

APHN CONNECT

February 2016 - 4th Edition

phn
ADELAIDE

An Australian Government Initiative

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WELCOME



Hello everyone

Here we are, already in February – happy new year (belatedly!) and am sure you are all looking forward to 2016 being a year of much positive opportunity, both individually and for primary health care.

In December the Commonwealth Government announced its intention to undertake major reform in the mental health sector along with additional new funding for the Mental Health and Alcohol and other Drugs (MHAOD) sector. The Adelaide PHN (APHN) called for Expressions of Interest for the delivery of mental health and alcohol and other drugs services in December as part of our reform process and the first test of our SA market. We are delighted to say that we had an overwhelming response – which continues to feed into the APHN's commissioning process.

Very important to note that no organisation will be in anyway disadvantaged by lodging or not lodging an Expression of Interest. Our consultation is well underway and commenced a few weeks ago with 3 very well attended information sessions about mental health and alcohol and other drug reform. Over 300 people attended the 3 sessions – all presentations and Questions and Answers from these sessions are now on our website – please feel free to have a look. Additionally we have launched an MHAOD web forum where you can join as an observer,

provider or consumer/carer and contribute to the conversations. If you are a current provider of MHAOD services, we encourage you to include details of your services and this will add to our interactive service mapping tool. You will be able to see who else is providing services, what sort of services they are and where in the SA metropolitan region they are located. You can add what you think the gaps are and how we might best co-design a stepped model of care for MHAOD services.

We will continue to consult widely with our community, across all regions and sectors. Watch out for more opportunities to contribute to the discussions and get your point of view across. Very soon we will be announcing opportunities for consultation, including a clear focus on specific communities and populations. Keep checking out our website and join us on Twitter for regular updates on new information being added to our website.

General Practice, along with all other primary health care providers right across our region continue to be a strong focus for the APHN and we are very keen to hear from you. Let us know what support you need and how we can assist you with issues such as referral pathways and connecting care in your regions. Digital health and the updated version of the My Health Record is a key area of work for the APHN and we are happy to help you navigate the requirements for this, including ensuring you are able to continue to access the e-Pip. Our Primary Health Care Liaison Officers are here to assist and would be very happy to come and visit. Please make sure we know about YOU and YOUR needs – we are here to connect YOU to health.

Whether you are a solo practitioner in primary health, or part of a group that provides services or support in a particular region, please make contact with us! You may also be one of many people working and/or concerned about the very important social factors that impact on our wellbeing; housing, education and employment to name just a few. You might be a service user or caring for someone who is. You might just want to be kept in touch with what is happening with new innovations and solutions that we are commissioning OR you might also want to be more actively involved in those discussions - either way, please let us know. We have our Community Collaborations team, myself and our Executive Management team who would be happy to be included in any events or sessions out in our community. You will also find information and resources on our website for primary health care providers and for people in our community who may be seeking services or wanting further information.

The APHN is genuinely committed to ensuring equity and access to a high quality primary health care system across our State. If there is a gap, if there is something missing, if you have concerns – please let us know. You can see a list of the current/ transition projects, and new projects/ activities under development on our website.

Deb Lee, CEO



MENTAL HEALTH, ALCOHOL & OTHER DRUGS REFORM PROCESS UNDERWAY

The first steps have been taken in the process to provide Adelaide with a new and more effective primary health system for Mental Health and Alcohol and Other Drugs (MHAOD) services.

Given consultation will be central to this entire process, it was appropriate that these initial steps were to seek community, clinical and stakeholder input.

On Thursday 4th & 11th of February, the Adelaide PHN held three public forums to discuss MHAOD reform and encourage wide participation in the process. Over 320 service providers and community members attended these consultation events, with the participants showing very high level of interest, excitement and commitment.

The three meetings are the start of a process to develop a comprehensive strategy to determine achievable outcomes in this sector - to better deliver the most appropriate, locally-based, and targeted solutions. Adelaide PHN has called for a truly collaborative approach involving all relevant sectors, and service providers, consumers and other interested parties (government and non-government) are being encouraged to work together with the Adelaide PHN to co-design and reshape the sector.

"The response to the forums has been fantastic and I'd like to sincerely thank all the attendees," said Deb Lee, CEO of the Adelaide PHN.

"I'm sure that Adelaide's service providers have the innovative ideas, the commitment and the willingness to work together to achieve the required improvements.

"The Commonwealth Government has given us this role to lead change in our local communities where

we have our feet on the ground to ensure that systems are actually working well and services are best delivered to those who need them," Ms Lee said.

"We are conscious of targeting funds to the most vulnerable communities. It is our responsibility to direct Commonwealth and State resources to people who need them most". The Adelaide PHN has called for service providers to work together to provide a comprehensive range of services for the community throughout the entire Adelaide region and across the entire spectrum - from the well population and those needing information and support, to people experiencing mild to moderate symptoms, through to those experiencing ongoing, chronic conditions.

There's much work to be done according to Sarah Murray, Adelaide PHN Innovation and Design Manager.

"The National Mental Health Commission's review found that the current system was fragmented and therefore it was difficult for the people who need help, to find the right kind of help. People were not being referred to the most appropriate service and it was hard for them, and their GPs, to find out what services were available," she said.

Access will be a key focus. "We have to ensure that people in need can enter the mental health and alcohol and other drugs system through many different pathways and that they are quickly directed to the most appropriate service at the start of their journey," Ms Lee said.

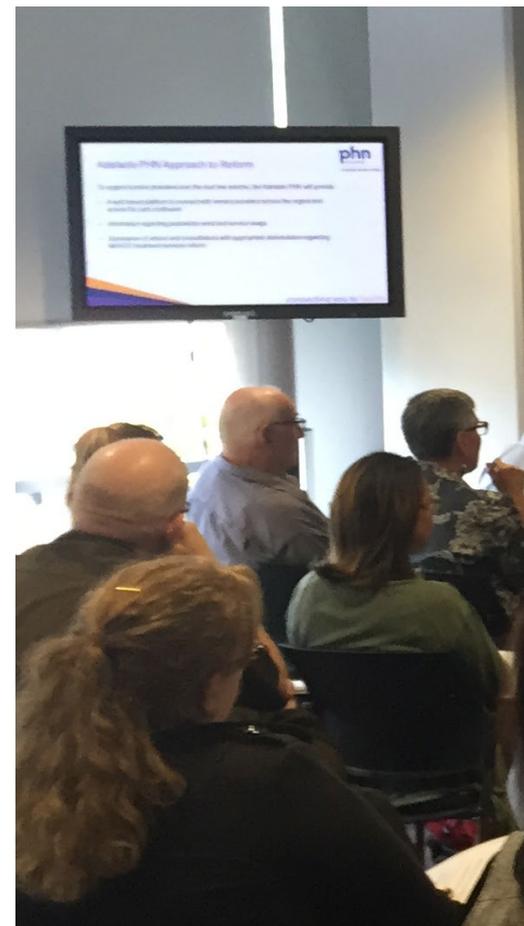
"And of course the Adelaide region isn't an island, so we are working very closely with the Country SA PHN on this reform so the issues of equity and access are addressed across the whole of South Australia."

Nominations were sought from

representative organisations and individuals to form a Mental Health and Alcohol and Other Drugs Advisory Working Group. This group will provide input to determine the gaps in the current system and what needs to be done to provide quality, effective and efficient services in the right place at the right time. Details of this group will be made available via our website.

The Adelaide PHN will commission appropriate services for mental health, alcohol and other drug issues and expects to release the guidelines for an Approach to Market in April 2016.

Ms Lee reassured the community that there would be a strong focus on service continuity to ensure that people currently receiving services would not be disadvantaged in any way.







JOIN THE CONVERSATION

Mental Health, Alcohol & other
Drugs Online Platform

Go to forum.adelaidephn.com.au to register for the online forum and join the conversation



ARE YOU WONDERING HOW TO GET INVOLVED? WHY NOT START BY CHECKING OUT THE BELOW LINKS:

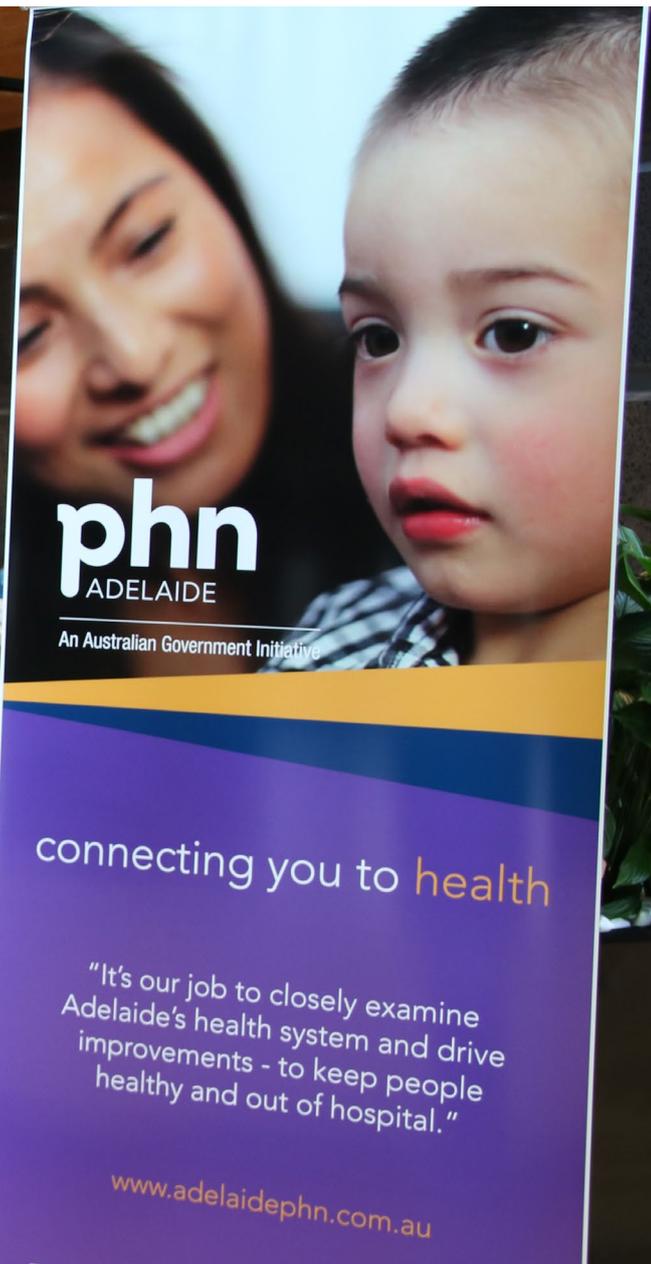
Collaborate with Adelaide PHN and other service providers by joining the APHN MHAOD Online platform - forum.adelaidephn.com.au

Inform yourself further by reading the MHAOD forums summary – [MHAOD Forum summary](#)

Q&A - [MHAOD Forum FAQs](#)

Follow us on Twitter - [APHN twitter](#)

If you have any further questions regarding Service Reform opportunities please contact Malcolm Ellis – mellis@adelaidephn.com.au





APNA TRANSITION TO PRACTICE

Support for newly graduated and experienced nurses transitioning to primary health care.

APNA's Transition to Practice program will deliver a structured 12 month transition program, with the aim of increasing the confidence, competency, skill and knowledge of registered nurses commencing work in a variety of primary health care settings. The program will support newly graduated nurses and experienced nurses who have recently entered or are currently entering primary health care.

Expressions of interest for group applications and mentors are currently being accepted.

For more information, [click here](#).

Please distribute these two opportunities to any primary health care providers or nurses who may benefit from the projects. For any further enquiries please contact APNA on 1300 303 184.

ENHANCED NURSE CLINICS

Nurses leading best practice in primary health care.

The Australian Primary Health Care Nurses Association (APNA) has been funded by the Commonwealth Department to work with service providers to develop original models of clinical care delivered by nurses in primary health care settings.

A maximum of ten sites will be selected Australia-wide to establish nurse clinics – in metropolitan, rural and remote locations – based on local population health needs.

It is anticipated these Enhanced Nurse Clinics will provide innovative models of care, led by primary health care nurses, and which have application to similar settings across Australia.

Grants now available to establish nurse clinics

Expressions of interests are invited from providers across the spectrum of primary health care, outside the acute setting, such as aged care, community health, correctional health and general practice. Funding is available for grants of up to \$20,000 (excluding GST, where applicable) for each site.

The funding is provided over a two year period from May 2016 - April 2018. [Click here](#) for more information.



MANAGING DIABETES IN AN EMERGENCY

Each year Australia experiences at least four major natural disasters including storms, cyclones, floods and bushfires, and the frequency and severity of disasters is expected to increase in the coming years. The Australasian Fire and Emergency Services Council (AFAC) estimate that less than 20 per cent of Australians in at-risk locations have a written emergency plan.

An increasing number of Australians now live with a chronic disease such as diabetes. While people with diabetes frequently show themselves as resilient and diligent, managing their condition through a natural disaster or emergency can be uniquely challenging for them. Added stress, physical exertion and a lack of food and medical supplies can all cause blood glucose levels to fluctuate dangerously: all the more reason for people with diabetes to have a written emergency plan in place, and emergency supplies at hand – before disaster strikes.

Being able to manage diabetes during and after an emergency starts with making a written diabetes emergency plan that lists

details of medication and medical history, and important contacts. Secondly, a diabetes emergency kit should be kept in a safe place in the home and updated every three months. A good kit should be a portable, insulated bag that contains medical and other important supplies, food and water for at least 14 days, and a copy of the diabetes emergency plan.

A new National Diabetes Services Scheme (NDSS) resource has been developed to help people living with diabetes make a plan to keep managing their condition successfully during and after an emergency. The My Diabetes Emergency Plan has space to write important contact numbers and current medication schedule, and has a checklist for putting together a personal Diabetes Emergency Kit for managing diabetes if there is no food, clean water or medication available.

[Download the My Diabetes Emergency Plan](#)

Many people find it difficult to imagine how a natural disaster would affect their daily routine unless they, or someone they know, have experienced one. However, people living with diabetes face greater risk of serious health complications from infected wounds and life-threatening situations caused by unmanaged changes in blood glucose. By highlighting these risks and encouraging them to make a plan they will be better equipped to manage their condition during and after an emergency and less likely to require treatment for hypoglycaemia (low blood glucose), hyperglycaemia (high blood glucose) and ketoacidosis (very high blood glucose). The NDSS is an initiative of the Australian Government administered by Diabetes Australia.



IMMUNISATION PROVIDER NETWORK

Are you involved in the delivery of an immunisation program and interested in networking with other immunisation providers?

The Adelaide PHN and Country SA PHN have developed the SA PHN Immunisation Hub to ensure there is a unified, ongoing immunisation focus across the State. One aspect of the Hub is to engage with a range of immunisation service providers to:

- facilitate peer support, networking and CPD opportunities
- share ideas and information
- raise and discuss relevant immunisation program issues

The Hub will provide Secretariat support to an immunisation network/group which includes supporting 4 meetings in 2016: 3 held in metropolitan Adelaide and 1 in rural SA.

For further information, please contact Angela Newbound at anewbound@adelaidephn.com.au

INTRODUCTION TO IMMUNISATION

This workshop is tailored to nurses who have recently commenced, or are soon to commence administering vaccines, however, all health professionals with an interest in the immunisation program are welcome to attend.

Presenter: Angela Newbound

When Wednesday 9th March 2016
8:30am to 5:00pm

Where Education Development Centre, 4 Milner Street Hindmarsh SA 5031

- Work Topics
- Why Immunise?
- Basic Immunisation Program and vaccine types
- Legislation
- Influenza Program
- Good Communication and Objectors
- Vaccine Management and Cold Chain
- Vaccine administration, Adverse Events and Adverse Event Reporting

Lunch, Morning Tea & Afternoon Tea provided.

Registrations Close Thursday 3rd March 2016

[DOWNLOAD REGISTRATION FORM HERE](#)

IMMUNISATION UPDATES

THE SA PHN IMMUNISATION HUB INVITE YOU TO ATTEND A PROFESSIONAL DEVELOPMENT EVENT

These education sessions are tailored to all Immunisation Providers including, but not limited to GPs, Primary Health Care Nurses, and Child & Family Health Nurses

These education sessions will cover:

- Quadrivalent and Trivalent Influenza vaccines
- 2016 Funded Seasonal Influenza Program
- Changes to National Immunisation Program schedule
- Implications of the No Jab No Pay
- Changes to ACIR
- The SA PHN Immunisation Hub – providing support to providers

Monday 7th March 2016

Registration 6.30 pm

Session 7.00 pm to 9 pm

Where Sunset Room, Ingle Farm Recreation Centre, Cnr Roopena Street & Beovich Road, INGLE FARM

RSVP by Thursday 3rd March 2016

Monday 21st March 2016

Registration 6.30 pm

Session 7.00 pm to 9 pm

Where The Main Hall, The Cove Civic Centre 1 Ragamuffin Drive, HALLETT COVE

RSVP by Thursday 18th March 2016

If unable to attend these events, this presentation will be delivered as a Webinar at a date to be advised. RSVP to rsvp@adelaidephn.com.au For further information, please contact Angela Newbound on 08 8219 5900

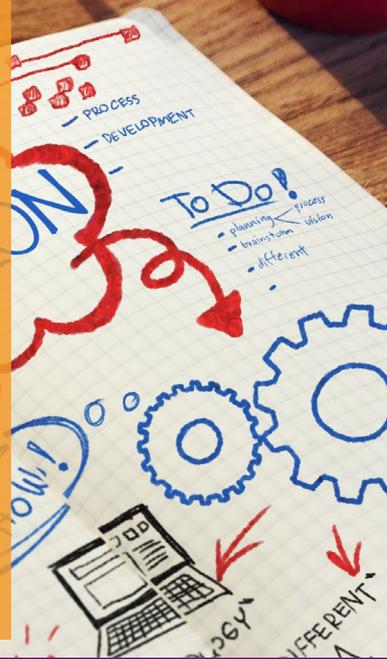
DOWNLOAD FLYER HERE

Funding Opportunities Coming Soon – watch this space!

Adelaide PHN will release, and receive responses to, Invitations to Apply (for funding) for Adelaide PHN projects through an online portal, Tenderlink, at <https://www.tenderlink.com/adelaidephn>.

While no Invitations to Apply have been released yet, you are welcome to register your organisation at the Tenderlink site above. This will enable your organisation to receive alerts when Invitations to Apply are released by Adelaide PHN and respond via the portal.

In addition, you can stay informed of upcoming Invitations to Apply for funding by regularly visiting <http://adelaidephn.com.au/whats-happening/development-and-commissioning/>.



CLOSE THE GAP DAY

Free Community Event

Wednesday 16th March, 2016

10.30am to 2.30pm



CLOSETHEGAP

FREE TRANSPORT

Contact Hackham West
Community Centre
83841065

WHERE

NEPORENDI
Aboriginal Community
Centre, Vine Street,
OLD REYNELLA

DOWNLOAD EVENT FLYER HERE



MY HEALTH RECORD

(formerly called the Personally Controlled Electronic Health Record)

My Health Record commenced on 1 July 2012. Like many similar initiatives around the world, it is a secure, online summary of an individual's health information. It can be viewed by treating healthcare providers, including doctors, nurses and pharmacists across Australia.

My Health Record gives you access to information about a patient's health which you may not otherwise have been able to see.

To access this information you don't need to copy it into your system or do any extra work.

The information you can access through My Health Record is outlined below:

- Shared Health Summary
- Hospital Discharge Summaries
- Diagnostic imaging reports*
- Prescription and dispense information
- Event summaries
- Specialist letters

**Current diagnostic imaging reports are being uploaded by Northern Territory)*

WHY MY HEALTH RECORD IS IMPORTANT?

PATIENT CARE

- My Health Record facilitates the sharing of clinical and treatment information between healthcare providers as well as with individuals.
- It is ethical practice to ensure that the information you create about your patients is available and accessible by other healthcare providers involved in their care.
- As more information is contributed by different healthcare providers and as more patients sign up for a My Health Record, we will reach a tipping point where Australia's health system becomes better connected.
- My Health Record helps deliver healthcare more efficiently and effectively by minimising unnecessary repeat tests, managing medication better and improving continuity of care.

ACCESS

- My Health Record allows healthcare providers to access patient information quickly and easily.
- In a medical emergency, hospitals can get access to a patient's record to provide the best possible care quickly, including information they may not have otherwise had access to.

SECURITY

- The My Health Record system is a secure source of key clinical information.

Click here to read the new
My Health Record Digital Bulletin

https://myhealthrecord.gov.au/internet/ehealth/publishing.nsf/content/providerregistration_1
<https://myhealthrecord.gov.au>

NEW INHALER DEVICE TECHNIQUE INSTRUCTIONAL VIDEOS

Over the last two years there has been an influx of new medicines for COPD.

In 2014 alone 6 new medicines and 3 new inhaler devices were introduced.

Lung Foundation Australia has released a series of instructional videos demonstrating the correct inhaler techniques for 10 inhalers. Patient handouts are also available.

Visit the inhaler technique page on the Lung Foundation website.

<http://lungfoundation.com.au/patient-area/resources/inhaler-technique-fact-sheets/>



Health@Home

Health@Home (H@H) brings together vital community-based services aimed at helping general practitioners and other referring health practitioners in managing their patient's health and to support patients to remain independent at home.

The services support people at home, reduce the need for hospital admission and help patients in hospital return home quicker.

Evidence indicates that providing services in people's homes and in community spaces has excellent results for people with complex chronic conditions, including elderly and young people requiring palliative care and additional short term support before being discharged from hospital.

To view the list of H@H services and programs visit: <http://sahealth.sa.gov.au/wps/wcm/connect/Public+Content/SA+Health+Internet/Health+services/>

RACGP SA&NT - MENTAL HEALTH UPDATE: IMPROVING PATIENT OUTCOMES

In Australia, almost one in five people (20%) will experience a mental illness in a 12-month period and nearly half (45%) of the population will experience a mental disorder at some stage in their lives.

Whilst prevalent and often pervasive, recovery from mental illness is possible, and many people living with mental illness go on to lead fulfilling and meaningful lives. General practitioners play a key role

in the diagnosis, treatment and relapse prevention for patients with mental illness, and the role of a recovery orientation in mental health services is crucial.

This full day mental health update will cover:

- Recovery-oriented practice
- Motivational interviewing
- Eye Movement Desensitisation and Reprocessing (EMDR)
- Psychosis without destruction: multidisciplinary care plans

During this highly interactive workshop, you will learn alongside a range of experienced mental health providers. You will also have the unique experience of hearing a heartfelt account of one mental health workers journey to recovery.

Completion of this active learning module (ALM) provides 40 category 1 points by the RACGP QI&CPD Program in the 2014–16 triennium. This workshop also meets the requirements for Mental Health CPD and Focussed Psychological Strategies CPD.

Cost

RACGP member \$230

Non-member \$300

RSVP

Friday 25 March 2016

Contact

RACGP SA&NT

Telephone: 08 8267 8310

Email: sant.faculty@racgp.org.au

SATURDAY
2 APRIL

Time
8:30 am–4:30 pm

Venue
The Adelaide Inn
160 O'Connell Street
North Adelaide SA



[CLICK HERE FOR
INFORMATION AND REGISTRATION](#)

CLICK TO
REGISTER
NOW



NURSES
*the heart of
primary health care*

Don't skip a beat

Make sure you're at APNA's
2016 National Conference

5-7 May Pullman Melbourne Albert Park



The conference for nurses working in primary health care

Registrations Open

Nurses make up the largest health professional workforce in Australia. Primary health care nurses are ready, willing and able to deliver improved health outcomes in rural, regional and metropolitan areas. APNA knows that in every community around Australia, there is a primary health care nurse working to improve the health of the nation.

Our conference is about acknowledging nurses who are the heart of primary health care.

Save up to \$100 – Earlybird registrations now open until Monday 14 March.



Visit www.apnaconference.asn.au for the latest program and to register.
Call 1300 303 184 or email admin@apna.asn.au with any enquiries.

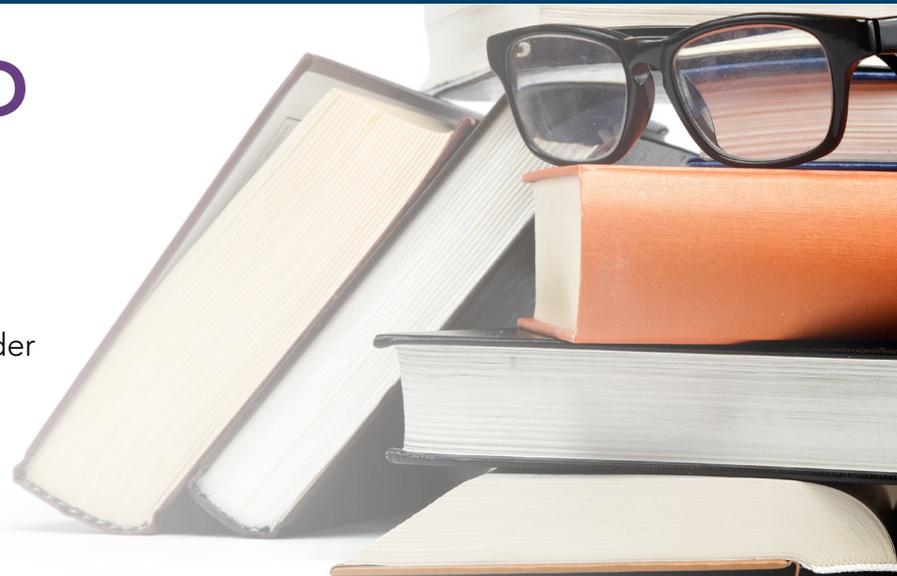
#APNAConference #heartofhealth

EDUCATION AND EVENTS

Are you looking for education and event opportunities?

We list a range of sessions on our website under Whats Happening.

<http://adelaidephn.com.au/whats-happening/education-and-events/>



WESTERN COMMUNITY ICE FORUM

COMING SOON!

Woodville Town Hall

Tuesday 5th April 9:30am

**Guest Speakers from SAPOL, DASSA,
SANDAS and Queen Elizabeth Hospital**

Watch this space for more information
or visit our website for updates
www.adelaidephn.com.au

FALLS IN THE COMMUNITY - WHY ACT? *GP and PN Education Event*

Falls are a significant issue across our population and this practical in-depth workshop for primary care providers includes relevant case discussion and opportunities for questions of the expert presenters.

The workshop includes a kit to support April 'No Falls' promotion for General Practices

For more information or to register visit: <https://www.ivvy.com/event/AA9MAR/>

or contact Cathy Zesers, Executive Officer, Active Aging Australia.
Phone 08 8362 5599 Email executive@activeaging.org.au

RACGP Activity 41111 has been approved by RACGP QI&CPD Program in the 2014-2016 triennium. Total 4 Category 2 points.

