examination of the leg and ulcer





- » Investigations to support diagnosis
- » The guidelines and website includes the 'Flow Chart For Management of Venous Leg Ulcers' that will assist health professionals to best meet the components of care as listed above as well as treatment, patient education and follow up.

Please access this and other resources: <http://gplink.co/crsw0>

## SA HEALTH COACHING SERVICE

SA Health recently announced that they have replaced their face-to-face Do It For Life program, that finished on 30 June 2013, with a similar one-on-one lifestyle coaching telephone service.

The Coaching Service is a free\* six-month telephone support program designed to help all adults in South Australia to improve their health. The Service supports users with a personal coach, a qualified health professional, to help them to set and achieve their health goals.

The personal health coach will guide them in setting a health goal and action plan, assist them to identify barriers to achieve their goals and help participants to develop strategies to overcome these barriers. They will then receive regular phone calls from their health coach to keep them motivated and answer any questions that they have. Participants can also call their health coach if they need additional support.

**To take part, anyone interested can call the SA Health Coaching Service on 1300 650 742 to get started. A referral is not required. Following this the personal health coach will arrange to call the participant at times that suits them, between 7.30am and 7.30pm, Monday to Friday (excluding public holidays), anywhere in South Australia via the telephone.**

\*The first call to SA Health Coaching Service will be charged at local call costs, or as per the callers mobile plan. Clients enrolled in the service will not be charged for future calls.

## TOPICS FOR 2014 GP CPD PROGRAM

GP partners Adelaide offers an average of 46 CPD opportunities over the course of a year. We will be organising the 2014 GP CPD Calendar shortly. Feedback gathered from the Evaluation Forms of CPD events held during 2013 will form the basis of the calendar of events for next year.

However, it is not too late to have your say. What topics would you like us to organise for you?

Please email your suggestions to: [kgallary@gppadelaide.org.au](mailto:kgallary@gppadelaide.org.au)

## UPCOMING CPR COURSES

Have you completed your basic CPR update for the 2011-13 QI&CPD Triennium?

As the final year of the current 2011-2013 QI&CPD Triennium, GP partners Adelaide has received a large number of requests from GPs looking to complete a basic CPR update before the end of the year. To help meet this high demand for CPR courses, GP partners Adelaide will be holding two additional Basic CPR Update and Credentialing sessions on Saturday 26th October 2013. These courses meet the CPR requirement for GPs under the RACGP QI&CPD program and attract 5 points (category 2). Practice staff are also invited to attend these courses to assist in meeting their CPR training requirements for practice accreditation.

Courses are of 2 hours duration and will commence at 10am and 1pm, held at GP partners Adelaide, First Floor 120 Hutt Street Adelaide. As there is a limit of only 15 participants per course, please register as soon as possible to avoid missing out.

**Registrations can be made by phoning GP partners Adelaide on 8112 1100, emailing [gbutler@gppadelaide.org.au](mailto:gbutler@gppadelaide.org.au) or log on to CME bookings [www.cmebookings.com](http://www.cmebookings.com). A nationally accredited statement of attainment, HLTCPR211A – Perform CPR, will be provided to participants. Please note, a \$45 participant fee applies.**

## NEWS OF INTEREST AUSPANET

*Is physical activity part of your professional role or interest? If so, sign up to AusPANet today*

The Heart Foundation provides a free communication network, providing access to timely, accurate information about physical activity, from research and developments in the area to events and conferences.

AusPANet (Australian Physical Activity Network) aims to build knowledge and capacity in the physical activity workforce. The key elements of this network include:

- » A regular e-News (emailed to members fortnightly).
- » A dedicated website containing physical activity resources and publications.
- » The opportunity for network members to ask questions of an expert in the physical activity field.
- » Provision of professional development information and employment opportunities.

**Use our online form (<http://gplink.co/77at8>) to sign up to become a member today!**

## DEMENTIA AWARENESS WEEK

The national Dementia Awareness Week is scheduled for September 16th – 22nd. Alzheimer's SA will support any general practice health promotion activities with brochures, posters and 'help' sheets.

Please contact Cathy Hayward at GP partners Adelaide if you would like to obtain any of these resources for your practice. Phone 8112 1116 or email [chayward@gppadelaide.org.au](mailto:chayward@gppadelaide.org.au)

## FUNERAL ATTENDANCE PRACTICES OF AUSTRALIAN HEALTH PROFESSIONALS

The University of Adelaide has approved a Research Study looking at the Professional Attitudes and Practices regarding Attendance at Patient Funerals.

The research aims to understand the funeral attendance practices of health professionals from medicine, psychology, nursing, social work, pastoral care, occupational therapy and other allied health professions.

An understanding of health professionals' perceptions, practices and experiences of attending funerals, could be used to assist in training and professional development.

If you would like to know more about the study at any stage, or would like to receive a copy of the results, please feel free to contact any of the researchers:

- » Sofia Zambrano 08 8222 5636  
[sofia.zambranoramos@adelaide.edu.au](mailto:sofia.zambranoramos@adelaide.edu.au)
- » Gregory Crawford 08 8239 9117  
[gregory.crawford@adelaide.edu.au](mailto:gregory.crawford@adelaide.edu.au)
- » Anna Chur-Hansen 08 8222 5785  
[anna.chur-hansen@adelaide.edu.au](mailto:anna.chur-hansen@adelaide.edu.au)

If you have any concerns or complaints about this study, you are welcome to contact the University of Adelaide Human Research Ethics Committee's Secretariat on phone (08) 8313 6028 or by email to [hrec@adelaide.edu.au](mailto:hrec@adelaide.edu.au)

Please complete a survey at the following link:

<https://www.surveymonkey.com/s/funeralattendance>

## SEPTEMBER 12TH IS R U OK? DAY

The R U OK? Foundation was founded by advertising executive Gavin Larkin and television producer Janina Nearn in 2009. Gavin wanted to create a world without suicide after experiencing the suicide death of his father, Barry Larkin.

R U OK? Day is the foundation's national day of action held every year on the second Thursday of September; dedicated to reminding people to regularly check in with family and friends and ask 'are you ok?'

R U OK? aspires to build the capacity of family members, friends, colleagues, teammates, students and community leaders to have regular, meaningful conversations with anyone who might be struggling with life.

- » On average, more than 2,300 Australians suicide each year (ABS 2012)
- » An estimated 65,000 people attempt suicide each year (Lifeline)
- » Suicide is the biggest killer of Australians aged 15 to 34 years (ABS 2012)

For more information about the R U OK? Foundation or R U OK? Day, visit the website: [www.ruokday.com](http://www.ruokday.com)

## ADVERTISEMENTS

The products and services presented below are not necessarily endorsed by GP partners Adelaide. They are presented in good faith only as an information service for members



### Understanding your patient's workplace

Research shows that the sooner an injured worker resumes their usual activities:

- » the quicker they get better
- » the less likely their injury will become a long term problem.

Understanding your patient's workplace may help you assess their capacity for work, however getting this information can sometimes be difficult.

WorkCoverSA's *Steps to access information on your patient's workplace* will assist you to gain the relevant information required to make an assessment for your patient. To access this step-by-step process and further information, contact:

- Website: [www.workcover.com](http://www.workcover.com)
- Phone: 1800 180 545 (GP Helpline)
- Email: [GPHelpline@workcover.com](mailto:GPHelpline@workcover.com)

## medibank health solutions

### Doctor - Adelaide

We are seeking Doctors to join our Workplace Health Clinic. Our Workplace Health services:

- » Target health issues before they become problems
- » Are designed to help reduce workplace injuries
- » Help injured employees return to work as quickly and safely as possible
- » Promote employee health & productivity

Contact: Anthony Pace

Phone: (02) 9425 3836

Website: [www.medibankhealth.com.au/careers](http://www.medibankhealth.com.au/careers)

### REGISTERED NURSE REQUIRED 3 DAYS PER WEEK FOR GENERAL PRACTICE

Management Plans, Health Assessments and GP experience preferred. Working within a team environment in our recently expanded Medical Centre offering quality care, enhanced facilities and superbly located in cosmopolitan Norwood. We welcome your enquiry to:

Practice Manager

Kensington Road Medical Centre

93 Kensington Road

NORWOOD SA 5067

Phone: 8431 5506

Email: [manager@krmc.com.au](mailto:manager@krmc.com.au)

### *GPs and Rural and Remote Medical Staff*

*General practitioners and rural and remote medical staff – do you provide care for people with life-limiting conditions and want to increase your skills in the palliative approach to care?*

The Program of Experience in the Palliative Approach (PEPA) is a great opportunity to learn from palliative care specialists in a supported environment.

Placements are available in South Australia and applicants are encouraged to apply.

PEPA has three learning components:

1. A supervised clinical attachment to:
  - » inpatient palliative care – to provide experience in the ongoing management of patients, case conferencing and the role of the multidisciplinary team
  - » acute hospital consultancy – to provide experience in the management of the patient and family needs during the transition from curative to palliative care and the management of complex acute problems and/or
  - » community practice – which can provide experience in management of patient and family needs in the community and the resources and equipment available in the home.
2. A planned activity that you implement in your own workplace within three months of completing the attachment.
3. The development of networks to assist you in your own practice with people with life-limiting conditions.

Financial support is available to assist you to undertake this education program, including contribution towards backfill (payable to your employer) and travel (for rural and remote applicants).

Professional Development points for PEPA placements are available and further information regarding points can be gained from the PEPA website at [www.pepaeducation.com](http://www.pepaeducation.com)

**If you are interested in undertaking a placement in South Australia please contact the Palliative Care Council SA at [pallcare@pallcare.asn.au](mailto:pallcare@pallcare.asn.au); T: 08 82711643. Further information is also available at [www.pallcare.asn.au](http://www.pallcare.asn.au)**

## ADELAIDE WOMEN'S HEALTH CENTRE – GENERAL PRACTITIONER

The Adelaide Women's Health Centre (AWHC) offers quality specialised women's reproductive health services in a dedicated, patient friendly environment.

An exciting opportunity now exists at the Adelaide Women's Health Centre for a General Practitioner with an interest in women's health, who wishes to consolidate and develop their skills in this area. The successful applicant will work collaboratively with our other General Practitioners, Specialists, our registered nurse and our excellent support staff at the Centre.

Applicants will be required to participate in the education and training of medical students.

This is a unique opportunity to contribute to the development of a new model of care and to offer quality medical care in a fully supported inter-professional environment. Our team includes General Practitioners, Gynaecologists, Specialists and Nurses with a special interest and training in women's health. We are fully computerised, using Pracsoft and Medical Director.

We are looking for a Practitioner to consult a minimum of two sessions per week.

**Interested Doctors are encouraged to email their CV and expression of interest to the Clinical Operations Manager at [lmarch@awhc.net.au](mailto:lmarch@awhc.net.au) or forward the above to COM., AWHC, 77 King William Road, North Adelaide. 5006.**

**Telephone enquiries to Leanne on (08) 8313 2000.**

Please visit our website: [www.awhc.net.au](http://www.awhc.net.au)



### *Experienced immunisation nurse Adelaide CBD location*

Globe Medical is seeking an experienced immunisation nurse (RN), to administer travel, routine and childhood immunisations.

The successful candidate will:

- » Have a passion for travel, and experience in travel health and immunisations
- » Be experienced in conducting child health checks and administering childhood immunisations
- » Possess a broad understanding and interest in world geography and international affairs
- » Have a demonstrated ability to work autonomously
- » Be immunisation accredited, or be willing to undertake immunisation accreditation
- » Be eager to undergo in-house training in the use of travel vaccines and learn about important travel health topics

For more information, visit [www.globemedical.com.au](http://www.globemedical.com.au) careers, or phone Emily on (08) 8232 7372

## FULL TIME/PART TIME VR GP REQUIRED

Fully accredited non corporate GP owned general practice in the Inner Eastern suburbs requires either a full time or part time VR GP to join our fully computerised busy practice where they will be supported by a practice nurse and experienced and friendly reception staff with onsite pathology collection. Hours of work are flexible.

**For further information please contact Ros Klepczynski (practice manager) on (08) 8362 7032 or email [r.klepczynski@internode.on.net](mailto:r.klepczynski@internode.on.net)**





## UPCOMING EVENT SUMMARY

SEPTEMBER-OCTOBER 2013

### Basic CPR Update and Credentialing for GP's

Date/Time Wednesday, 11th September 2013 7:00 PM - 9:00 PM  
 Target Audience General Practitioners  
 Venue GP partners Adelaide  
 120 Hutt St, Adelaide  
 Presenter Peter Brown

FULL

### Pregnancy Diagnosed - What Next?

Date/Time Wednesday, 11th September 2013 6:30 PM - 9:00 PM  
 Target Audience General Practitioners  
 Venue Campbelltown Library  
 171 Montacute Road, Newton  
 Presenter Dr Jenni Gould, Dr Dragica Sosa and Dr Cate Price

FULL

### Basic CPR Update and Credentialing for GP's

Date/Time Monday, 21st October 2013 6:30 PM - 9:00 PM  
 Target Audience General Practitioners, Practice Nurses and Practice Staff  
 Venue GP partners Adelaide  
 120 Hutt St, Adelaide  
 Presenter Cecily Lawson

FULL

### Hypertension and Hyperlipidaemia Management in General Practice

Date/Time Wednesday, 23rd October 2013 6:30 PM - 9:00 PM  
 Target Audience General Practitioners  
 Venue GP partners Adelaide  
 120 Hutt St, Adelaide  
 Presenter Dr Ian Button

### Basic CPR Update and Credentialing 1

Date/Time Saturday, 26th October 2013 10:00 AM - 12:00 PM  
 Target Audience General Practitioners and Practice Staff  
 Venue GP partners Adelaide  
 120 Hutt St, Adelaide  
 Presenter Peter Brown

### Basic CPR Update and Credentialing 2

Date/Time Saturday, 26th October 2013 1:00 PM - 3:00 PM  
 Target Audience General Practitioners and Practice Staff  
 Venue GP partners Adelaide  
 120 Hutt St, Adelaide  
 Presenter Peter Brown

*For more information go to the events page on the GPPA website or contact us on 8112 1100*