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connecting you to health



hello everyone!

Our first edition for 2017 & we are already in March! The Adelaide Primary Health Network (APHN) bounced back from the Christmas break & is immersed in working closely with our stakeholders & partners across the communities in metropolitan Adelaide.

Recently we have launched our GP Liaison Unit (GPLU) in the Women's & Children's Hospital Network (WCHN) & we welcome Dr Helena Williams as head of the unit. Helena will be based in WCHN working closely with the Specialists & Nursing staff to identify children & their families who may require more support to stay well & live positive lives in the community. This project is the first of its kind in Australia & a fantastic example of what the APHN can do, in partnership with Country SA PHN, & WCHN; co resourcing & co funding to improve health outcomes for our children & their families. The GPLU will work closely with WCHN staff & identify families who would benefit from better care coordination, & integration between the hospital, their General Practice & other community supports that they might benefit from. We look forward to sharing with you all the great outcomes from this project as it progresses.

A number of our new Alcohol & Other Drugs (AOD) Treatment programs have also

commenced, a direct result of the Commonwealth Government's National Ice Action Strategy funding through Primary Health Networks, to tackle the concerning issues of AOD use. Recently the Commonwealth's Assistant Minister for Health, The Hon Dr David Gillespie, MP visited APHN & met with me & the CEO of Country SA PHN to discuss our AOD treatment programs & he also visited one of our key providers Psychmed. There he met with some of their clients to discuss the effectiveness of their programs & was very impressed.

On the 28th of February The Dandelion Project which is a collaborative hospital avoidance initiative between the APHN & Eldercare Aged Care at Allambi in Glengowrie was launched. This project involves a coordinated multidisciplinary team approach together with capacity & capability building components within residential aged care facilities to ensure residents receive the right care, at the right time, in the right place.

You will find more information about new project or activity launches inside this edition & we look forward to bringing you the progress & outcomes of these new activities.

We continue to work closely with our

membership groups, assisting them to design solutions & be involved in co designing projects & activities that meet identified needs or close gaps in service delivery. We are always keen to hear from our community members & other stakeholders who are keen to work with us to achieve our objectives. If you would like to be involved, check out our membership group & feedback pages or call in & have a chat.

Two exciting Forums happening soon: March 9th is the [Embracing Health & Diversity Migrant & Refugee Forum](#). All community members & health providers are warmly encouraged to attend.

April 1st & 2nd is the first [SA Primary Health Network Conference](#). Attendance is free & registrations are now open. All Primary Health Care providers are encouraged to join us!

Remember to visit our [website](#) to see regular updates of what has been implemented & what we are currently co designing.

Deb Lee, CEO

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The new Federal Assistant Minister for Health, the Hon. Dr David Gillespie MP spent a full afternoon in discussion with Adelaide PHN CEO, Deb Lee - learning more about health priorities across South Australia & the programs put in place by our organisation.

Dr Gillespie & Ms Lee then met with Dr Quentin Black from PsychMed, a leading provider of evidence-based psychological treatment, which has been commissioned recently by the PHN to provide targeted services in the metropolitan region.

MEETING WITH THE
MINISTER

KEEPING KIDS OUT OF HOSPITAL

LAUNCH OF THE
GENERAL PRACTICE LIAISON UNIT

A General Practice Liaison Unit (GPLU) established at the Women's & Children's Hospital (WCH) will improve the coordination of care for hundreds of South Australian children struggling with chronic conditions such as Type 1 Diabetes & Asthma.

This is the first time in Australia such a unit has been established for paediatric patients.

The Unit has been created through a partnership between the Adelaide PHN, Country SA PHN & the Women's & Children's Health Network (WCHN).

"Children with chronic diseases often bounce between their GP & hospital as their condition gets better or worse," said Deb Lee, CEO of the Adelaide PHN.

"To give these children the best possible care, it's vital that the left & right hand - in this case the hospital & child's GP - know exactly what each other are doing. So we have identified the value of having a dedicated liaison unit to strengthen the collaboration, communication & integration between the hospital & treating GPs."

The GPLU will work closely with the WCH's inpatient & outpatient services & relevant GPs to ensure patient information is exchanged in a timely, thorough & appropriate manner as part of the clinical handover process.

For families in regional & remote areas, travelling to the WCH's for treatment is a major burden.

"The better the co-ordination, the better the treatment & the greater chance we have of keeping these children healthy enough so they don't have to go to hospital. That is our ultimate outcome," said Kim Hosking, CEO of Country SA PHN.

Importantly, the GPLU is headed by a highly experienced GP, Dr Helena Williams. "I am really thrilled to be a part of this exciting work. As far as we know, this is the first time in Australia that a GP Liaison Unit has been established in a paediatric service. We have a great team, & we are really committed to improving the experience for GPs, paediatric specialists & health care teams, & most importantly, for the patients & their families," Dr Williams said.

The GPLU will also help patients & their families link with any other relevant services or resources operating out of the hospital. "We are very excited that our vision for improving the connectedness of care for children is being realised through this important partnership," said WCHN Chief Executive Officer Naomi Dwyer.

"Many of our children with complex & chronic conditions will benefit from the introduction of innovative approaches which better co-ordinate their care between our clinicians, general practitioners & their caregivers. The reality is that hospitals are an important, but only one part of the care journey for these children. The evidence is clear that connecting all parts of the health care team, around the child's needs makes a positive difference in their health outcomes & overall experience of care."

Healthi

ACCESSING YOUR
MY HEALTH RECORD
JUST GOT EASIER!

A NEW APP HAS JUST LAUNCHED GIVING CONSUMERS ACCESS TO THEIR FAMILY'S HEALTH RECORDS WITHIN THE NATIONAL MY HEALTH RECORD SYSTEM VIA THEIR IPAD, IPHONE OR ANDROID DEVICE.



ADELAIDE PHN'S ALCOHOL & OTHER DRUG TREATMENT SERVICES

The Adelaide PHN has commissioned six new AOD treatment & support services as a result of the Australian Government's response to the National Ice Taskforce Report (2015). The Australian Government sought to provide a range of new services available across metropolitan Adelaide including assessment & brief intervention, counselling & group therapy, relapse prevention families & friends support.

New services will increase the service delivery capacity of the drug & alcohol treatment sector through improved regional coordination & by targeting areas of need, with a focus on methamphetamine use in the community. This will also provide an improved treatment & recovery pathway for people with AOD issues, & additional referral options for clinicians.

The new services are currently available & can be accessed directly by GPs & Practices by contacting the services listed below.

PsychMed

- North, Central & South
- Matrix Intensive Outpatient Treatment for Methamphetamine Users groups
- ASSIST & brief intervention
- Relapse prevention groups
- For referral call 8232 2424

Offenders Aid & Rehabilitation Services (OARS)

- North, Central & South
- Shared care AOD treatment for people who have recently been released from custody
- Counselling, SMART groups & relapse prevention groups
- For referral call 8218 0700

Nunkuwarrin Yunti

- North, Central & South
- Dedicated AOD treatment services for Aboriginal people
- Narrative therapy & group therapy
- For referral call 8406 1600

Further information on Family Drug Support & the new service to be implemented in Northern Adelaide will be provided in the next edition.

Hello Sunday Morning Daybreak Program

- Metro wide via a smartphone app
- Targeted & individualised support for people wanting to reduce their alcohol consumption
- Self-assessment, brief-intervention, motivational interviewing, psychological education, peer support & access to online professional coaching
- Free access can be provided to patients for up to 12 months using the APHN access code, available by emailing primaryhealthcareliaison@adelaidephn.com.au

Uniting Communities

- South
- Drop in service providing immediate access to brief intervention & resources
- For referral call 8202 5010



CHAMPION NURSE IMMUNISATION PROJECT (CNIP)

The Champion Nurse Immunisation Program (CNIP) is one of five elements of the SA PHN Immunisation Hub. Commissioned by the Adelaide PHN (APHN), Health & Immunisation Management Services (HAIMS) will use specialist nurses to provide a range of services across metropolitan Adelaide in 2017 including:

- immunisation program support & mentoring to providers new to immunisation program delivery
- assistance with AIR reporting & recall of children overdue for immunisation
- identifying barriers to vaccine uptake
- addressing vaccine hesitancy
- promoting & advocating for immunisation at local community events

With demonstrated experience in immunisation program service delivery, delivery of education & support, & working with vulnerable populations, HAIMS will provide practice based support to providers & immunisation information to communities. It is anticipated that the CNIP will improve immunisation program awareness which in turn, will lead to improved immunisation coverage.

The program will be evaluated to determine its success & the potential to expand further into rural regions.

If you would like a Champion Immunisation Nurse to visit your organisation to assist with immunisation program matters or with advocacy in your community, please contact HAIMS on (08) 8152 0363.

IMMUNISATION EDUCATION SESSIONS MARCH - APRIL

INTRODUCTION TO IMMUNISATION

Full day workshop
sessions in Pt Lincoln, Hindmarsh,
Berri, Kadina

INFLUENZA & PNEUMOCOCCAL RECOMMENDATIONS

2 hr evening sessions
in Hindmarsh, Pt Lincoln, Munno
Para, Berri, Hallett Cove

For dates and more details on these
sessions please visit
the events section of the APHN
website

APHN RESPONDS TO THE HEALTH PROVIDER SURVEYS

In our last APHN Connect we described a survey that was completed last year by general practice & allied health services. Respondents informed us about what is needed to work effectively, & what the barriers are to the provision of comprehensive health care.

Since then we've been working on responding to the information we received. Here's what 129 general practice team members & 144 allied health practitioners told us that they are currently doing.

General Practice		Allied Health
4%	Providing online referrals	17%
41%	Patients can request appointments online	14%
62%	Understand benefits of or use My Health Record	50%
45%	Viewing & uploading eHealth records	0%
54%	Understanding or use Residential Medication Management Reviews	22%

In addition, respondents felt that collaboration & coordination between general practice & allied health could be improved, as could the discharge process with hospitals. Similarly, systems within Residential Aged Care Facilities could be improved, & the use of Residential Medication Management Reviews improved.

How the APHN has responded

The APHN Digital Health Team supports general practice & allied health with a clinical audit tool called PenCAT that helps practices to identify their patients' profile & provide improved care. APHN has supported training sessions in the use of PenCAT. We also support practices to learn how to upload eHealth records.

Our website is being revamped, with events & education & training opportunities, & the latest information about mental health reform, Care Connections Program & Health Care Homes.

The SA PHN Conference being held April 1-2 has 5 themes, all of which cover areas identified by our needs assessment as key areas for education.

APHN has recently established the Inter-Disciplinary Health Practitioner Network to build stronger relationships, improve referral pathways & provide a forum for sharing experiences & peer support. We are also about to release small grants for local primary health provider networking meetings.

The APHN Care Connections program, & the future Commonwealth Health Care Homes program, will also provide learnings in relation to quality care coordination among primary health care providers which will be regularly shared with all primary health care providers. We are also working with SA Health to implement health pathways which will improve referral pathways across the health system.

Finally the Practice Leadership Advantage Program is a clinical & business leadership program aimed at equipping clinicians with leadership skills to effect & lead meaningful change in the practice to best manage patient care.

South Australian Primary Health Care Conference 2017

“An SA Conversation about Primary Health Care”

Adelaide Convention Centre
1-2 April, 2017

Primary Health Care Professionals are invited to be part of this unique opportunity to help drive innovation & collaboration in South Australia's Primary Health Care system.

Learn more about the latest services & referral pathways across health while developing your networks.

Showcasing developing pathways & education on:

- Mental Health, Alcohol & Other Drugs
- Aged Care & End of Life
- Aboriginal & Torres Strait Islander Health
- Population Health & MyHealth Record
- Workforce Support & Development



REGISTRATIONS OPEN NOW VISIT www.saphnconference.com.au

Proudly brought to you by the South Australian PHNs





THE DANDELION PROJECT

An innovative project has commenced in Adelaide, designed to provide people in residential aged care facilities with more timely & appropriate health care & reduce the need for both hospitalisation & after-hours GP call outs.

Adelaide PHN has worked with Eldercare to co-design The Dandelion Project so that it integrates into existing systems & processes whilst building the capacity of staff to improve coordination & care for residents.

“Residents in aged care can have complex & chronic health conditions, & often end up in hospital unnecessarily which is both distressing for the resident & often detrimental to their overall health outcomes” said Adelaide PHN CEO Deb Lee.

Better care for our aged care residents

The Dandelion Project is a multi-layered strategy which involves better understanding the wishes of the residents & their families, training staff, liaising with residents’ GPs & working more closely with ambulance services. Key elements include:

- reviewing protocols around common medical practices
- improved GP access & availability
- falls prevention strategies
- training for staff on cannulation & IV drips
- resident care plans to support end of life decision making

Eldercare Chief Executive Jane Pickering said The Dandelion Project will be introduced at three of its Greater Adelaide residential aged care facilities; Allambi in Glengowrie, Trowbridge House at Payneham, & Seaford in the southern suburbs.

“This exciting partnership with APHN is very much in line with Eldercare’s purpose which is to deliver peace of mind with our care based on the values of respect, accountability & connection” said Ms Pickering.

“It means that residents who require medical attention or palliative support can avoid going to hospital for treatment & can comfortably remain in their home, & within our care, for as long as possible bringing even more peace of mind to them & their families”.

ENDIA AUSTRALIA’S LARGEST STUDY INTO THE CAUSES OF TYPE 1 DIABETES

Australia’s [ENDIA \(Environmental Determinants of Islet Autoimmunity\) Study](#) is the first in the world to follow babies from pregnancy through childhood to examine early life exposures & the influence these may have on the development of type 1 diabetes.

Pregnant women with: type 1 diabetes; a partner with type 1 diabetes; an older child with type 1 diabetes are sought to participate. Babies < 6 months with a first degree relative with T1DM are also welcome to participate.

On the rise: is the modern environment escalating type 1 diabetes prevalence?

Compared to twenty years ago, the number of Australians diagnosed with type 1 diabetes (T1DM) has doubled. In 2016 around 2,500 people – mostly children – heard the words “you have type 1 diabetes”.

A team of clinicians & scientists across Australia are investigating the reasons behind this increase. The Environmental Determinants of Islet Autoimmunity (ENDIA) study, is the largest T1DM investigation in the world to include early pregnancy observations.

“We believe the environment that a child is exposed to in early life holds the key to understanding type 1 diabetes,” said lead researcher Professor Jenny Couper from The University

of Adelaide. International research suggests that the origins of T1DM may lie in early exposures such as chronic inflammation, viral infections (virome), food exposures, & bacterial colonisation (microbiome). “The first detectable signs that a child is progressing towards type 1 diabetes are commonly seen in the first year of life, long before symptoms are present. Identifying early environmental factors that influence a person’s risk of type 1 diabetes will lead to effective new prevention strategies.” ENDIA is currently recruiting nationwide, including a Regional Participation Program so families living outside main recruitment areas can participate. Expectant dads with T1DM are especially sought after, as evidence suggests the risk to their child of developing T1DM is slightly elevated (~6%) when compared to the child’s mother (~2%) or sibling (~4%) having T1DM. If you see a pregnant woman with:

- T1DM;
- a partner with T1DM;
- an older child with T1DM...

then please think of ENDIA. Babies under 6 months of age with a first degree relative with T1DM are also eligible.

For more information, or to refer eligible patients, email endia@adelaide.edu.au or visit our website: www.endia.org.au. For the latest updates, ENDIA is also on Facebook: <https://www.facebook.com/endiastudy/>.





MEN B VACCINE

HERD IMMUNITY STUDY

"B Part of It" is a study taking place within South Australian high schools to find out more about how Meningococcal B disease is spread & the benefits of vaccinating against it. The study will show if the Meningococcal B vaccine (Bexsero) can protect teenagers by reducing the spread of the bacteria from person to person, as well as providing protection for the community via herd immunity. For more information you can click [here](#)

Parents seeking more information about the study can contact:

- the School Immunisation Program (SIP) provider who attends their child's school
- visit www.bpartofit.com.au
- call the SA Health Immunisation Section on 1300 232 272
- Angela Newbound, SA PHN Immunisation Hub Coordinator on 08 8219 5900

COACH PROGRAM

In 2016 Asthma Australia launched The COACH Program, a confidential free health coaching service delivered over the phone by Asthma Foundation Coaches. COACH is proving a great success in having a measurable impact in helping people with asthma to improve their general health & asthma control

On entry into The COACH Program, the average Asthma Control Score is 10; this score shows the significant level of impact asthma is having on an individual's life. An asthma control score of 10 would indicate poor control, with a person's sleep & daily activity impacted by symptoms on most days, & reliance on reliever medication.

Data collected over the past two years has shown that individual phone support can assist to improve asthma control by an average of 5 points, within 6 weeks in conjunction with GP Support.

For more information on this program please visit Asthma Australia's website or [click here](#).

To refer a patient to the COACH Program please [click here](#).

"I have been thoroughly impressed with the COACH program & the strong role it has played in managing my patient's Asthma control. Her confidence has increased markedly in line with her knowledge of the disease. It is certainly a valuable component of Asthma Australia's resources and I will be sure to refer future patients I see."

**Dr Phan Nguyen - Thoracic Physician,
The Royal Adelaide Hospital**

TAKE HOME TIPS ACCREDITATION

Kindly reprinted from 'Accreditation News'...

A snapshot of some of the key take-home accreditation tips & strategies that were shared at the AGPAL & QIP 2016 Conference, reprinted here to support local practices.

Improving your service delivery with patient feedback (presented by Dr Christine Walker, Naomi Poole & Associate Professor Michael Greco)

1. Engagement in partnerships with consumers for safety & quality.

Your practice can demonstrate a strategic approach to the patient experience by: a strong, committed senior leadership; dedicated champions; an active engagement of patients & families or carers across the service; clear organisational goals & vision; focusing on the workforce; building staff capacity; adequate resourcing; & performance measurement & feedback.

Evidence suggests that partnerships with consumers & patient-centred care is associated with:

- improved patient outcomes
- improved staff & patient experience &
- efficient, effective & appropriate care

It is therefore imperative that patients are encouraged to provide feedback in relation

to their experience with your health service, to highlight areas you are doing well & identifying areas for improvement.

2. Engaging in Patient Feedback

With the pending arrival of the Australian Healthcare Home, Michael emphasised the importance of patient feedback as part of this care model. He also highlighted some of the highest & lowest areas of satisfaction in Australia's first national patient feedback study which involved around 3,800 practices & over 313,000 patients:

Highest rated areas of satisfaction:

- respect
- warmth of staff greetings
- confidence in healthcare provider

Lowest rated areas of satisfaction:

- waiting times
- opportunity to make complaints
- seeing the clinician of choice

Are there ways you could focus on improving these areas within your practice?

An unexpected result was a patient's rating of accessibility to information promoting health initiatives, rated lower than a patient's access to information surrounding a practice's fees & costs.

Although your practice may be promoting numerous health initiatives & providing access to relevant information, the survey results have indicated that patients may not be connecting with this information as well as expected.

Your practice team may find it helpful to gather feedback from consumers, specifically in relation to health promotion, to discover opportunities or insights relating to their preferences for receiving & engaging with this information. This consumer based feedback will provide your practice team with the opportunity to review current activities, materials, & the communication channels & messages you are using. This analysis will then allow you to identify whether there are any areas you could improve on to ensure health information is being communicated in a way that is most accessible & engaging to your patients.

RACISM

A BARRIER FOR PATIENTS SEEKING TREATMENT FOR INVASIVE MENINGOCOCCAL DISEASE

Racism, as well as perceptions of invincibility & cost of care, are potential barriers to people with invasive meningococcal disease (IMD) seeking help when acutely unwell, according to research in the latest issue of [Public Health Research & Practice](#).

The December issue, out now, has a strong focus on Indigenous health, including qualitative research about the understanding & perceptions of meningococcal disease in a regional area of NSW.

Another article examines the availability & acceptability of falls prevention services for older Aboriginal people, & an 'in practice' paper demonstrates a continuous quality improvement approach to Aboriginal tobacco resistance & control.

This issue also focuses on the theme of 'emerging infectious diseases', with papers including a perspective co-authored by former Australian Chief Medical Officer Professor Chris Baggoley,

which examines how emerging infectious diseases pose a risk to countries such as Australia, & why effective responses need to be well coordinated & flexible. In another article, former Ebola 'tsar' Professor Gwendolyn Gilbert takes a fresh look at how Australia responded to the Ebola threat in West Africa & another paper discusses the value of surveillance systems for arboviruses & mosquito monitoring in NSW; the latest recommendations on the use of topical mosquito repellents; & the research needs in the field of emerging infectious diseases, especially relating to genomics, digital epidemiology & pathogens jumping the species barrier.

Lastly, we include an analysis of online news & blog comments about an Australian celebrity who admitted smoking while pregnant, which suggests that more resources are needed to strengthen the public health response to online media.

Public Health Research & Practice (PHRP) is Australia's first online-only, open access peer-reviewed public health journal, published by the [Sax Institute](#) with a strong focus on the connection between research, policy, & practice.

You can [subscribe](#) to receive quarterly e-alerts when the journal is published, [make suggestions](#) about themes or topics for future issues, submit papers & follow us on Twitter [@phrpjournal](#)

NATIONAL GP PORTAL

Have you visited Cancer Council's 'one stop shop' for GPs with up to date cancer information & resources in one place?

This national website offers the latest news, evidence-based research, & resources on cancer prevention, diagnosis, & treatment.

Other features include clinical guidelines & position statements, primary care resources, a genetics directory, printable fact sheets for patients, online videos, accredited educational resources for professional development credits, state-by-state workshops & events, information for culturally & linguistically diverse communities, & information on state-based clinical trials.

Start your search now via Australia's only cancer directory specifically for GPs at:

GP.CANCER.ORG.AU



Sunday 12 March 2017

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4 out of 5 remain undiagnosed

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consider coeliac disease

Coeliac Awareness Week - 13-20 March 2017

Primary sponsor: coles

1300 458 836 www.coeliac.org.au

Coeliac Australia

CAREERS & VACANCIES

Local job vacancies in the Primary Health Care Industry are advertised in the [‘Careers’ section of our APHN website \(click here\)](#). This is a free service offered to health services & individuals in the Adelaide & surrounding suburbs. A selection of the current jobs available are also listed below.

Development & Commissioning Officer

Adelaide PHN
Full Time Position

We are currently seeking an experienced Development & Commissioning Officer to join our exciting innovative Developing & Commissioning team at the Adelaide PHN.

The Development & Commissioning Officer role involves primary health care program development, planning, & commissioning to address identified priority needs. It requires a strong understanding of the primary health care system & population health planning principles, as well as skills & knowledge in undertaking commissioning in the primary health care environment.

Applications close 12 noon Monday 20 March 2017. [Click here for more information.](#)

Capacity Building & Development Coordinator

Adelaide PHN
Full Time Position

We are currently seeking an experienced Capacity Building & Development Coordinator to join our Development & Commissioning team at the APHN.

This exciting role works with our commissioned service providers, communities, organisations or systems to achieve the objectives of the APHN.

Applications close 12 noon Monday 20 March 2017. [Click here for more information.](#)

EDUCATION & EVENTS

Are you looking for education & event opportunities? We list a range of sessions on our website under Whats Happening or [click here](#).