



2011 APNA Conference 2011

Details for the 2011 APNA national conference 'Roadmap for the future' are now up at the APNA web site. For all the latest info please go to: www.apna.asn.au/scripts/cgiip.exe/WService=APNA/cmcs.r?PageId=11348



Frequently asked questions for GPs on radiation

Australian residents travelling to and from Japan may visit their doctor with concerns about possible radiation exposure in Japan and potential health effects. A 'Frequently Asked Questions for GPs on radiation' information sheet developed to assist medical practitioners is now available on the Australian Radiation Protection and Nuclear Safety Agency website at www.arpansa.gov.au/News/MediaReleases/JapanAdvisory.cfm#7

The Get Healthy Coaching and Information Service. What is Get Healthy?



- The Get Healthy Service is a free, telephone-based service that helps people make simple and sustainable changes relating to healthy eating, physical activity and achieving and maintaining a healthy weight
- Participants receive a detailed information kit and can elect to participate in a 6 month coaching program, with up to 10 telephone-based coaching sessions provided by trained health professionals
- The Service operates Monday to Friday between 8am and 8pm
- The Service is relevant to any adults who want to get healthier, and is especially important for anyone who has or is at risk of preventable chronic disease

How do people register?

GPs and Practice Nurses can refer patients directly to the Get Healthy Service using the general practice referral form, which can be downloaded from the Get Healthy website www.gethealthy.tas.gov.au (look under information for Health Professionals).

People can self-refer by contacting the service directly and registering for coaching via phone or email. A medical clearance may be required from their GP if they have underlying conditions.

Posters, brochures and cards for this preventive health service are available from Petrina Nettlefold.

Phone 6222 7708, email:

petrina.nettlefold@dhhs.tas.gov.au for more information.

Scholarships for Practice Nurses

RCNA scholarships are now available.

Application forms are available from the RCNA website

www.rcna.org.au/scholarships/nahssscpd

or phone 1800 112 240 for further information.

Sandy Bay nurse is successful applicant to attend APNA conference!

Congratulations to Amanda Sheen from Sandy Bay Clinic. Amanda was successful in her application to attend the annual APNA conference, to be held in Sydney. Amanda will share what she learns from this conference at a future practice nurse network meeting.



Seasonal influenza vaccines

The Therapeutic Goods Administration has recently released a statement on seasonal influenza vaccines. The purpose of the statement is to advise providers of influenza vaccines about the rationale for the approval and recommended use of the various influenza vaccines that are available for the 2011 influenza season. For more information, visit www.immunise.health.gov.au

Training in dealing with victims of Domestic Violence

General practices have been identified as organisations that have the opportunity to identify those who may be vulnerable to domestic and family violence. In conjunction with AGPN, Lifeline has developed specialised training in this area. It will assist practice nurses (PNs) to develop skills to deal effectively with family and domestic violence and help them to respond to this challenging area.

PNs will be able to:

- **Recognise** the language and behaviour which may indicate a person is experiencing domestic and family violence
- **Respond** to people experiencing family violence by being able to listen, believe and validate their experience
- **Refer** patients experiencing domestic and family violence to relevant local support services
- Conduct a risk assessment
- Be aware of the regulatory requirements in relation to child protection issues
- Use appropriate interpersonal skills and general knowledge to identify and respond in an appropriate manner to domestic and family violence
- Explore issues relevant to Aboriginal and Torres Strait Islander peoples

Education: With support from Government, free workshops are being held nationally.

Travel Assistance: Travel subsidies are available to those PNs and Aboriginal Health Workers attending the training who live in rural areas.

Assistance to Practices: Payments are available to practices for locum relief. This enables staff to attend the training at no cost to the practice.

For more information please go to:

generalpracticenursing.com.au/divert

KISS GUIDE TO the facts VACCINE MANAGEMENT

KISS – Keep It Simple and Safe
vaccinemanagement.gpqld.com.au

This website is designed to assist anyone who provides a vaccination service including both non-clinical and clinical staff such as - GPs, Nurses, Practice Managers, Staff and Aboriginal Health Workers with vaccine management.

Based on [National Vaccine Storage Guidelines: Strive for 5](#), the website and the flipchart resource provides an easy to use reference to help you achieve best practice in vaccine management.

For your **free flip chart guide** contact Margaret Clarke on 6208 7300.



Mental Health Nurses in General Practice

Several general practices in southern Tasmania have engaged credentialed Mental Health Nurses (MHNs) to assist in the provision of coordinated clinical care for people with severe mental illness and complex needs. The MHN works in collaboration with the GP to provide a range of patient-focused services such as:

- monitoring a patient's mental state
- medication management
- improving links to other health professionals and clinical service providers.

North Hobart Medical Centre has engaged a credentialed MHN for four months and has found that the support for patients between visits to the GP is of great assistance to the patient and the GP alike. They comment that the flexibility of the program enables them to meet individual patient needs. They emphasise it is important to complete all the required paperwork and to be vigilant about billing Medicare.

Engaging a MHN is funded through the Mental Health Nurse Incentive Program and registered general practices receive monthly payments from Medicare. A once only establishment payment is also available. There are specific criteria about patients who are eligible to access the MHN who must be credentialed through the Australian College of Mental Health Nurses. Terms and conditions for employing or contracting a MHN is a private arrangement between the general practice and the nurse.

For more information or to register for this program, go to the Medicare website www.medicareaustralia.gov.au/provider/incentives/mental-health.jsp or contact Pam Reid at General Practice South on 6208 7320 or preid@gpsouth.com.au



Upcoming Events

Meeting Topic	Coordinator	Venue	Date & Time
Practice Nurse Network Meeting	Margaret Clarke	Seminar Room, General Practice South	Mon 18 April 6.00pm - 8.00pm
Practice Manager Network Meeting	Pip Scholten	Seminar Room, General Practice South	Wed 20 April 12.30pm - 2.00pm

Disclaimer: Whilst every reasonable effort has been made to ensure that the information given in this newsletter is accurate, General Practice South will not accept liability, any injury, loss or damage arising directly or indirectly from any use of or reliance on this information.

MMR Decision Aid

Do you have parents of patients who would like more information about the measles-mumps-rubella (MMR) vaccination that is due at 12 months and 4 years of age?

Help your patients make an informed decision by referring them to the MMR Decision Aid on the National Centre for Immunisation Research and Surveillance website

www.ncirs.edu.au/immunisation/education/mmr-decision/index.php

This decision aid has been designed to help consumers decide whether to immunise their child with the MMR vaccine.

'Swap It Don't Stop It' campaign

The Commonwealth Government has launched its Swap It Don't Stop It campaign – a call to make easy, small, healthier lifestyle choices to reduce the risk of illness and disease.

Swap It Don't Stop It is part of a concerted, comprehensive approach by the government to provide unprecedented support to keep people healthy and out of hospital. Further information on the campaign, including factsheets, can be found at www.australia.gov.au/swapit

Diabetes Tasmania's Youth Program

Diabetes Tasmania is developing a program of camps, seminars and activities to help babies, children and young adults with diabetes.

Starting on **6 April** a seminar on insulin pump use will take place at 5.00pm at Diabetes Tasmania, 88 Bathurst Street, Hobart for anyone interested in pump therapy and seeking more information.

Then from **27 to 29 May**, is Family Camp at Dysart for the parents and siblings of children under 7 years of age who have diabetes.

'A Kid in Your Life has Diabetes' is a group session aimed at secondary carers; grandparents, relatives and family friends, day carers and school teachers. It is designed to help carers feel confident in caring for a child or teenager with type 1 diabetes. Groups are run for 2 hours at Diabetes Tasmania, 88 Bathurst Street and are free of cost. Groups will take place monthly on the **last Wednesday of each month**, subject to demand.

Junior, Teenage and Young Adult getaways will be run through 2012 too. If any of your patients are interested in attending any events or camps, please ask them to contact **Maggie Lasdauskas, Diabetes Educator, on 6215 9000.**

Identification of Aboriginal and Torres Strait Islanders

The RACGP has developed a new position statement, *Identification of Aboriginal and Torres Strait Islander People in Australian general practice*, which summarises processes to identify, record and report the Aboriginal and Torres Strait Islander status of patients of health services. To view the guide visit www.racgp.org.au/aboriginalhealth/identificationpositionpaper.pdf