

# CONNECT

MAY 2018 EDITION



**phn**  
ADELAIDE

An Australian Government Initiative

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## winter is coming!



Hello everyone!

A quarter of the year is behind us already as we enjoy the last flashes of stunning weather before autumn really sets in! Of course, that does mean winter is coming and we need to ensure that we are prepared.

Community flu vaccinations have commenced and Adelaide PHN will be working very hard to get the message out there that flu vaccination is important; to protect you, your family, friends, workplace and community. Primary care has a big part to play in ensuring we boost coverage and provide preparatory follow up to all our patients who have multiple chronic conditions.

We are working very closely with SA Health on the "Winter Demand Strategy" helping to ensure that our messaging is consistent and that we work together at a time when we know our Emergency Departments and hospitals will be under strain.

The SA PHN Immunisation Hub is playing a big role in supporting general practice and other primary healthcare providers to be ready. Don't hesitate to contact them if you need any assistance.

Of course, winter is only one season where our community has specific needs, so it makes good sense for us to be working together to develop "seasonal" strategies that focus on collaboration and integration of services. Keep your eye on our website for updated information as we develop our collaboration and integration focus over 2018.

Don't forget to check out our Integrated Care website - [aphnintegratedcare.com.au](http://aphnintegratedcare.com.au). This is the foundation stone of what we aim to achieve here at Adelaide PHN for all our South Australian metropolitan communities. Our three flagship programs - HealthPathways, Health Care Homes, and Care Connections - feature on this site and each one, and all together, are fantastic examples of truly integrated care.

Each of these programs have been a hive of activity in recent months. The HealthPathways portal has gone live and we encourage health providers to register and try it out in their own practices. Health Care Homes is now in full swing enrolling patients and working very hard to implement a new model of care in general practice. Care Connections - which is all about building those essential medical neighbourhoods - has been working towards the provision of a series of enhanced access grants to support local practices in delivering care that is more readily available to their patients.

In this issue, you can also read about our last round of very successful Adelaide PHN Roadshows which saw us out and about visiting our metropolitan community regions.

As always, don't hesitate to contact us, online, by phone or in person by dropping in at our Mile End office - we will do what we can to assist and welcome your input!

Warm regards,  
Deb

# 2018

## APHN ROADSHOWS



*Congratulations!*

...to Gary who won the doorprize at our Southern Roadshow event; he is now the owner of a new Fitbit.



Top: Case study presentations at the Central Roadshow event. Bottom: My Health Record team at the Northern Roadshow event

Thanks to all who came along to any one of our three recent Roadshow events...

Across March, the Adelaide PHN team held three Roadshow events to showcase what we have achieved over the past two years, discuss what we have planned for the future, and to hear back from our communities.

Held in Hallett Cove, Torrensville, and Elizabeth, the Roadshows gave us a chance to engage with over 75 community and primary care stakeholders.

### Updated Resources

The Roadshows saw us launch an updated suite of resources.

Including:

- an [About Us flyer](#)
- a [Primary Mental Health Care Services brochure](#)
- a [Practice Support brochure](#)



## A SNAPSHOT

# 77

### PAGES WENT LIVE

Including

- 30 clinical pathways
- 37 request pages
- 10 information pages

# 28

### SUBJECT MATTER EXPERTS

From 16 specialty areas

- 87 respondents to consultation
- 2 clinical working groups

# 798

### USERS ACCESSED HPSA

in the first month

- 950+ logins issued
- 1288 sessions

# HEALTHPATHWAYS GOES LIVE!

*The 26th of March signalled the go live date of the HealthPathways South Australia portal!*

The HealthPathways South Australia (HPSA) portal went live with 77 localised pages ready for use, including 30 clinical pathways

### Where to from here?

With pathway development continuing, the portal will only continue to grow. In fact, over 44 more clinical pathways are already in development.

Local South Australian GPs and health professionals are leading the development and supporting roll out across the state, highlighting the primary and acute care sectors working together to improve people's journey across the health system.

When developing pathways, HPSA GP Clinical Editors work closely with specialists who have good knowledge and expertise on the particular pathway and the health system in South Australia. Consultation occurs with a range of health professionals across the primary and acute sectors relevant to the pathway being developed.

The portal is an evolving resource, a key aspect of HPSA is user feedback via a prominent feedback button located at the top of each clinical pathway. Feedback goes directly to the local team and is used to improve pathways.

### REGISTER HERE & START USING HPSA!

Access is free for all GPs & other health professionals working in South Australia.

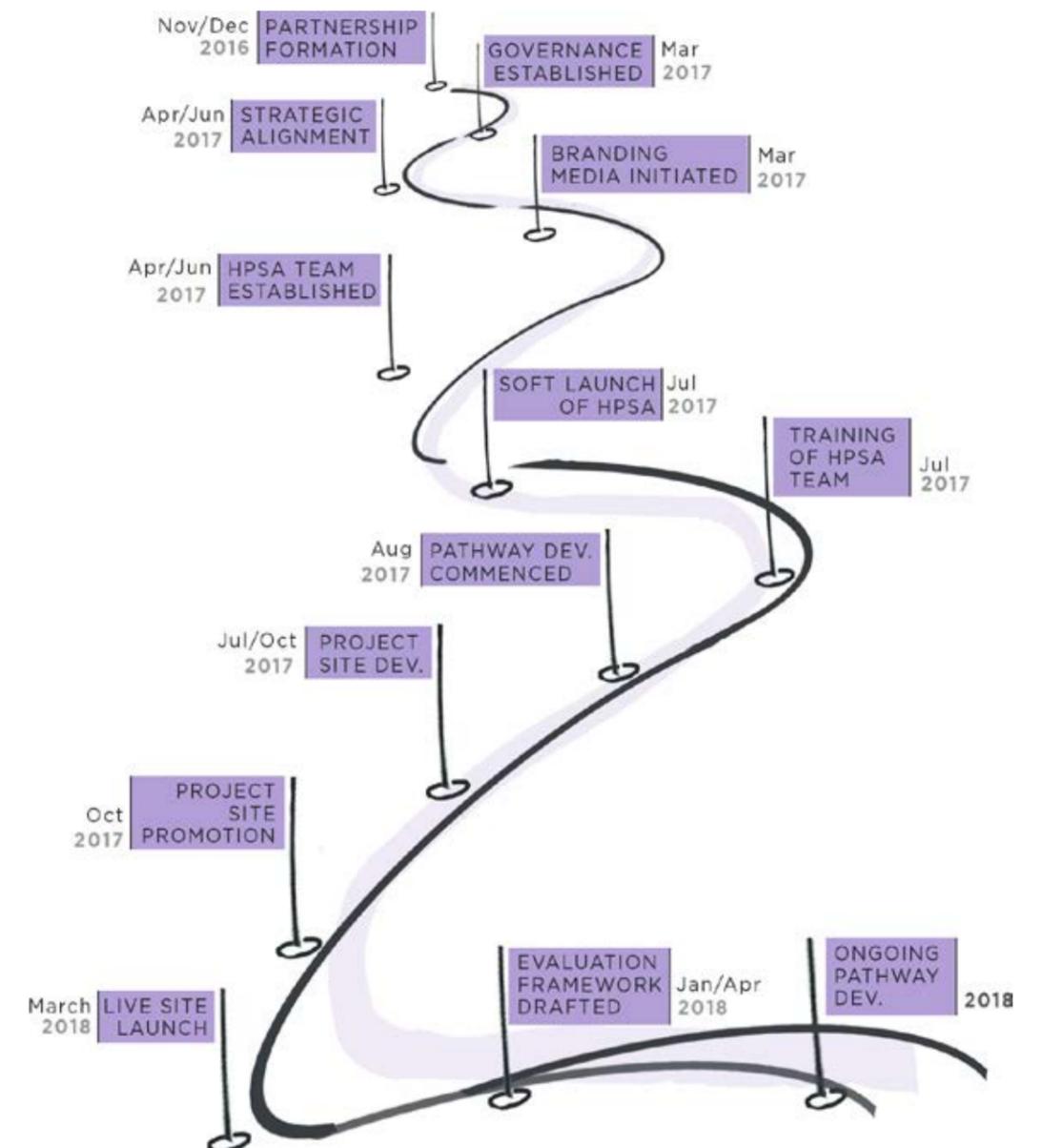
# HEALTHPATHWAYS

## How did we get here?

### The partnership...

HPSA is being delivered via a partnership between SA Health, Adelaide PHN and Country SA PHN. This partnership is a first between the three organisations.

### A timeline of development



### The benefits of the online portal to the community

HealthPathways facilitates primary and acute sector health care professionals to work together to improve patient access to the right care, at the right time, in the right place.

The program is designed to improve the patient's journey through the health care system, reduce duplication where investigations are required, and provide GPs with information that will support the referral to services in the community and hospital settings in a single, web-based portal.

Whilst HealthPathways is not designed to be used by the general community relevant patient resources are available on the portal for health professionals to provide to patients to support their care. The advantage of HealthPathways is that information can be accessed during a GP-patient consultation as well as providing opportunities for engaging the patient with the information.



## FIND OUT MORE

For more information about the program you can [watch our video](#).

To find out more about how HPSA fits into our approach to integrated care please visit [aphnintegratedcare.com.au](http://aphnintegratedcare.com.au)

# Winter's Not Coming...it's here

Influenza (flu) virus is highly contagious. It is transmitted through coughing, sneezing and close contact, such as kissing and sharing food and drink. Flu can affect anyone, even those who are healthy!

## Top Tips for keeping well this winter:

### Get vaccinated

- Getting your flu vaccination protects yourself as well as those around you
- The flu vaccine is most effective in the first three to four months. It is important to stay protected when flu is most common, between June and September
- All people over aged six months are recommended to get vaccinated to reduce their chance of flu
- Flu vaccinations are free for many (read more on page 13)

### Protect yourself

- Help prevent colds/viral infections by washing your hands regularly with soap and water
- Avoid close contact with people who are unwell
- Stay warm. Layer your clothing and wear a hat and scarf outside to reduce loss of body heat
- Stay home and rest when you are unwell
- Maintain wellness by exercising regularly, drinking plenty of fluids, eating a balanced diet and ensuring you get enough sleep to boost your cold and flu-fighting ability

### Look out for each other

- Try to stay home and avoid workplaces, schools and other public areas when you unwell
- Take care when coughing and sneezing to avoid germs spreading
- Check on others, especially those who are older to make sure they are safe



### Be Prepared

- Consider your options before you're unwell and act early if you become unwell
  - o Pharmacies
    - can provide helpful, free information and support for minor illnesses, quickly and easily
  - o General practices
    - can provide the right care for a range of conditions including, ear pain, flu, gastro, and sore throats
- Understand that if you have a long term illness, flu can make your condition worse. Speak to your GP about identifying your triggers and developing an action plan

For more information visit [healthdirect](#)

### Find a suitable health service near you via:

- [National Health Services Directory](#)
- [Adelaide After Hours](#)

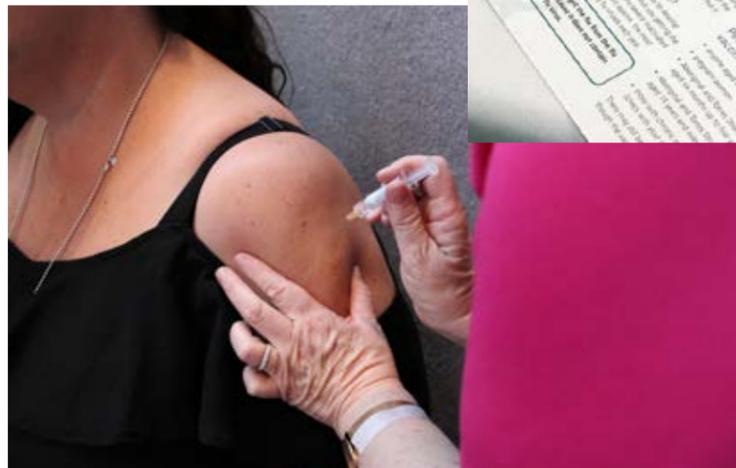
## PROVIDER UPDATE

# FLU VACCINATION

Compared with 1167 cases reported in the same period last year, SA Health's Communicable Disease Control Branch has already been notified of 1,226 cases of influenza year-to-date (to 28 April 2018).

Whilst everyone over six months of age should be recommended to get vaccinated, individuals who can access a free flu vaccine are listed on the next page.

“ We had an exceptionally severe flu season in 2017 with almost 30,000 notifications in SA ”



### NATIONAL IMMUNISATION PROGRAM

- Aboriginal and Torres Strait Islander people
  - six months to less than five years
  - 15 years and over
- Pregnant women
  - at any stage during pregnancy, and preferably before the flu season starts
  - the vaccination protects both pregnant women and their babies during their first months of life
- Individuals under six months of age with certain medical conditions including
  - heart disease
  - chronic lung conditions
  - diseases of the nervous system which affect breathing
  - impaired immunity
  - diabetes
  - kidney disease
- People 65 years and over

### STATE-FUNDED CHILDHOOD IMMUNISATION PROGRAM

- All children aged six months to five years

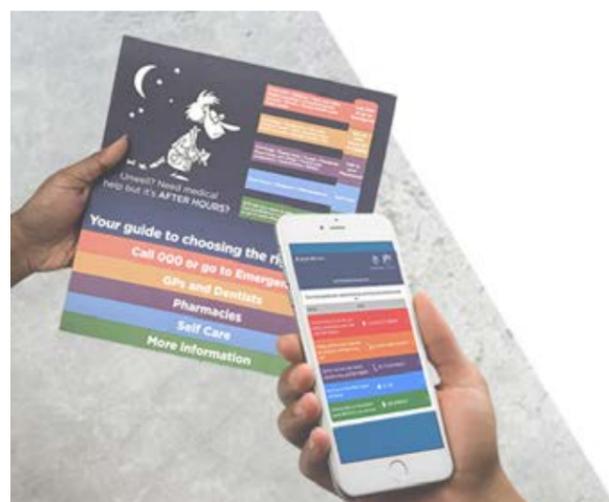
## TOP TIPS FOR PROVIDERS THIS FLU SEASON

### Current Recommendations

- o Reminder, this year people aged 65 years are recommended to receive either a high dose flu vaccine or an adjuvanted vaccine as these are formulated to produce a higher immune response for older people
- o Children six months to nine years of age receiving flu vaccine for the first time are recommended to receive two doses of flu vaccine four weeks apart. Ongoing, they only require one flu vaccine dose each year

### Vaccine Storage

- o Vaccines must be stored between 2°C and 8°C
- o Vaccines must be stored in their original packaging (protected from light)



An easy to use web  
directory of Adelaide's  
after-hours medical services

**ADELAIDEAFTERHOURS.COM.AU**

### When Giving Vaccinations

- o Check you have the right vaccine for the right individual! With six different flu vaccine brands, many with different age restrictions, and with both NIP and State funded vaccines in the fridge this year, it is easy to make a mistake!
- o Report vaccine encounter to the Australian Immunisation Register (AIR)
- o Don't forget post vaccination advice - ideally the [After Vaccination Information](#) leaflet, or for pregnant women, the [After Vaccination Information for Pregnant Women](#) (tear off pads available [here](#) from SA Health)
- o Give the patient a take home record which includes:
  - o Vaccine brand name, batch number and expiry date
  - o Vaccination date and time
  - o Vaccination site - left arm, right arm, left leg, right leg

*You are invited to our inaugural*

## COMMISSIONING WORKSHOPS



Are you interested in learning how Adelaide PHN commissions primary health care services? Come to an interactive breakfast workshop to hear more about the process and learn tips for developing a good application.

**THURSDAY 17TH MAY, 2018**

OR

**THURSDAY 24TH MAY, 2018**

Technology Park Adelaide

Conference Centre

Mawson Lakes

(in the Boardroom)

Glenelg Golf Course

James Melrose Road

Novar Gardens

(in the Conference Room)

[Register via Eventbrite here](#)

*A quick update on the commissioning activities of Adelaide PHN*

### **PEER SUPPORT NETWORKS SMALL GRANTS PROGRAM**

Only recently closed, these grants will provide practice managers, nurses and other primary health care professionals with resources to facilitate peer support, networking and learning with a focus on quality improvement across the primary health care sector.

This round of grants follows on from the successful implementation of similar events in 2017.

To find out more, jump to the article on pg 24.

### **ABORIGINAL CANCER SCREENING**

We have recently engaged the Anti-Cancer Foundation of South Australia to provide the Aboriginal Cancer Screening Project.

This project aims to increase participation in screening and early detection of breast, bowel and cervical cancer for Aboriginal and Torres Strait Islander people living in metropolitan Adelaide.

### **LIVING WELL WITH PERSISTENT PAIN PROJECT**

We have partnered with Adelaide Medical Solutions to provide a multi-disciplinary, collaborative primary care-based Central/Western Adelaide persistent pain management network.

This project is an extension of the Living Well with Persistent Pain Project which has successfully been delivered in the Northern region of Adelaide for the past three years.

### **ADELAIDE REFUGEES AND NEW ARRIVALS PROJECT**

The Australian Refugee Association Inc (ARA) and Survivors of Torture and Trauma Assistance and Rehabilitation Service (STTARS) have been engaged for the delivery of the Adelaide Refugees and New Arrivals Project.

This project aims to improve the health of refugees and new arrivals, build capacity of primary health care workers and increase system integration of primary health care services for these communities living in metropolitan Adelaide.

For more information, please see our recent [media release](#) about this project.

### **HEADSPACE ONKAPARINGA LEAD AGENCY**

Northern Health Network (NHN) have been engaged as the new Lead Agency for headspace Onkaparinga. Adelaide PHN is overseeing transition arrangements with all parties working hard to ensure minimal disruption to clients, staff and key stakeholders. NHN will commence as the Lead Agency on 1 July 2018.

### **STAY UP TO DATE WITH TENDER OPPORTUNITIES**

*Adelaide PHN advertises all opportunities via TenderLink, an online e-Procurement system.*

*Organisations that wish to apply for and/or receive notifications regarding our tenders must register with tenderlink via: [tenderlink.com/adelaidephn](http://tenderlink.com/adelaidephn)*

*Organisations already registered are reminded to regularly check and update their contact details to ensure timely receipt of notifications.*

*Please contact TenderLink on 1800 233 533 for all registration queries and support.*

# 5 QUESTIONS

With Julie Armitage,  
Adelaide PHN Capacity  
Building Coordinator



## Give us a brief snapshot of your experience prior to working with Adelaide PHN

I have had an interesting journey as a Registered Nurse and then a Multiple Trauma Intensive Care Nurse. My post graduate studies took me into Public Health including roles as Head of Health Improvement, Head of Public Health. I gained some invaluable experiences being part of the commissioner/provider split about 15 years ago in the UK and moved into Public Health/Primary Care Commissioning. I had spent the last five years prior my move to Adelaide as a Senior Hospital Manager.

## What do you see is the role of a Capacity Building Coordinator?

It is an interesting mix between supporting commissioned providers to deliver against their contracts, monitoring performance, troubleshooting and understanding the delivery of the service/project from a broader primary health care perspective to facilitate integration, development and less fragmentation.

## What project are you currently involved with?

As one of Adelaide PHN's objectives is to improve the coordination of patient care I am currently involved in projects dealing

with Aged Care, the GP Liaison Unit, the Living Well with Persistent Pain services, Australian Refugee and New Arrivals Primary Care Services, CareFirst, Palliative Care and Paediatric Primary Care Services. Certainly, an interesting and varied mix.

## What do you see as the benefit of Adelaide PHN's approach to its commissioned serviced providers?

Our organisation is developing and its commissioned service providers bring a wealth of knowledge and experience of primary care that supports and informs us and our offers us the opportunity to improve outcomes for local people together. It is an atmosphere of partnership and collaboration.

## What have been some of the highlights so far in your role?

Working with fantastic teams with huge variety of skill, experience and humour. This made settling into a new country, and a new job very easy.

Meetings with commissioned providers which allows me to travel across this beautiful city. Opportunity after many years in the UK to learn about the Australian health system Weather, weather..... oh and did I mention the weather !

## MORE OPTIONS for helping people to manage ongoing PAIN

Chronic or persistent pain is a common problem for many people. In fact, one in five people, or 20% of the population, live with chronic pain. In the Adelaide metropolitan area, Adelaide PHN has been working to support both people living with chronic pain and those providing care and assistance.

# 20%

of the population live with chronic pain

**The Living Well with Persistent Pain Program** has been operating in northern Adelaide since 2015, supporting people to understand pain and helping with information on a range of skills to make positive life changes. This is done through a multidisciplinary team of health professionals providing individual sessions and group education covering a range of topics.

Adelaide PHN is pleased to announce that the Living Well with Persistent Pain program now also has a home in the western metropolitan region. The new program has close links with the Pain Management Unit at the Queen Elizabeth Hospital (QEH) and will work to support people living in the western and central suburbs.

Referrals to both services are through general practitioners and more information on this is available on our website. Contact the programs via

- Emily Wang (North) [painprogramnorth@adelaidephn.com.au](mailto:painprogramnorth@adelaidephn.com.au)
- Tania Vinci (West) [painprogramwest@adelaidephn.com.au](mailto:painprogramwest@adelaidephn.com.au)

Alongside these programs, Adelaide PHN is supporting the **Adelaide Pain Support Network**, which operates from both the Adelaide CBD and at the QEH.

This group of dedicated volunteers connect people with shared experiences to help each other and learn together. The QEH network will be meeting for the first time on Friday 18 May at 1.30pm.

Visit [facebook.com/adelaide.painsupport/](https://facebook.com/adelaide.painsupport/) for more details or contact Mary Wing via [adelaidepsn@adelaidephn.com.au](mailto:adelaidepsn@adelaidephn.com.au)



*Crowd at our Health Priority Network Symposium*

## COLLABORATION IN ACTION

The first quarter of the year has been a busy one for the Adelaide PHNs Health Priority Network. Earlier in the year members came together for a Symposium at which Network members were introduced to the concept of Collaboration Hubs which aim to bring people together around focused action. The Hubs of reconciliation, mental health and health literacy and health promotion were canvassed and are now under development.

During February, palliative care came into sharp focus when stakeholders and community members attended a forum that looked at after-hours access to palliative care. The forum, which was hosted by members of the Older Person's Health and Palliative Care interest areas identified the need for good planning and after-hours palliative care support in the community.

In keeping with the Adelaide PHN's continued focus on addressing the needs of the disadvantaged in our community, the topical area of the NDIS will be the center of a forum planned for 27 June. The event is being planned with the assistance of Network members from various interest areas. Anyone interested in attending the forum, which is titled 'Health and NDIS - a Necessary Partnership' should contact the Adelaide PHN for more information.

## UPCOMING OPPORTUNITY



## CALLING ALL DEDICATED HEALTH CARE PROFESSIONALS & COMMUNITY MEMBERS

>> JOIN US ON ONE OF OUR ADELAIDE PHN ADVISORY COUNCILS

Our membership model currently includes three Clinical Councils and three regional Community Advisory Councils. Adelaide PHN is also establishing a new Aboriginal Community Advisory Council.

Clinical Councils provide the Adelaide PHN with locally relevant perspectives on clinical issues that impact on the needs of local communities. Community Advisory Councils provide insight into the primary health care system from a health consumers point of view.

Membership recruitment via an expression of interest will be open for these Councils in June.

Positions on Councils are for a two-year term, and members can re-nominate at the completion of their term.

All membership opportunities will be promoted on the PHN's website when they are available.

# ADELAIDE PHN GRANTS

## 1 *An update on our* 18/19 PEER SUPPORT NETWORK GRANTS

*Adelaide PHN is assessing applications to the 2018-19 Peer Support Networks Small Grants Program.*

### ABOUT THE GRANTS...

This program offers the chance for individuals and organisations working in primary healthcare to receive funding to run their local network. The funding supports network coordination and other nominal costs such as catering.

### AN EXAMPLE OF A PEER SUPPORT NETWORK....

One of the recipients of the 17-18 round of Peer Support Network Grants was the Southern Practice Managers Network (SPMN).

This network saw the practice managers of a group of local general practices get together to share ideas and discuss issues affecting their area. The SPMN provided a space to discuss problems common to the practice group (such as back-up batteries for vaccination fridges) and changes to health services and hospitals in their area. It also provided a level of personal support to the members, knowing that they have a group of like-minded people to help when responding to challenges.

Through the SPMN, members identified a need for receptionist training and applied for another grant to develop and run tailored training for the staff of their practices.

## 2 *An update on our* ENHANCED ACCESS GRANTS

In recent months, general practices participating in our Care Connections and/or Health Care Homes programs, have been given an opportunity to apply for the Enhanced Access Grants.

Practices have had the opportunity to consider ways in which they can deliver care that is more readily available to their patients (e.g. considering ideas such as open scheduling, expanded hours and alternative approaches to communication between patients, their GP and practice staff).

Participating practices have undertaken a process of assessment to identify gaps and potential improvement opportunities. This has included analysis of practice data as well as discussions around workforce needs and existing systems and processes.

The practices have identified a range of activities to assist in improving access for their patients including:

- > Provision of internet/mobile phone based self-management support and group self-management sessions for young families and working age people living with asthma
- > Technological solutions for providing remote GP appointments for people who struggle to attend the clinic for appointments
- > Providing home-based assessments and management and formalising an in-hours telephone support service for frail elderly people
- > Training to deliver Shared Medical Appointment so patients have increased appointment time choice and availability
- > Training for a Medical Practice Assistant to support practice teams and improve co-ordination between patients and various providers

For more information about Care Connections or the local Health Care Homes program, or updates on the progress of these practices, please visit our Integrated Care website at: [www.aphnintegratedcare.com.au](http://www.aphnintegratedcare.com.au)

# An update on **PALLIATIVE CARE**

## CRUNCHING THE NUMBERS

Did you know there are more than 45,000 people over 85 years of age in South Australia and that we have 32,000 people in SA living with dementia?

According to the Australian Institute of Health and Welfare in 2014-15, there was an estimated 122,000 palliative care-related GP encounters in Australia with 88.5% of these being people aged 65 and over. Also in 2014-15, there were about 65,000 palliative care-related hospitalisations reported from public and private hospitals in Australia.

**45,000**  
people aged over  
85 years in SA

With these types of numbers, it is not surprising that people are coming together to consider how we can better support people to plan and make decisions about how they are cared for at the end of their life. With palliative and end of life care now being recognised as core business for aged care, there is increasing pressure to ensure all the parts of the care system are working together.



Crowd at Adelaide PHN's Palliative Care Forum

## ENABLING GREATER CHOICE FOR SOUTH AUSTRALIANS...

Primary Health Networks have been established to facilitate cooperation and collaboration across health systems and services in ways which support people to remain in the community and reduce avoidable hospital presentations and admissions.

Most recently the Adelaide PHN has been successful in securing Commonwealth funding for the Greater Choice for At Home Palliative Care measure. These funds represent \$8.3 million over three years (from 2017-18 to 2019-20) through 10 PHNs. Adelaide PHN will utilise its funds through Enabling Choice for South Australians to build capacity across the sector to better support people to plan and make decisions about their care at end of life.

This project will provide Quality Improvement Facilitators to work in aged care organisations to assist with systems and capacity development and to deliver greater choice and person-centred and directed palliative care. This project will bring together key stakeholders across sectors to improve communication and integration of palliative care in primary, secondary and tertiary health and community aged care services.

## AFTER HOURS GP ACCESS, ADVANCE CARE DIRECTIVES, ACCESS TO MEDICINES, & MY HEALTH RECORD...

What do these four things have in common? They are all activities which support choice and the provision of palliative care in the community but how well recognised and supported are they by your GP, the ambulance officers, specialists, your carer and pharmacist? Adelaide PHN along with its Older People and Palliative Care leads invited Dr. Chris Moy and others to explore this and more at an incredibly rich and thought-provoking workshop earlier this year.

Another powerful workshop held recently, Advance Care Directives: a matter of love, rights and self-determination, was equally powerful. This workshop presented compelling reasons for completing an ACD - for your loved ones, as a personal right, and for a good death. Keep your eye on the Health Consumers Alliance of SA website [www.hcasa.asn.au](http://www.hcasa.asn.au) for the forum report along with the event recording due out soon.

If you'd like to learn more about the activities Adelaide PHN is involved with, check out our website [adelaidephn.com.au](http://adelaidephn.com.au)



A Community Peer Support Program to Increase  
**ABORIGINAL PARTICIPATION IN  
CANCER SCREENING**

Adelaide PHN is pleased to be commissioning Cancer Council SA to deliver the Community Peer Support Program, which aims to increase participation in breast, bowel and well women's screening for Aboriginal and Torres Strait Islander people living in metropolitan Adelaide.

The program will enable Cancer Council SA to engage Aboriginal peer workers as "peer ambassadors" to deliver culturally appropriate messages and information about cancer screening and advocate with primary health care services for improved culturally appropriate approaches to cancer screening.

“ This program is about reducing the impact of cancer in Aboriginal communities, by empowering Aboriginal people to increase cancer screening literacy. ”

This program aligns Adelaide PHN's commitment to improving health outcomes and access to primary care health services for Aboriginal and Torres Strait Islander people in Adelaide and the Commonwealth Government's national headline indicator of improving participation in cancer screening.

*The above artwork is the work of local artist Allan Sumner.*



**SPONSORED!**  
**3 NURSES GO TO APNA'S  
NATIONAL CONFERENCE**

As part of our commitment to workforce support and capacity building, Adelaide PHN has been pleased to have provided three primary health care nurses fully sponsored registration places to the 2018 APNA National Conference.

Congratulations to the nurses (pictured with our Tal, our Health Care Homes Facilitator) who recently attended the conference. The conference provided an opportunity to gain valuable professional development, update knowledge, access new resources, and network with peers from across Australia.

Thanks to APNA for partnering with us on this sponsorship and - from all accounts - putting on a great event.

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If you would like to hear about sponsorship opportunities like this one, [sign up](#) to Primary Links (our fortnightly e-update for primary care providers).

# PRIMARY CARE IN ACTION



## Closing the Gap Day

*Reflections on a successful event*



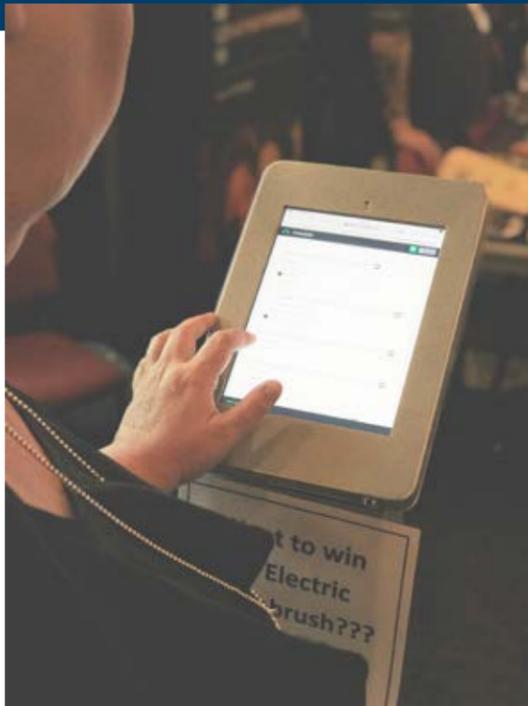
Aboriginal and Torres Strait Islander people can expect to live up to 10-17 years less than non-Indigenous Australians.

*From top: Guests at CTG day, & a live performance by Ellie Lovegrove*

The health gap exists largely as a result of decades of government inaction and a continuing lack of appropriate medical services. The Australian Government's National Aboriginal and Torres Strait Islander Health Plan 2013-2023 identifies actions to address challenges in the current system and improve the patient journey of Aboriginal and Torres Strait Islander people.

The Northern Health Network (NHN) is funded by Adelaide PHN and the Country SA PHN to deliver the Closing the Gap program across metropolitan Adelaide and Yorke and Mid North South Australia. The program is provided by a team of Aboriginal and Torres Strait Islander Outreach Workers and Care Coordinators who work together to assist Aboriginal and Torres Strait Islander people to obtain primary health care as required, provide care coordination services to eligible Aboriginal and Torres Strait Islander people with chronic disease/s who require coordinated, multidisciplinary care, and improve access for Aboriginal and Torres Strait Islander people to culturally appropriate mainstream primary care.

This year, for the first time, the NHN combined all three metro events into one major celebration in central Adelaide. On Thursday 22 March, the Ridley Centre at the Adelaide Showgrounds was transformed into a hive of activity with live entertainers, health providers and community members all in attendance with one clear mission in mind: to take meaningful action in support of achieving Aboriginal health equality by 2030.



The event attracted over 800 community members, including clients from the NHN's Closing the Gap Program, Nunkuwarrin Yunti and Watto Purrinna as well as families, friends and local school children.

Mr Sageran Naidoo, CEO of NHN delivered a presentation which touched on the services that the NHN delivers for Aboriginal and Torres Strait Islander people under the Closing the Gap program. NHN has supported 622 Aboriginal and/or Torres Strait Islander clients in this financial year alone and receives over 45 referrals into the Closing the Gap program each week. Referrals are received centrally from GPs, LHNs, AMS, allied health providers and by means of self-referral.

"The NHN is proud of its association with the Closing the Gap program and we see Closing the Gap Day as a vital step to increase the awareness of Aboriginal and Torres Strait people's health needs. This celebration is one way to bring the community together, to have fun and talk about what needs to be done to make people well," said Sageran Naidoo.



*From top: A CTG guest completes an online detail quiz, an interactive animal experience connected guests with Australian wildlife.*



*Adelaide PHN staff at the CTG SA Immunisation Hub stall which provided free flu vaccinations and immunisation information across the event.*

The event was supported by over 40 stall holders, consisting of health and community providers who were able to talk to over 800 community members and provide them with useful information about the services they have available for Aboriginal and Torres Strait Islander people.

NHN would like to thank everyone who attended the event for their passionate support to the Aboriginal and Torres Strait Islander community and the Closing the Gap initiative.

*This article has been adapted from NHN's original article available [here](#).*

For more information about the Closing the Gap program, visit [NHN's website](#) or contact the Closing the Gap team on (08) 8209 0700 or via [enquiry@northernhealth.net](mailto:enquiry@northernhealth.net)

Media release

14 May 2018

### My Health Record opt out date announced

More than five millions Australians already have a My Health Record, which provides a summary of their key health information, delivering better health outcomes for patients and their treating doctors and specialists.

Every Australian will be offered a My Health Record unless they choose not to have one during the three month opt out period that will run from 16 July to 15 October 2018.

The My Health Record system and opt out process has the full support of all state and territory governments, who unanimously agreed to this plan in August 2017 at COAG Health Council.

My Health Record also has the unanimous support from Australia's peak health bodies, including the Australian Medical Association, the Royal College of General Practitioners, Pharmacy Guild of Australia, Pharmaceutical Society of Australia, Australian Healthcare and Hospitals Association and the Consumer Health Forum.

The protection of patient information is critical and the My Health Record system has strong safeguards in place to protect the health data. It is also subject to some of the strongest legislation in the world to prevent unauthorised use.

Australians can cancel their My Health Record at any time after the end of the opt out period – or create one, if they opted out.

Minister for Health Greg Hunt said My Health Record enables important health information including allergies, medical conditions, treatments, medicines, and test reports to be securely shared between clinicians and their patients. It also enables people to take more control of their own health and wellbeing, manage their children's health, and upload key documents, like advanced care directives.

"My Health Record provides many benefits to patients, including reduced duplication of tests, better coordination of care for people with chronic and complex conditions, and better informed treatment decisions," Minister Hunt said.

"I would encourage each and every Australian to use their My Health Record and to speak with their healthcare providers regarding these benefits."

***Read the full media release via the [announcements page](#) on our Adelaide PHN website.***

Australia's 31 PHNs have been enlisted to support the My Health Record Expansion. Staff from Adelaide PHN are available to support health care providers across the expansion period and are supporting community with tailored communications.



## Breast Screen SA Movie Night with Jane Doyle

*Want to win tickets to an exclusive BreastScreen SA movie night for you and a friend?*

If you and a friend have a free breast screen during May or June and register your details online, you will go into the draw to win two tickets\*

Presented by BreastScreen SA Ambassador and special guest, Jane Doyle, this exclusive event is an opportunity for you and a friend to take some time out of your busy schedules and be reminded about the importance of breast screening. There will be gift bags and special prizes given away on the night.

Did you know that 1 in 10 South Australian women develop breast cancer before the age of 75? And 9 in 10 have no family reason of the disease? Early detection through breast screening can maximise the options for simpler treatments and more successful outcomes.

More information via SA Health's website [www.sahealth.sa.gov.au/BSSAMovieNight](http://www.sahealth.sa.gov.au/BSSAMovieNight).

## VACCINATE AGAINST FLU. PROTECT YOUR BABY TOO.



### 2018 Influenza Vaccination During Pregnancy

In 2017, the Department of Health (DOH) developed educational videos to help promote influenza vaccination to pregnant women and strategies to increase uptake.

Despite the influenza vaccine being free for pregnant women under the National Immunisation Program, vaccination rates remain low in this group. To maintain efforts in promoting the importance of influenza vaccination in this cohort, this year the Department has refreshed the three videos (one for health professionals and two for consumers) to incorporate footage of the Chief Nursing and Midwifery Officer, Adjunct Professor Debra Toms, in addition to existing footage of the Chief Medical Officer, Professor Brendan Murphy.

The DOH is also promoting these videos through social media channels including Facebook and Twitter and on the Department's immunisation [website](#).

#### Video Links

- > [For health professionals](#)
- > [For pregnant woman](#)
  1. [2018 free flu shots](#)
  2. [2018 flu shots, part of good pregnancy care](#)



## Regenerate Project

*"I enjoy the stillness and quietness of getting up close to nature and being out with a wonderful group which is very supportive. I get a good sense of belonging from the Trees for Life program and giving back to the environment."*

- Regenerate participant.

#### Overview

Regenerate is about connecting people with nature to improve mental and physical wellbeing. Activities involve taking small groups of participants living with disability or mental illness to bushland sites for a day of relaxed bush regeneration, plant propagation or planting. Research has shown that wellbeing can be greatly improved through nature immersion, learning about local biodiversity, gentle exercise, fresh air and sunshine. Regenerate also provides a space for participants to create social connections and experience the satisfaction that comes from volunteering. It is one of the first initiatives in South Australia that delivers on the principles underpinning the Healthy Parks, Healthy People Framework.

Initiated through a DCSI Fund My Community grant in 2016, we partnered with Skylight, SA Health (Elpida House), Community Living Australia, Neami National and Australian Refugee Association. Subsequent partnerships have been formed with Community Youth Justice and Baptist Care SA and initial ones expanded. Funding for the 2017-18 financial year was provided by Dept. for Environment, Water & Natural Resources and we are now working on securing funding for the 2018-19 financial year.

## Delivery

Regenerate was co-designed with partners to ensure successful delivery of the project. We work closely with participants to ensure they feel safe, comfortable and enjoy the experience. We provide sensitive support to the daily requirements of each participant to allow them to have a positive environmental experience.

## Results

To date, we have delivered 70 activities for 374 participants with 202 repeat attendances. Following Regenerate activities partner organisations reported that participants are more calm, relaxed and engaged after attending an activity, even a day or two later. Some participants have been actively recruiting other people in their peer group. Comments from participants include: "How good is it to be in touch with nature, to touch the soil and to be with such good knowledgeable people."

For more information on the Regenerate Program, please visit [www.treesforlife.org.au](http://www.treesforlife.org.au) or call Samantha Buxton Stewart, Regenerate Coordinator on 8406 0500

## ADELAIDE PAIN SUPPORT NETWORK

*Hear from Pain Management Professionals and  
meet with other people who live with pain*

**New group starting  
18 MAY**

and every third Friday of the month

The Queen Elizabeth Hospital  
Group Room North East 2B, Level 2

[adelaidepsn@adelaidephn.com.au](mailto:adelaidepsn@adelaidephn.com.au)  
Mary Wing - 0422 006 457 | Kate McKinlay - 0439 580 294

*Supported by Adelaide Primary Health Network*

# Don't Get the Sits!

A message following Heartweek 2018 (April 29 - May 6)

Most Australians spend too much time sitting for work, transport and leisure. We are a sedentary nation and it appears this problem is becoming worse, not better.

Across Heartweek 2018, the Heart Foundation were encouraging the community to consider ways to incorporate more physical activity into their day: any physical activity is better than none - start with 30 minutes of moderate physical activity a day and build to 60.

There's no reason to 'get the sits', here are some simple strategies to get more active this year:

1. Get moving with a physical activity buddy or join a group such as a Heart Foundation Walking Group.
2. Set your own goals that are specific, measurable, achievable, and realistic.
3. Make it part of your day by incorporating physical activity into your work, transport and social life. Choosing public transport or walking rather than using your car is a great place to start.

Find out more at [www.heartfoundation.org.au](http://www.heartfoundation.org.au)



## Prevention of Prescription Medication Dependence

Prescription medications have an essential role in health care, but when they are unknowingly or intentionally misused, their effects can be very dangerous and even fatal. Benzodiazepines are commonly involved in overdose deaths and in 2016 were identified in the deaths of 663 Australians.

Over May 14-18, ScriptWise invited people to participate in the inaugural National Prevention of Prescription Medication Dependence Week. The day aimed to raise awareness about the risks associated with using prescription medications such as opioids and benzodiazepines. The week was also an opportunity to promote existing prevention efforts across Australia and advocate for a government-funded national public awareness campaign.

Through education we can help to reduce the stigma around seeking treatment when needed and increase access to early intervention strategies and initiatives in local communities.



Scriptwise are urging health professionals to please start conversations with your patients around this issue. Visit our website for more information and to utilise resources to help you raise awareness: [www.scriptwise.org.au](http://www.scriptwise.org.au)

>> Follow Scriptwise on Twitter @scriptwise  
>> Like Scriptwise on Facebook [www.facebook.com/scriptwise](http://www.facebook.com/scriptwise)

## Perinatal Anxiety & Depression Helpline

providing risk assessment, support, counselling & referral to mothers, fathers, family & friends, as well as secondary consultation to health professionals

NATIONAL HELPLINE **1300 726 306**

PANDA's Intensive Care Coordination Program is supported by the Adelaide PHN



## CHAMPIONING CHANGE

Grants for practice nurses demonstrating innovation in adult immunisation



### Applications are NOW OPEN for the 2018-2019 'Championing Change' Innovation Practice Nurse Grants

As part of Seqirus Australia's ongoing commitment to public health and protecting adults from vaccine-preventable diseases, we are proud to announce the 2018-2019 'Championing Change' Innovation Practice Nurse Grants.

Our innovation grants recognise practice nurses' contributions to public health by supporting the implementation of innovative adult immunisation initiatives designed to boost coverage rates or improve the quality use of adult vaccines.

Three innovation grants to the value of \$5,000 each, commemorative certificates and sponsorship to attend the 2019 Australian Practice Nurses Association (APNA) National Conference, including travel, accommodation and registration, will be provided to three successful grant recipients, selected by the independent expert review panel.

More information and links to apply can be accessed at [www.seqirus.com.au/championing-change](http://www.seqirus.com.au/championing-change)

# CAREERS & VACANCIES

Local job vacancies in the Primary Health Care Industry are advertised in the ['Careers' section of our website](#). This is a free service offered to health services & individuals in the Adelaide region.

Are you looking for local primary health related education & event opportunities? We list a large range of sessions on our website under What's Happening ([click here](#)).

# EDUCATION & EVENTS



**Keep up to date with the Adelaide PHN via our regular communications....**

## **Primary Links**

a fortnightly e-newsletter highlighting relevant educational events, resources, & news for local primary health care providers

## **Quarterly Update**

a detailed register of progress on all Adelaide PHN programs & activities

## **Connect**

a quarterly highlight of key activities going on at the Adelaide PHN as well as the Adelaide Primary Health Care sector

Adelaide PHN distributes APHN Connect to provide beneficial and relevant information. The content is sourced from credible organisations, but please note we do not undertake extensive quality reviews. While the Australian Government helped fund this document, it has not reviewed the content and is not responsible for any injury, loss or damage however arising from the use of or reliance on the information provided herein.