

**March 2007**

## Hawkesbury-Hills Division of General Practice

*Delivering Local Health Solutions Through General Practice*

A proud member of



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&  
Antenatal Shared Care

Jane Assange  
Mental Health Project  
Officer

Lynne Fraser  
Diabetes and CDM

Debbie Howlett  
Education

Kate McDermott  
Immunisation

Gary Brown and  
Christine Agius  
NPS & HMR

## CEO's Report

*Darren Carr*

Firstly let me welcome back everybody following the Christmas break and January holidays. Following a busy 2006 that saw Hawkesbury-Hills Division of General Practice expand its services and coverage significantly, this year looks to be another dynamic year for the Division. Now that the new Division has been successfully established, we expect to see less change, but there will still be a focus on how we can further improve services.

To further improve and structure the Division's work in 2007, we have introduced Focus Months to the Division calendar. Programmes and events each month will be organised around a particular theme, with the first of these in March focusing on Seniors Health and Well being. The full calendar is included in the newsletter. GPs and Practice staff are still free however to call us for assis-

tance with any program at any time.

Electoral boundary changes and local political machinations mean that electorates in our Division are going to be the focus of much attention in upcoming state and federal elections. Whilst the Division has always maintained a profile with local politicians, the board this year is intending to further our relationships with political decision makers and increase the Division's profile. We currently have meetings scheduled with state parliament independent and Liberal MPs & candidates in the lead up to the state election and have approached Labor MPs (still waiting to hear back at time of writing). We will report further about the progress of these discussions.

We have lots of goals that we want to achieve in the coming year. Some of the

more notable ones include:

- *Improving communication between Area Health Services and GPs*
- *Attaining ACHS Accreditation of the Division*
- *Rolling out more programs that meet community and GP needs*
- *Continuing to improve the quality and quantity of services that we offer*
- *Increasing the profile of the Division amongst our local community and with key decision makers*

Continues on page 3

## From the Chair...

Wow, what a year 2006 turned out to be! Hawkesbury-Hills Division was established and is now up and truly running. I would hope that by now all of you have had some contact from the division, either through our faxes, newsletters or your practice support officer.

In late 2006, the Australian Divisions of General Practice (ADGP), which is the representative of all divisions in Australia, unveiled a fresh vision for the future. This vision included a name change to the Australian General Practice Network (AGPN) and re-affirming the vision of divisions with the statement "delivering local health solutions through general practice." We all know that the most effective way to do this is through General Practice. In this edition of our newsletter you will find that we have many initiatives and programmes,

which aim to do just that. They have been established to assist you and our local community.

Remember Hawkesbury-Hills Division of General Practice is your division and we are here to support your general practice as you deliver health solutions to your patients. Feel free to contact us and to utilise any of the resources and programmes that are available through the division.

I hope to meet some of you during the course of this year.

Tony Rombola

## HHDGP BOARD

**DR TONY ROMBOLA -**  
CHAIR

**DR MARK BRUNACCI -**  
DIRECTOR

**DR MARISA SMITH -**  
DIRECTOR

**DR EMAD HANNA -**  
DIRECTOR

**DR PRAKSH MISTRY -**  
DIRECTOR

**DR MICHAEL CRAMPTON -**  
DIRECTOR

**DR HANAA ESKANDER -**  
DIRECTOR

## Introducing...

## One of the Directors

**H**ii! My name is Michael Crampton. I am a principal at Kable Street General Practice in Windsor. This is a practice of 15 GPs (many part-time) with two practice locations – Windsor and Glossodia. I have worked at Kable Street for ten years, and have been associated with the local Division of General Practice for most of that time. I have been a board member of Hawkesbury Division for three years, and was chairman for two of those. I have been on the Hawkesbury-Hills Division board since its inception last year.

Darren has asked me to say what I do with my time outside of General Practice, and to talk about how I see Divisions and their role. The first bit is easy – I'm a husband to Vicki and a dad to five children, aged 29 to 14, a grandfather to 1½ grandchildren and a "parent" to four dogs. I love spending time at home with my family, plus reading, driving, the bush, tinkering on computers, watching baseball, swimming and best of all, weekends away with my Vicki.



As I see it, Divisions offer an opportunity for local support to GPs and their community and they are a vehicle that connects and represents local GPs with a variety of organisations important to the functioning of our practices

government, Medicare Australia, Federal Department of Health, RACGP, AMA, GP training providers, university schools of medicine and so on. GPs speak more effectively when working together, and in my experience of our local Division, we have had a positive impact on how medical care is delivered in our region because we have used the Division as our agent of change.



It is important to me that we have satisfying, viable practices staffed by excellently trained GPs who deliver quality professional health care – otherwise why would one want to be a GP? This statement summarises the challenges for General Practice and for Divisions – I believe these challenges are best met through local GPs working in and through their Divisions. If we do not contribute to enhancing efficiency, quality, training and service in General Practice, I fear that at best others will dictate our future, and at worst, others will take over our future.

I am a great fan of our local Division, and I am happy to hear reports of increasing involvement by local GPs in our Division's programs (so much so that a recent expression of interest in program participation was over-subscribed!). Come and join us and have a say in your future.

## 2007 Antenatal Shared Care

**Antenatal Shared Care Tutorials:**  
Spaces are still available in the following sessions. Bookings are essential, contact Julieann/Sue on 8884-9444.

**Antenatal Tutorials @ Westmead Hospital ANC**  
**Wednesday Mornings**  
**8.30am-9.30am**  
28 March, 30 May, 25 July, 26 September, 28 November



**Antenatal Tutorials @ Blacktown Hospital ANC**  
**Tuesday Mornings**  
**8.00am-9.00am**

24 April, 26 June, 28 August & 30 October



**General Practice**  
**Established Dispensing**  
**Medical Practice situated at**  
**Wisemans Ferry NSW.**  
**Enquiries Tel 0245730691**

## Hawkesbury After Hours GP Service

### Benefits to GP's:

- \* Access to after hours care for your patients.
- \* Assistance in meeting accreditation and PIP requirements.
- \* Guaranteed minimum payment.
- \* Reduced time on call/after hours commitments.
- \* Variety of work

### Financial Benefits to GP's:

70% MBS fees to GP's.

### SALARY SACRIFICE OFFERED

Patients attending the clinic will be bulk-billed. Guaranteed minimum hourly rate:

**Mon-Thur \$100**

**Fri, Sat & Sun \$120**

**Public Holidays \$170**

**Xmas Day & Good Friday \$240**

Below outlines the average earned per shift by GP's over a 6 month period:

Mon-Fri (4 Hours) \$550

Saturday (8 Hours) \$1,265

Sunday (8 Hours) \$1,360

No outgoings – consumables and support staff costs are met by the service.

### Service Facilities:

- \* Ability to negotiate shifts.

- \* Own Receptionist.
- \* Well equipped, 2 rooms.
- \* Close to Emergency Department.
- \* No overheads.
- \* Medications provided.

The Hawkesbury  
**AFTER HOURS GP SERVICE**  
Hawkesbury Community Health Centre  
Cnr Day & Macquarie Streets  
Windsor  
Weekdays  
6pm-10pm  
Saturday, Sunday  
& Public Holidays  
2pm-10pm  
**4560 5780**



## News from the Practice Support Team

The Practice Support Officer Team are looking forward to providing ongoing support to your general practice this year. Our aim is to continue to improve current relationships with the general practice and to promote new relationships with general practices that aren't aware of the benefits of having Division support. We are providing Division Support via a Practice Support Officer Model of service delivery. In brief this is where an individual Practice Support Officer is allocated to provide support to your practice, and to act as voice for your practice in relation to Division feedback.

The Practice Support Officers currently employed are **Lynne Fraser, Carla Bosch, Kate Mc Dermott, Rachael Adlington** and **Kerryn Zadro**. If you are unaware of who your allocated Practice Support Officer is, please contact the Division to find out.

To reinforce our commitment in supporting general practice we are continuing our focus month calendar in 2007. Within each of the focus months, we will endeavor to inform general practice staff about the activities the Division is involved in to support that months focus area, along with information regarding local community services.

Regards,  
**Kerryn Zadro**  
Practice Support Coordinator

Month	Focus Topic	Reason
<b>MARCH</b>	<i>Seniors Health and Wellbeing</i>	NSW "Seniors Week" (11-18th March)
<b>APRIL</b>	<i>Persistent Pain</i>	NPS-promotion National Arthritis week (1-7th April)
<b>MAY</b>	<i>Quality Improvement through Systems</i>	Promote the importance of effective recall and reminder systems, policy and procedures within General Practice
<b>JUNE</b>	<i>Male Health and Wellbeing</i>	Men's Health Week (11-17th June)
<b>JULY</b>	<i>GP Health and Wellbeing</i>	Family Doctor Week (15-21st July)
<b>AUGUST</b>	<i>Management of Immunisations</i>	International Youth Day (12th August)
<b>SEPTEMBER</b>	<i>Mental Health</i>	Dementia Awareness Day, World Suicide Prevention Day, World Alzheimer's Day
<b>OCTOBER</b>	<i>Female Health and Wellbeing</i>	"Girls night in" (1-31st October)
<b>NOVEMBER</b>	<i>Dealing with Diabetes</i>	World Diabetes Day (14th November)

### CEO's Report Continued...

It will be a busy year but we have a full complement of dedicated, intelligent, hard working staff who are well capable of achieving these goals. We look forward to working with and for GPs, practice staff and the community to make 2007 a successful year.

#### Staff Member Profile

**Name:** Darren Carr

**Position:** Chief Executive Officer – my role is to take the board's ideas about where the Division is headed and turn them into reality. This role is exciting, diverse and dynamic. I don't always know what to expect from each day but they're rarely dull. More importantly I have the opportunity to make a difference in people's lives

**How long have you been with the Division:** Six years.

**What do you like about working at HHDGP:** My favorite thing about working here is the wonderful people that I work with. They're dedicated, hard working and good at making goals a reality. They also find time to care about each other and have fun whilst achieving programme targets. Without such wonderful staff the Division would not be so well placed to serve its members and contribute to the wider community.

**Outside of work:** I'm married with 3 kids (5, 3 and 3 months). I love bushwalking, cycling, am active in my church and am a passionate Swans fan.

## Tools for Parents Project

**Free workshop for parents with children 0 – 3 years (and free childcare too!)**

**"Expect the unexpected"- for expecting 1<sup>st</sup> time parents**

For pregnant couples on managing the transition from partners to parents. The Seminar Covers:-Changes in your role, relationships and lifestyle, relationship check-up quiz, sharing the load, extended family relationships, coping strategies for new parents.

**Richmond Community Services Inc. has a new project funded by the Dept. of Family & Community Services (FACS) called 'Tools for Parents' that will facilitate 10 free workshops and two 6 week free courses by Relationships Australia (that will all include free childcare) to help parents with children 0 -8 years develop better relationships between themselves and with their children and to enhance their parenting skills. The next one is:**

Wednesday 21<sup>st</sup> February 6.30pm – 9.00pm at

**Hall1, Richmond  
Neighbourhood Centre,  
20 West Market Street,  
Richmond.  
(Childcare in Hall 3)**

**To book a place call Narelle:  
(02) 4588 3501 Tues, Weds or  
Thurs or e-mail:  
admin@rcsi.ngo.org.au**

**2 X SENIOR LECTURER/LECTURER  
(PART TIME OR FULL TIME)  
Campbelltown Campus**

Salary: Academic Level C/B, \$70,010 to \$97,863 p.a. (pro rata)

Medical loading may be applicable

The School of Medicine will pursue excellence in education and research, and aims to teach students in a way that is contemporary and highly relevant to their eventual careers. The School is preparing for its first intake of students in February 2007 and two exciting opportunities currently exist for academic staff to join the Medical Education Unit.

The Medical Education Unit manages all academic and education matters within the School, including curriculum development and delivery, assessment components and procedures, and student progression. The committees that set direction for academic matters in the School are managed within the Unit, representing a significant component of the Unit's work.

**SENIOR LECTURER/LECTURER IN  
MEDICAL EDUCATION  
(PART TIME, 0.5 FTE) Ref: 70019**

The Senior Lecturer/Lecturer in Medical Education will play a major role in ensuring the high quality of the School of Medicine's operations through curriculum development, teaching, assessment, supervision, resource development and research/scholarship.

**SENIOR LECTURER/LECTURER IN  
GENERAL PRACTICE/PRIMARY CARE  
(PART TIME 0.5 FTE) Ref: 70018**

Responsible for the facilitation of lectures, tutorials, PBL's and practical classes, the preparation and supervision of teaching materials and assessments, undertake research activities, supervise honours and postgraduate students and perform administrative and operational tasks contributing to the School in the area of General Practice or Primary Care. Until the Discipline of General Practice is established the person will be placed in the Medical Education Unit and will have specific responsibility for community based programs in years 1 and 2.

Please note that suitably qualified candidates who apply for both positions may be considered for a combined full time appointment.

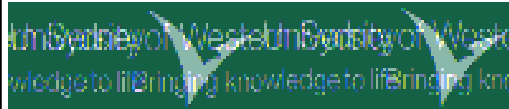
**Initial enquiries may be directed in confidence to Professor Ian Wilson by telephone**

**(02) 4620 3372 or email [i.wilson@uws.edu.au](mailto:i.wilson@uws.edu.au). All applications should be forwarded via e-mail to [recruitment@uws.edu.au](mailto:recruitment@uws.edu.au) quoting the position reference number.**

Applications close 2 March 2007.

A more detailed description of this position and other opportunities can be accessed through our website.

**[www.uws.edu.au/vacancies/](http://www.uws.edu.au/vacancies/)**



## Help for Cancer Patients is at your fingertips!

The Western Sydney Regional Advocacy Network (WESRAN) is a group of Cancer survivors, carers and other volunteers with an interest in Cancer related issues. All members have attended the Cancer Council NSW Consumer Advocacy Training and meet regularly to campaign about cancer issues they would like to advocate for in Western Sydney. WESRAN have a strong belief that by working together we can defeat Cancer and make the journey of Cancer patients a little more bearable.

The current campaign being undertaken by the WESRAN is to make General Practitioners in Western Sydney more aware of the support services available for Cancer Patients and carers through the Cancer Council NSW.

The Cancer Council's **HELPLINE Ph: 131120** is a central point of contact for Health Professionals, cancer patients and their carers and the general public. It is staffed by oncology health professionals 5 days per week from 9am-5pm.

**The following services are available via the helpline:**

- \* Referral to local cancer support groups and telephone support groups
- \* Support and Information Pack for newly diagnosed patient

- \* Booklets and printed information on cancer prevention, screening and treatment and various cancer types
- \* Information for Health Professionals
- \* Referral to Living With Cancer Education Programs
- \* Cancer Council Connect – one to one peer support for cancer patients
- \* Multicultural cancer information services. Available in Greek, Italian, Mandarin, Cantonese and Arabic
- \* Support for carers
- \* Cancer information library. Borrow by post available

The Western Sydney Regional Advocacy Network (WESRAN) believes that GP's have a vital role in referring cancer patients to all support services, including support groups. We are also aware that there are many other Cancer related issues that we need to bring to the attention of decision makers at all levels and hope to campaign for these in 2007.

For any further information, please do not hesitate to contact the following WESRAN member:

**James Butler – 0412 368 337 / [jjbutler@bigpond.net.au](mailto:jjbutler@bigpond.net.au)**

## Quality Use of Medicines with Gary Brown & Christine Agius



National Prescribing Service Limited

### Current Topic - Effective Use of Antidepressants

The Division, in consultation with the National Prescribing Service (NPS) will shortly conclude educational visits on the current topic on "Effective Use of Antidepressants". The Quality Use of Medicines Facilitator has already undertaken a number of visits to GPs to convey the key messages of the topic as well as other evidence based information on depression. Please contact Gary Brown (Facilitator) or Christine Agius at the Division to arrange an education visit on the "Effective Use of Antidepressants".

### New topic Analgesics Choices in Persistent Pain

The new topic on "Analgesic Choices in Persistent Pain" will roll out in March 2007. Invitations to participate in the program will be sent to GPs in late February. The Division has selected this topic to be the "focus month" for April, and through the participation in this program GPs will have the opportunity to acquire independent information and patient specific recommendations concerning suitable pain relief prescribing.

Participation in education visits, case studies and clinical audits under NPS programs attract PIP payments by Medicare Australia, and may also incur Continual Professional Development points.

### NPS Case Studies

From February onwards, all NPS case studies will be available in two formats. There will be a printed version delivered via NPS News and an online version accessible via [casestudy.nps.org.au](http://casestudy.nps.org.au). This development is in response to requests from health professionals for online activities. Contact Gary Brown for more information on this service.

### RADAR – Rational Assessment of Drugs and Research

Does the lack of information about new medicines frustrate you? Ever wondered why some medicines on the PBS have restrictions which limit the types of patients for whom they can be prescribed?

NPS RADAR provides timely, independent, evidence-based information on new drugs, research and PBS listings. It's published by the National Prescribing Service (NPS) for general practitioners, specialists, pharmacists, other health professionals and consumers.

You can access RADAR over the internet, either by [registering online](#) to receive email alerts, or by simply logging on to the website. You can also access RADAR using one of the major [prescribing software packages](#), or by emailing your request for a hard copy to [info@nps.org.au](mailto:info@nps.org.au). Radar assists in the following:

- [Helping to manage patients' health](#)
- [Access independent, evidence-based information to help you assess new drugs](#)
- [Understand why medicines are listed on the PBS](#)
- [Information when you need it](#)
- [Contributing to quality use of medicines](#)

Ongoing RADAR updates will be included in all future newsletters.

### NSW Inter-Agency Guidelines (IAG) for Child Protection Intervention 2006

The 2006 IAG is now available from the Division (hard copy) or on the NSW Health Intra/Internet site: [www.health.nsw.gov.au/pubs/2006iag\\_childprotection.html](http://www.health.nsw.gov.au/pubs/2006iag_childprotection.html)

The IAG is an important document for health workers, which outlines their roles and responsibilities in relation to the safety, health and wellbeing of children and young people who have experienced or are at risk of abuse and/or neglect.

The IAG provides practical information to assist health workers to identify and respond to children and young people at risk of harm.

Further information is available from: **Tarika Rivers, A/Manager**  
Child Protection and Violence Prevention Team  
P 02 9391 9317

### Doc Rat by Jenner



### Medicare Australia's Prescription Shopping Program

#### Background

Medicare Australia's Prescription Shopping Program assists doctors by identifying patients who may be obtaining Pharmaceutical Benefits Scheme (PBS) medicines in excess of medical need. Sophisticated data analysis tools are used to detect people who are visiting multiple doctors or who are receiving unusually high levels of medications. Obtaining PBS medications in excess of medical need is not in itself illegal and no legal sanctions apply. However, if evidence of fraud comes to light, these matters are handed over to a separate compliance unit that vigorously investigates the matter.

The Prescription Shopping Program has two key elements – the Prescription Shopping Information Service, and an analysis and support function that involves Medicare Australia pharmacists proactively working with doctors and patients.

#### Prescription Shopping Information Service

If you suspect a patient is getting more medicine than they need, you can call Medicare Australia's Prescription Shopping Information Service. First, you will need to register with the service, which you can do by ringing 1800 631 181. Around 12,000 doctors are currently registered.

Once registered, you can call the Information Service at any time to find out if your patient has been identified under the Prescription Shopping Program. If so, you can receive information on the amount and type of PBS medicine recently supplied to that patient. You can also receive an up-to-date Patient Summary Report.

In 2005-06, the Information Service received 15,790 calls and sent 3,127 patient reports to doctors.

**1800 631 181 for access to the Prescription Shopping**

#### Prescription Shopping Analysis and Support

Under this aspect of the Program, Medicare Australia pharmacists provide PBS information to doctors and patients regarding patients identified under the program.

If a patient has been identified under the program, a Medicare Australia Pharmacist may decide to notify each of the doctors seen by that patient to inform them of all the PBS medicines their patient has had prescribed to them over a three month period. This information can assist the doctor in making an informed decision on prescribing to a patient.

In 2004-2005, Medicare Australia sent letters to, or met with, 9,988 doctors discussing 4,638 patients who were suspected of getting PBS medicine in excess of medical need.

For further information contact [www.medicareaustralia.gov.au/](http://www.medicareaustralia.gov.au/)  
or Call Christine Agius at the Division

## Educational Events

EVENT	DATE	SPEAKER	VENUE	CPD-POINTS	TARGET AUDIENCE
<b>HMR Case Study - Small Groups</b>	7/3/07	<b>Ms Ferne Thompson</b>	HHDGP	<b>6</b>	Pharmacists Only
<b>Treatment of Drug and Alcohol Dependency in 2007</b>	14/3/07	<b>Professor John Saunders</b>	St. John of God Hospital	<b>4</b>	GPs &
<b>Wound Management - Aged Care</b>	14/3/07	<b>Dr Tom Daly</b>	Chesalon Angicare	<b>4</b>	GPs
<b>Sydney North West GP Conference</b>	17/3/07	<b>Various VMO's</b>	HDHS	<b>6</b>	All
<b>Antenatal Tutorials</b>	28/3/07	<b>Kumara Siriwardena</b>	Westmead Hospital	<b>2</b>	GPs
<b>Sterilisation/ Immunisation</b>	31/3/07	<b>Karen Brymer</b>	HHDGP	-	Practice Staff
<b>Antenatal Weekend Education Forum</b>	31/3/07	<b>Various Speakers</b>	Blacktown Hospital	<b>4</b>	GPs

## Positions, Services & Opportunities

### COMMENCEMENT OF PRIVATE PRACTICE

**Dr Sylvia Barber**  
(MBBS.FRCPA.FRANZCP.)

is commencing *part-time private practice* at the rooms of Dr Raymond Way.

**Suite 7, 83 George St,  
PARRAMATTA,  
NSW 2150  
Phone 02 9633 5155.**

Areas of interest include mood disorders, particularly depression, personality disorder, anxiety disorders & application of most forms of psychotherapy including CBT & long term psychodynamic psychotherapy.



**Greg Pankhurst**

B.A., M.A. (Psych.)

Dip. Ind. Coup. Fam. Couns., MAPS

**Registered Psychologist**

**Available for Medicare Referrals  
Kellyville Area**

Greg has over twelve years experience in providing effective psychological interventions to individuals and couples. He has successfully treated clients experiencing anxiety and depression, traumatic stress, relationship issues, addictions, grief reactions and suicidal ideation.

Greg has extensive training and experience in applying evidence-based therapies such as Cognitive Behaviour Therapy. He also utilises clinical hypnotherapy to treat negative habits, sleep disorders and symptoms of stress.

Greg is an experienced relationship counsellor, and has assisted many couples to improve their relationships.

Working in conjunction with a patient's GP, Greg will provide effective psychological interventions to help patients cope better and facilitate lasting change.

**When preparing your next  
GP Mental Health Care Plan  
contact Greg on  
0416 201 297**

## Aged Care

with Carla Bosch

### For Older Persons in the Hawkesbury-Hills area

#### Free activities & courses for people with dementia and their carers/friends.

Alzheimer's Australia NSW has announced a range of free activities and courses for people with dementia and their carers/friends at various locations around Sydney - including Baulkham Hills. The courses range from arts and crafts to dance tuition and are aimed at encouraging people with dementia to participate in enjoyable and rewarding activities in a fun environment. To find out more, go to <http://www.alzheimers.org.au/> link to NSW and click on Activities.

#### Improving the Delivery of Palliative Care for Older People

This seminar will be held in Sydney (city location) on 15 & 16 March 2007.

The aims of the seminar include:

- \* to share information about client/patient focussed systems, strategies, policies etc that have improved access to and delivery of palliative care for older people in various settings (eg. acute, community, residential, primary, home care);
- \* to showcase models of service

delivery, models of care with demonstrated outcomes that have focussed on improving access to and delivery of palliative for older people; and

- \* to share the lessons learned through the implementation of innovations, programs/projects and in particular, those that are client/carer focussed that have resulted in improvements to the delivery of palliative services.

For a copy of the program and a registration form (Early Bird registration accepted up to 1 March 2007), please contact Carla Bosch at the Division on 8884 9444.



#### MARCH - Focus on the Health & Wellbeing of Seniors

During March, Practice Support Officers will be visiting practice staff with a Seniors Resource Kit that focus on the older patient group. Amongst other things, the resource kit will include a selection of useful brochures for your

older patients, a list of interesting websites for both practice staff and older persons, and a list of organisations that can provide information and/or services for older persons. The Kit will also contain a few handy tools for GPs. There will also be a poster promoting NSW Seniors Week you can hang up in your practice.



This year is the 49<sup>th</sup> year of NSW Seniors Week; it celebrates the valuable contribution seniors make to the community and there are more than 500 events across metropolitan, regional and rural NSW. GPs should encourage their patients to take some time out to learn something new, step out at one of the



many dance events, be adventurous with a new outdoor activity or visit an art gallery or museum in their local area. Many of the activities are free. Visit the website <http://www.nswseniorsweek.com.au/> and select the Event Program.

## Home Medicines Review

with Gary Brown & Christine Agius



The misuse of medications and poor medication compliance results in many hospital admissions. Gary Brown has been targeting GPs and Pharmacists within the Division to secure greater uptake in Home Medicines Reviews (HMR's), with a view to reduce the number of unnecessary admissions to hospital.

Please contact Gary Brown or Christine Agius at the Division to arrange a visit on the HMR program or the provision of HMR resources.

#### Discharge Planning- Responsive Standards

A new policy directive by the NSW Health, called discharge planning responsive standards, requires hospitals to inform community pharmacists about changes to a patient's medication regimen from the time they are discharged from hospital.

The new policy directive details that a general practitioner may arrange a HMR for "at risk patients" after discharge from hospital, as well as be informed of any of any adverse drug reactions and/or the assessment of the need for a compliance aid.

Ultimately, a GP will play an integral role in ensuring ongoing quality care and will have involvement in the patients discharge planning, in consultation with the hospital pharmacists and/or community pharmacists.

It is planned to develop initiatives, in collaboration with the Pharmacy Guild and other Health Stakeholders, for improving links between hospitals and GPs within the Hawkesbury-Hills Division. -



## Media Release Promoting HeartMoves in the Hawkesbury

HeartMoves is an exercise program designed for seniors and people who don't undertake regular exercise. It is a low to moderate exercise routine that has been designed by the Heart Foundation to improve heart health, reduce falls injuries and increase general health, flexibility and wellbeing. The program is ideal for those who need to improve their physical activity, manage weight and diabetes or those recovering from surgery.

In the Hawkesbury the accredited trainers run classes from five different venues the Hawkesbury Oasis and Aquatic Fitness Centre, Windsor RSL, Richmond Club, Richmond Seniors Centre and the Kurrajong CWA Hall.

As participants are recommended to consult with their GP before commencing classes HeartMoves has developed a very straightforward referral and assessment package for both GP's and clients. Heartmoves is an ideal program to encourage older people to become more physically active and help them manage their health.

For more information regarding Heartmoves contact the Heart Foundation at [www.heartfoundation.com.au/heartmoves](http://www.heartfoundation.com.au/heartmoves)

## Immunisation

## Sterilisation

## Infection Control

With Kate McDermott and Rachael Adlington

### Human Papillomavirus (HPV) Vaccination Program

On 29 November 2006, the Australian Government announced funding for a human papillomavirus (HPV) vaccination program to commence in 2007. The vaccine will be funded under the National Immunisation Program on an ongoing basis for 12 and 13 year old girls to be delivered through schools. The Government will also fund a two year catch-up program for 13 to 18 year old girls in schools and 18 to 26 year old women to be delivered through general practice and community based programs.

**Free HPV vaccine will be available from April 2007 in schools and community immunisation clinics (Not all schools will be vaccinated in 2007. Contact your local state or territory health authority for details).**

**Free HPV vaccine will be available from local doctors from July 2007.**

A fact sheet for the public and providers about HPV vaccine is available on the Department of Health and Ageing website at [Australian Government Funding Of Gardasil®](#)

**Division staff can help your practice to increase your immunisation rates and receive outcomes bonus payments**

If your practice would like assistance/help/tips on increasing your immunisation coverage rates (perhaps you are just below 90%), please contact Your Practice Support Officer at the Division to organise a practice visit.

We have produced an **Immunisation Practice Manual** to help practice staff understand the procedures involved in immunisation and reporting to the Australian Childhood Immunisation Register. If you would like a copy of the manual, contact your Practice Support Officer.

**Hawkesbury-Hills Division Immunisation rates for the August to November quarter were 89.3%. The Division is ranked number 13 in NSW. Keep up the good work with Immunisation reporting!**

We would like to encourage all practices to aim to achieve a rate of at least **90%** children fully immunised. We are more than willing to provide assistance with 'data cleansing'. Please contact your Practice Support Officer to arrange a practice visit.



### LOOZIT

#### – Healthy Active Living for Young People

Prof Louise Baur, A/Prof Kate Steinbeck and Dr Michael Kohn are leading the new **LOOZIT adolescent weight management study**. This study provides young people and their parent/s access to a free weight management service. Young people who are overweight or mildly obese aged 13-16 years will be randomised to one of 2 group-based interventions: (i) a recommended-care healthy eating and activity program or (ii) the same healthy eating and activity program plus extended therapeutic contact via email, sms and telephone. For both groups, adolescents' parent/s will also attend separate group sessions on healthy active living for the family. The program is currently underway with 2 groups of young people at the Hills Community Health Centre and 2 groups at The Children's Hospital at Westmead. Recruitment has commenced for more groups to be run at the Hills Community Health Centre in school term 2 of this year.



Please do not let your patients miss this opportunity. For more details or referrals please contact Janice O'Connor, Research Dietitian, Children's Hospital at Westmead on (02) 9845 1291 or email: [janiceo@chw.edu.au](mailto:janiceo@chw.edu.au) or contact Anthea Lee,

Research Dietitian, Children's Hospital at Westmead on (02) 9845 1224 or email [antheal@chw.edu.au](mailto:antheal@chw.edu.au) or contact Vanessa Shrewsbury on (02) 9845 3015.

### GET IMMUNISED; PREPARE FOR THE FLU SEASON !!!

#### OVER 65 AGED CARE (on target with seniors week 11-18 march)

Vaccinations are a preventative measure against catching a disease. People aged 65 years and older are generally at high risk from influenza and pneumococcal disease and the complications of these diseases, with the great majority of deaths from these conditions occurring in this group. In response to this, the Australian Government provides free annual vaccine for older Australians in order to provide greater protection against these diseases

#### Influenza

It is recommended that all residents in long term health care, people who visit them and health care staff receive the annual influenza vaccine to minimise the risk of infection to themselves and others.

#### Pneumococcus

The pneumococcal disease is caused by a bacterium that is passed from person to person by coughing or sneezing. It can lead to meningitis (inflammation around the brain), pneumonia and blood poisoning and less severe middle ear infections. Some people, *especially those aged over 65 years* and those with certain chronic medical conditions, can suffer serious complications or die from pneumococcal disease.

Australian's aged 65yrs and over require two doses of pneumococcal vaccine, five years apart. As for flu vaccine, pneumococcal vaccine will be available from your medical practitioner. Pneumococcal vaccine is provided at reduced cost under the Pharmaceutical Benefits Scheme for Australians aged 65 years and older. For more information, visit [www.agedcareaustralia.gov.au](http://www.agedcareaustralia.gov.au)



**The Hawkesbury-Hills Division would like to take this opportunity to CONGRATULATE four practices of the Division with Immunisation Coverage rates over 95%.**

**Dr Shome, Winston Hills 100%**

**Dr Kanetkar, North Richmond 99.1%**

**Barnier Drive Medical Centre, Quakers Hill 97.6%**

**South Windsor Medical Centre, South Windsor 97.6%**

**CONGRATULATIONS!!**

**We also have 35 practices with coverage rates above 90%.**

**Well Done!**