

# Network Link

May 2019



## Vaccine myths get Medical Mums makeover

Dangerous and pervasive myths about childhood vaccines are the subject of a new animation video, released late last month to coincide with World Immunisation Week (24-30 April 2019).

The video was developed as part of Brisbane North PHN's annual Medical Mums campaign and tackles some of the main myths known to be causing vaccine hesitancy.

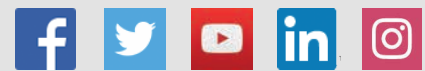
Brisbane North PHN Chief Executive Officer Abbe Anderson said the Medical Mums campaign aimed to get parents talking to their GP or other immunisation provider, rather than listening to rumours.

"The Internet is rife with misinformation about vaccines and this creates confusion about how to best protect children from infectious diseases," Ms Anderson said.



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A still from the new Medical Mums myth-busting animation



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BRISBANE NORTH

An Australian Government Initiative

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"Parents often cite fears about autism, a theory which has been thoroughly disproven, or vaccine safety as reasons for not vaccinating their children," she said.

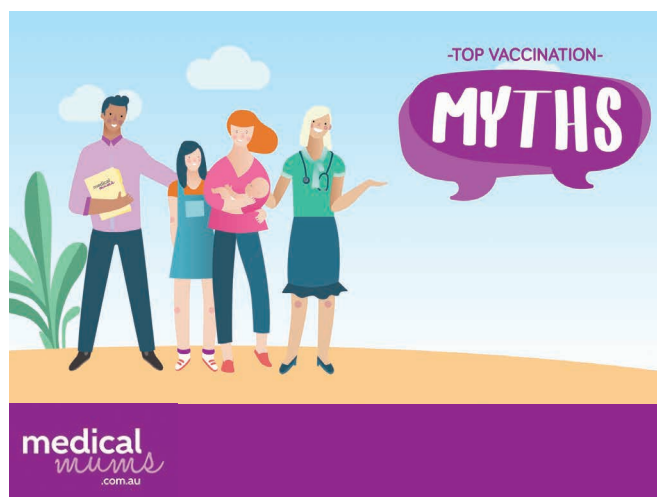
"The suggestion that alternative therapies can protect us from vaccine-preventable diseases is another myth to get the Medical Mums makeover, as is the idea that proper hygiene and sanitation is enough to keep us safe.

"Health professionals are best placed to provide accurate, scientifically proven advice about immunisation. They know vaccine fears are unfounded, but if left unchecked, these myths can spread faster than the disease itself," Ms Anderson said.

Medical Mums campaign advertising commenced during World Immunisation Week across various digital platforms and on Tonic Media TV in general practice waiting rooms.

Primary Care Liaison Officers will distribute patient-facing print resources to general practices across the North Brisbane and Moreton Bay region.

To learn more about the Medical Mums campaign visit [www.medicalmums.com.au](http://www.medicalmums.com.au).



## Feedback sought on community palliative care

Brisbane North PHN is conducting a situation analysis of community palliative care in the Brisbane North region and is seeking your feedback.

Designed to complement the Metro North Hospital and Health Service Palliative Care Clinical Services Plan 2017-2022, the situation analysis aims to identify and understand the specific community palliative care issues to be addressed in the primary, community and residential aged care sectors. To achieve this, it will look at:

- examples of quality care and potential problems, their severity and cause
- the people affected
- the broad context in which quality care or problems exist
- factors inhibiting or facilitating change.

Emma White, Sector Collaboration Lead at Brisbane North PHN said that the situation analysis will point the way to possible solutions and priority actions for the delivery of effective community palliative care in the Brisbane North region.

Participatory stakeholder workshops for the situation analysis will be held over the coming months.

Please contact Emma White on [emma.white@brisbanenorthphn.org.au](mailto:emma.white@brisbanenorthphn.org.au) if you would like to be involved.

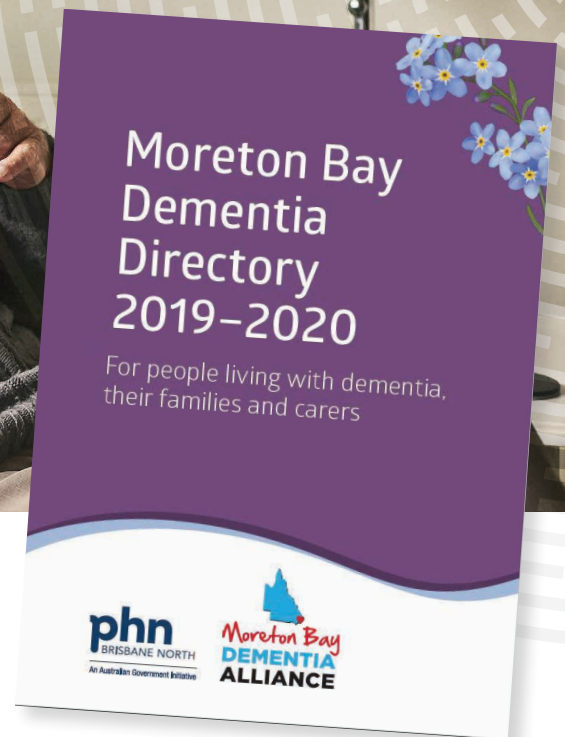
### ABOUT NETWORK LINK

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## Updated dementia directory for Moreton Bay

A directory of aged and dementia services in the Moreton Bay region has been updated and reprinted as part of a wider project aimed at improving quality of care for people living with dementia, their families and carers in Brisbane North.

Compiled in collaboration with the Moreton Bay Dementia Alliance, the directory will support better service navigation and was identified as a priority for the first year of the Integrated Model of Dementia Care in Brisbane North 2018-22 program.

This four-year dementia program is implementing an integrated model comprised of six themes, each of which address factors considered to be key influencers on quality of dementia care.

The themes are:

1. system integration
2. high quality dementia care in the acute setting
3. enhance dementia quality care in primary care
4. best dementia practices in community
5. public awareness and carer support
6. service navigation.

Among the program's activities, a regional dementia strategy is under development to improve system integration.

Led by Professor Elizabeth Beattie, Director of the Dementia Centre for Research Collaboration at QUT, a Dementia Expert Advisory Group has been established to work on the strategy.

The program is partnering with Dementia Training Australia (DTA) to improve dementia care in the acute setting via provision of training for Redcliffe Hospital, while in primary care, a series of educational and training workshops and events is lined up for GPs.

DTA is also offering tailored training packages to residential aged care providers to address dementia care in the community.

A recent carers survey, followed by a well-attended Caring for the Carers workshop in early April, has helped to gain a better understanding of the needs of carers of people living with dementia and the gaps in support services.

Meanwhile, service navigation is being further supported through an online dementia pathway for primary healthcare professionals to enhance their access to information about dementia.

More activities are planned over the life of the program. For further information, contact Mai Eames, the Development Lead in the PHN's Care Coordination team, on 07 3630 7349 or email [mai.eames@brisbanenorthphn.org.au](mailto:mai.eames@brisbanenorthphn.org.au).



# Strengthening communication during clinical handovers

Ensuring residents of aged care facilities receive best practice clinical handovers is a priority for residential aged care providers and hospital staff. Assisting with this priority is the 'Yellow Envelope', a joint initiative of Brisbane North PHN and Metro North Hospital and Health Service.

Poor or absent clinical handover can have serious consequences for elderly people. It can result in delays in the provision of a diagnosis or treatment, tests being missed or duplicated and can lead to the wrong treatment or medication being administered. The yellow envelope was developed to help with these problems.

The A4-sized yellow envelope holds important information for clinical handover. Designed for use within the North Brisbane and Moreton Bay catchment to support the transfer of aged care residents to and from hospital, they feature printed prompts to ensure important information is included during the handover process.

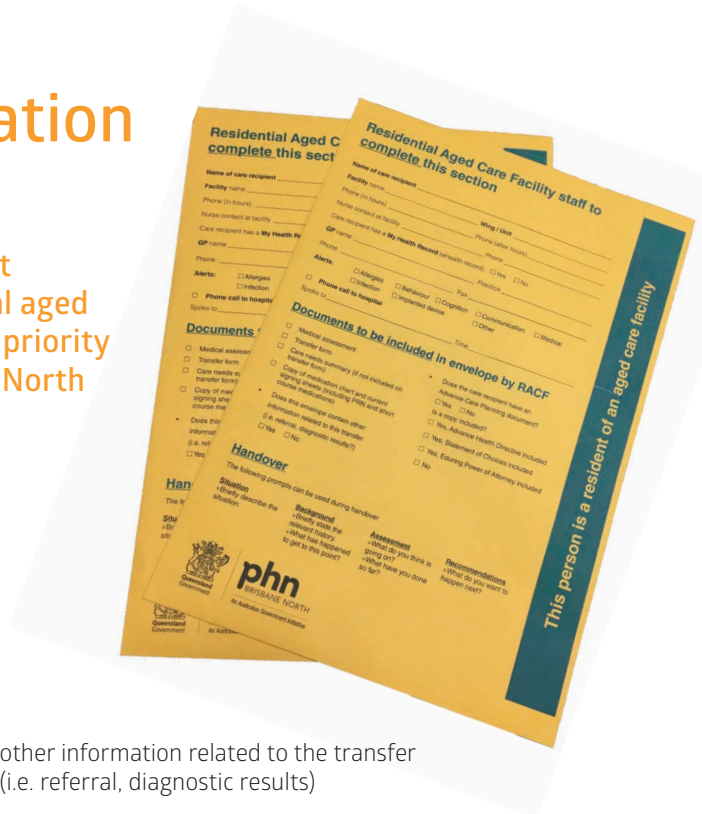
Any hospital staff member or Residential Aged Care Facility (RACF) within the Brisbane North PHN catchment who is required to complete a clinical handover of a patient/resident can use the yellow envelope.

## The Yellow Envelope can contain the following documents:

- medical assessment
- transfer forms
- care needs summary
- copy of medication chart and current signing sheets

- other information related to the transfer (i.e. referral, diagnostic results)
- advanced health directive
- statement of choices
- enduring power of attorney.
- hospital transfer documents
- key contact person details and ward/department
- medical records
- discharge summary
- type of discharge summary
- acute resuscitation plan (ARP)
- other relevant documents.

Contact Brisbane North PHN on 07 3630 7300 or email [community.care@brisbanenorthphn.org.au](mailto:community.care@brisbanenorthphn.org.au) for more information or to order yellow envelopes.



## Congratulations to Shaun Drummond, Chief Executive of 2019

The recent Australian Healthcare Week awards have named Chief Executive Shaun Drummond of Metro North Hospital and Health Service the Australian Healthcare Chief Executive of the year.

Congratulations to Shaun and all of the Australian Healthcare Week award winners for making great contributions to healthcare.

Shaun has been Executive Director Operations of Metro North Hospital and Health Service—Australia's largest public health service—since 2014 and has been a Chief Operating Officer in the health sector for 15 years.

Shaun will speak about leadership in public health at the NextCare health conference, taking place on 30 – 31 May 2019 at the Brisbane Convention and Exhibition Centre. For more information visit [nextcarehealthconference.com.au](http://nextcarehealthconference.com.au).



# A new look Brisbane MIND model

From 1 July 2019 Brisbane MIND will change to deliver more targeted and specialist psychological services to people from underserved population groups.

The refocused Brisbane MIND model responds to key recommendations from a review of psychological services undertaken by Brisbane North PHN in 2018. The model has been co-designed by consumers and carers, service providers, primary care practitioners and other stakeholders.

The refocused model delivers short-term psychological therapies for people with moderate mental illness from specific population groups and those at risk of suicide. Eligible people must demonstrate financial hardship and experience barriers to accessing Medicare Benefits Schedule (MBS) based psychological intervention.

The new program targets nine underserved population groups prioritised in the Brisbane North PHN's Health Needs Assessment:

1. children (0 – 11)
2. young people (12 – 25)
3. Aboriginal and Torres Strait Islander people
4. Culturally and Linguistically Diverse populations
5. Lesbian, Gay, Bisexual, Transgender, Intersex and Queer/ Questioning
6. residents of aged care facilities
7. people who have experienced trauma and abuse
8. people at risk of suicide
9. geographically isolated communities (e.g. Bribie Island, Kilcoy and surrounds).

Specialist providers will deliver psychological services that respond to the specific needs of these underserved groups. Evidence-based psychological services will be delivered as part of a wider range of wrap around services and supports for the individual. Providers will have greater flexibility to meet the needs of their clients (e.g. outreach, telehealth, groups, care coordination). Further information on the providers delivering these services will be communicated in June.

## Changes to referral submission

From 1 July 2019, GPs and other referrers will be required to submit referrals through Brisbane MIND Plus Redicase GP Integrator or HealthPathways. Old referral forms that are sent via fax or Medical Objects will no longer be accepted.

The current Brisbane MIND program will continue accepting referrals up until 30 June 2019. To ensure continuity of services, existing clients of Brisbane MIND who have not yet completed their course of treatment on 30 June 2019, can continue to access treatment under the existing program until 31 December 2019 with their current provider.

For further information about the new program and how to refer, please contact Stephen Giles on 07 3490 3426 or [stephen.giles@brisbanenorthphn.org.au](mailto:stephen.giles@brisbanenorthphn.org.au).





## Suicide warning signs

Be alert to any of the following, and note this is not an exhaustive list:

- withdrawing from family, friends or quitting activities that were once important to them
- changes in eating or sleeping habits indicated by weight gain or loss and fatigue
- feelings of helplessness or indicating they have no hope for the future
- talking negatively about themselves
- drastic changes in mood or behaviour – may vary from aggressiveness and irritability to a sense of calm or even euphoria
- engaging in unusual risk taking behaviour including drug or alcohol use or self-harming
- feeling like a burden to others
- getting affairs in order – giving away possessions, writing a goodbye letter, making funeral arrangements.

## Suicide tipping points

Tipping points are incidents that can lead a vulnerable person to suicidal ideation or an attempt.

Be alert to the following:

- death of a family member or friend
- physical, mental, sexual or emotional abuse
- a deterioration in financial security including loss of employment or loss of status
- a worsening in physical or mental health
- breakdown of a relationship
- an argument with a loved one.

# Talking through the warning signs of suicide

A person who is contemplating suicide will sometimes provide warning signs or clues to those around them, including their GP. Exhibiting warning signs can mean the person is at immediate risk of suicide and warrants urgent intervention.

## Beginning a conversation about suicide

A reluctance to discuss suicide is a significant factor inhibiting a vulnerable person from reaching out for help. If you are concerned a patient may be having thoughts of suicide, it is important to raise the issue directly and to ask the right questions to ensure you can act promptly to support the patient.

A calm, non-judgemental and empathetic approach can provide the opportunity for a patient to tell their story and discuss their suicidal thoughts. Normalising what the person has been experiencing may help them to feel more comfortable in discussing their thoughts.

## Concerned about suicide: what to ask

- Have you had any thoughts of ending your life?
- How often do you have these thoughts? How intense are the thoughts?
- Have you made any plans and if so, what are you considering?
- How close have you come to doing something?
- What stops you from doing something?
- How does your future seem to you?
- Do you ever feel like giving up?

To further develop skills in talking through the warning signs of suicide and building a whole of practice approach to suicide prevention, see page 7 for information on Wesley LifeForce's workshops for GPs, practice nurses and practice staff or visit <http://bit.ly/suicidepreventionworkshops>.



**Wesley LifeForce Suicide Prevention training workshops for GPs and practice nurses**

**Saturday 25 May  
9.00 am – 4.00 pm  
Kedron Wavell Services Centre,  
Kittyhawk Drive, Chermide**

Through this comprehensive six-hour session you will gain a greater understanding of risk management, suicide prevention intervention strategies and patient support and management. As well as being able to demonstrate a strategy to provide assistance to a patient who may be considering suicide, understanding the time constraints of general practice.

Completion of this educational activity entitles eligible participants to claim six CPD hours.

**Wesley LifeForce Suicide Prevention training workshops for practice managers and staff**

**Thursday 23 May  
5.30 pm – 8.00 pm  
Kedron Wavell Services Centre,  
Kittyhawk Drive, Chermide**

This workshop enables you to develop a strategy or protocol to meet the needs of your practice when triaging patients.

Build awareness and skill staff to recognise 'at-risk' signs and to respond appropriately during this two-hour tailored seminar. The Wesley LifeForce Suicide Prevention Training for Practice Staff has been allocated two AAPM CPD points per one hour of education by the Australian Association of Practice Managers Ltd.

This activity is supported by funding from the Australian Government through the PHN Program.



## My Health Record starter packs ready for patients

Between 16 July 2018 and 31 January 2019, Australians had the opportunity to make a choice to have a My Health Record, or to opt out by 31 January 2019 if they did not want a record created for them. Records have now been created for all Australians who wanted one.

Most healthcare providers will receive a posted pack of new consumer brochures and posters in April, which have been updated following the close of the opt-out period. These materials will help your patients to understand the benefits of having a My Health Record and how to access and control their record. If you don't receive a pack, or would like to order additional materials, please follow the instructions below.

### Ordering bulk consumer materials

You can order printed consumer materials in bulk at no cost to you via our online portal at [myhealthrecord.immij.com](http://myhealthrecord.immij.com). Delivery is usually within 3 – 5 business days.

To log in to the print ordering portal use the following details:

**Username:** GP\_MHR  
**Password:** myhealthrecord

Alternatively, you can download consumer materials on our website: <http://bit.ly/MHR-materials>.

### Many clinical providers are now connected

Many clinical providers already use the My Health Record system to support them in caring for their patients. More than 80 per cent of general practices and community pharmacies are now registered.

Training and other resource materials are available to support you in using the My Health Record system.

For further information see <http://bit.ly/MHR-generalpractice>.

### Start a conversation with your patients about My Health Record today

Many of your patients will benefit from having a digital record with key health information that is accessible to their treating healthcare providers. In particular, this will help people who have complex health conditions, young families, or those who see several healthcare providers. You may wish to discuss with your patient what information should be uploaded to their My Health Record.

A **shared health summary** in a patient's My Health Record represents their health status at a point in time. It may include information about a patient's medical history, including medical conditions, medicines, allergies and adverse reactions. A patient's most recent shared health summary is likely to be the first document another healthcare professional views in their patient's My Health Record.

If you are not the patient's usual provider, you can upload an **event summary** to share key health information about a significant healthcare event with others involved in the patient's care.

For more information or support, visit [myhealthrecord.gov.au](http://myhealthrecord.gov.au) or call 1800 723 471.



Save the date

# Metro North Health Forum

Wednesday 16 October 2019

9.00 am – 4.00 pm

Royal International Convention Centre  
Bowen Hills, Brisbane

Early bird  
registrations  
and the exhibition  
prospectus  
will be available  
in late May 2019.

## OUR WAY TO WELLBEING

The 2019 annual Metro North Health Forum hosted by Metro North Hospital and Health Service and Brisbane North PHN will be held on Wednesday 16 October 2019 at the Royal International Convention Centre in Bowen Hills. This year's forum theme is 'Our way to wellbeing'.

The sixth annual forum will provide even greater opportunity for engagement, information sharing and collaboration among attendees. The focus of the event is networking, and will include an interactive exhibition complemented by short presentations on the main stage and two plenary sessions.

As part of the Metro North Health Forum, the annual GP breakfast briefing will also be held on Wednesday 16 October from 7.00 am – 9.00 am. Further details will be announced in June 2019.



For any further enquiries, please do not hesitate to contact [info@health2gether.org.au](mailto:info@health2gether.org.au).

The Metro North Health Forum is a joint initiative between Metro North Hospital and Health Service and Brisbane North PHN





## Antenatal pharmacy clinics provide advice for women and GPs

GPs can refer women who are planning a pregnancy, pregnant or breastfeeding to Antenatal Pharmacy Clinics at Redcliffe and Royal Brisbane and Women's Hospitals.

An antenatal pharmacist can provide evidence based individualised advice to women and their GPs regarding:

- safety and efficacy of prescribed and over the counter medications during pregnancy and breastfeeding
- risks and benefits of medications used to manage chronic medical conditions such as epilepsy, inflammatory bowel disease, arthritis, thyroid disease, multiple sclerosis, cystic fibrosis, diabetes mellitus, gestational diabetes mellitus, hypertension, hyperemesis gravidarum and mental health conditions
- treatment of common conditions during pregnancy such as nausea and vomiting, indigestion, constipation and iron deficiency
- supplements including folic acid, iodine, iron, calcium and Vitamin D
- smoking cessation
- immunisations
- analgesia and pain relief options during pregnancy, birth and breastfeeding.

Women who are planning a pregnancy, or pregnant and planning to birth at Redcliffe or Royal Brisbane and Women's Hospitals are eligible for the service.

Referrals can be made to **Redcliffe Hospital Antenatal Pharmacy Clinic** via [redh-pharmacy@health.qld.gov.au](mailto:redh-pharmacy@health.qld.gov.au) or fax 07 3883 7908. Pharmacist advice also available for GPs Monday – Friday by email [redh-pharmacy@health.qld.gov.au](mailto:redh-pharmacy@health.qld.gov.au) or phone 07 3883 7160.

Refer to the **Royal Brisbane and Women's Hospital Antenatal Pharmacy Clinic** via fax 07 3646 3544. Pharmacist advice is available for GPs Monday – Friday by phone 07 3647 0810.

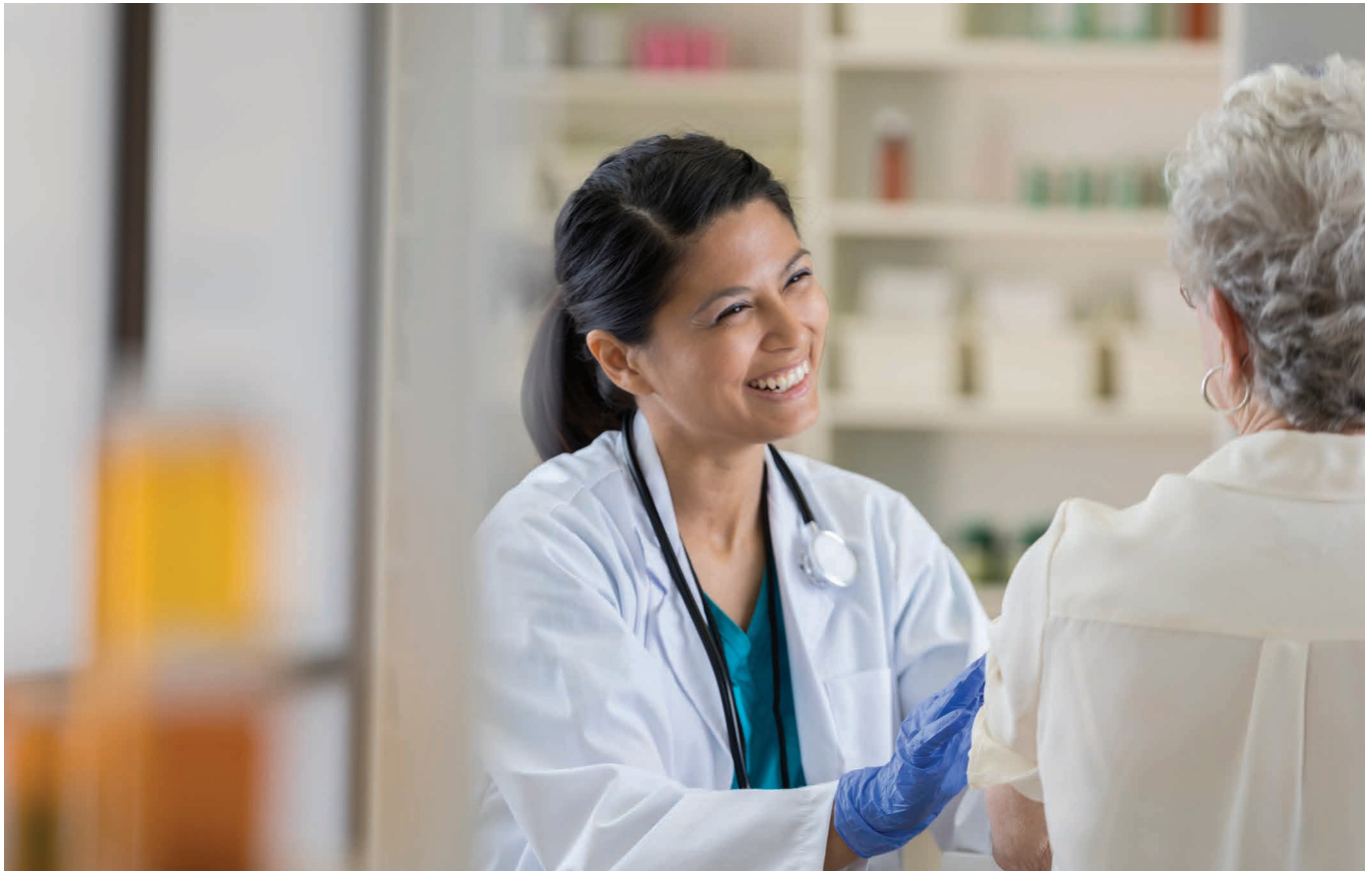
GPs can also obtain advice about the use of medicines in pregnancy from the **Queensland Medicines Advice and Information Service** via [QMAIS@health.qld.gov.au](mailto:QMAIS@health.qld.gov.au) or 07 3646 7098.

### More information on antenatal care

- **Prescription medicine and pregnancy:**  
[http://bit.ly/DoH\\_prescribing](http://bit.ly/DoH_prescribing)
- **Dietary supplementation and pregnancy:**  
[http://bit.ly/DoH\\_guidelines](http://bit.ly/DoH_guidelines)
- **Mental health care and pregnancy:**  
[http://bit.ly/COPE\\_mentalhealthcare](http://bit.ly/COPE_mentalhealthcare)

# News from Metro North Public Health Unit

The Metro North Public Health Unit focuses on protecting the community from communicable diseases and other illnesses, as well as promoting health and wellbeing. For further information on any of the updates below contact 07 3624 1111.



## Seasonal influenza vaccine information

There was an increased incidence of influenza across Queensland over the summer months, due to a mix of virus strains. While influenza notification rates in the Brisbane North and Moreton Bay region trended downwards in April, it is not possible to predict whether the 'flu season will be earlier or more severe this winter.

### Points to remember about influenza vaccination timing are:

- While protection is generally expected to last for the whole season, optimal protection against influenza occurs within the first three to four months following vaccination.
- Timing of vaccination should aim to achieve the highest level of protection during peak influenza season, which in Brisbane is from June to September.
- Revaccination later in the same season for individuals who have already received vaccination is not recommended (although not contraindicated). The decision to revaccinate with a second dose should take into account personal risk factors (including travel to the Northern Hemisphere later in 2019), the risk of disease and currently circulating virus strains.
- Pregnant women can receive the vaccine at any stage during their pregnancy.

Annual vaccination is the most important measure to prevent influenza and its complications in individuals and influenza spread in the community. Vaccination is recommended for all people 6 months of age and older without a contraindication. Groups at high risk are eligible for free vaccine.

Stocks of funded trivalent vaccine Fludax® (containing an adjuvant) for people aged 65 and over, and stocks of Afluria Quad® for people aged 5 – 64 years with medical conditions, or pregnancy, predisposing them to severe influenza were delivered to practices in early April. The full range of other nationally-funded flu vaccines became available to order through the Queensland Immunisation Program around mid-April.

To download the seasonal influenza vaccine factsheet visit [http://bit.ly/DoH\\_seasonal-vaccine-info](http://bit.ly/DoH_seasonal-vaccine-info).



## Preventing measles in our community

The Metro North Public Health Unit has received several notifications for measles in 2019. Due to a large number of people potentially exposed, there may be further cases in Brisbane.

Immunisation is the best protection against measles. The Metro North Public Health Unit has developed a poster to promote the MMR vaccine and are asking medical practices to display it in their waiting rooms.

Due to ongoing measles transmission overseas, it is particularly important for travellers who are not immune or unsure to get vaccinated before leaving Australia.

People are generally considered immune to measles if any of the following apply:

- born before 1 January 1966
- two documented doses of MMR vaccine
- serological evidence of immunity to measles
- history of laboratory-confirmed measles disease (documented evidence is important).

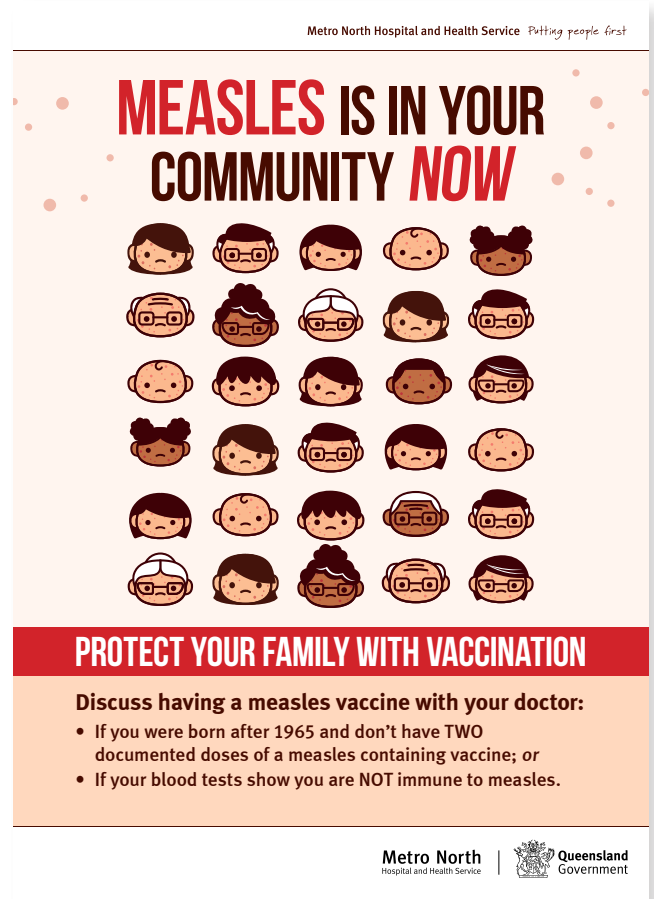
Adults born during or since 1966 who have not received two doses of MMR vaccine or had laboratory-confirmed measles disease are eligible for funded vaccine.

When a patient with suspected measles attends a medical facility, contacts (other patients/staff at the facility) are at risk of acquiring the infection. The following recommendations will minimise the risk of transmission within facilities:

- triage patients with fever and rash to a room that can be left vacant for 30 minutes after consultation
- ensure the patient is wearing a surgical mask while in the facility, particularly if they need to walk through shared or public area
- ensure practice staff in contact with the suspected case have documented evidence of immunity to measles.

The following guidelines are for the management of measles

1. Check that the symptoms satisfy all of the clinical criteria:
  - generalised maculopapular rash (which usually begins on the face, before spreading to the rest of the body)
  - fever of at least 38 degrees still present at the time of rash onset
  - cough or coryza or conjunctivitis or Koplik's spots
2. Notify the public health unit immediately of any case satisfying the clinical criteria



3. Measles PCR of a naso-pharyngeal swab (in viral transport medium – not gel) and urine are appropriate in early illness.

For more information visit <http://bit.ly/QH-measles> or download the poster from <http://bit.ly/MNHHS-measles-poster>.

## World Immunisation Week

This year the theme of World Immunisation Week (24 – 30 April) was *Protected Together: Vaccines Work!*; highlighting the importance of high population vaccination rates to protect not just individuals, but also the community.

The Metro North Public Health Unit embraced World Immunisation Week with their annual staff influenza vaccination clinic with staff receiving their influenza vaccines onsite at the unit—administered by their own immunisation program nurses.

## ▶ RU OK? campaign for Aboriginal and Torres Strait Islander communities

**The Stronger Together campaign was launched last month by RU OK? to encourage conversation around mental health within Aboriginal and Torres Strait Islander communities.**

Developed with the guidance and oversight of an Aboriginal and Torres Strait Islander Advisory Group, the campaign encourages individuals to engage and offer support to their family and friends who are struggling.

Positive and culturally appropriate resources have been developed to help individuals feel more confident in starting conversations around mental health and wellbeing. The Stronger Together kit is a free resource containing videos, posters and a conversation guide. Download the kit and watch the videos at <https://www.ruok.org.au/strongertogether>.

## ▶ Emerging Minds resources for GPs who work with children

**The National Workforce Centre for Child Mental Health is an initiative led by Emerging Minds, established to assist professionals who work with children and parents to have the skills to identify, assess and support children at risk of mental health conditions.**

Specifically developed resources for general practice are available online, including an e-course designed to help GPs conduct preventative conversations with parents about their children's social and emotional wellbeing.

Find out more at <https://emergingminds.com.au> or sign up to the Emerging Minds e-newsletter for monthly project updates.

## ▶ National Cancer Screening Register update

**The National Cancer Screening Register (the Register) is a national electronic infrastructure for the collection, storage and reporting of data for the National Cervical Screening Program (NCSPP).**

From November 2019, the Register will begin supporting the National Bowel Cancer Screening Program (NBCSP), creating one record per participant for the two programs.

From 2020, the Register will also feature integration with practice management software and online participant and healthcare provider portals. Providing clinical software integration and portals will enable healthcare providers to be informed in near real time, and actively manage patient participation in the programs.

For more information contact the National Cancer Screening Register's contact centre on 1800 627 702 or visit <http://bit.ly/NCSR-healthproviders>.

## ▶ Australian Immunisation Handbook updates

**The Australian Immunisation Handbook has recently been upgraded, making it easier for providers to access information.**

Updates include:

- an improved printing function
- an improved search function
- links to product information and consumer medicine information sheets are available on each vaccine page.

For more information contact Hope Peisley, Director, Immunisation Policy Section, Immunisation Branch at [Hope.Peisley@health.gov.au](mailto:Hope.Peisley@health.gov.au).

## ▶ Updated fact sheets for influenza vaccines

**The National Centre for Immunisation Research and Surveillance have recently updated a range of online fact sheets and FAQs relating to the influenza, meningococcal and pertussis vaccines.**

The influenza vaccine information includes the following:

- vaccines available for 2019
- registration ages
- funding for Aboriginal and Torres Strait Islander people
- effectiveness of 'enhanced' influenza vaccines
- advice on the use of vaccine out of season for travel
- use of influenza vaccines in those with latex allergies.

For more information visit <http://bit.ly/NCIRS-factsheets>.



# Noticeboard

Please contact the relevant organisation for more information about the items below.

## Clinical advice on 2019 seasonal influenza vaccine for pregnant women

Seasonal influenza vaccines are now available through the National Immunisation Program for pregnant women.

Antenatal influenza vaccination is recommended to protect both pregnant women and their babies from influenza and its complications. Influenza vaccine can be safely given at any stage during pregnancy.

While the vaccine is best given before the influenza season, it can be administered at any time during the season and it will still provide some protection to the mother and protection to the baby for the first few months of life.

To download the influenza fact sheet, which provides extensive clinical advice for vaccination providers visit <http://bit.ly/NIP-influenzavaccine-pregnancy>.

## Primary care toolkit to support the health of older Australians

Funded by the Australian Government Department of Health, the End of Life Direction for Aged Care project supports primary care practitioners and teams to provide care for older people towards the end of life.

The Primary Care Toolkit provides an evidenced-based resource for people working in primary care to support palliative care and advance care planning.

The toolkit contains links to clinical tools and resources; education, training and quality improvement strategies for palliative care and advance care planning; information on how to access and develop local HealthPathways; and resources to improve coordination and cooperation between services and providers. To find out more information visit <http://bit.ly/ELDAC-primarycare>.

## Input sought for the development of zoonotic infection resources

Worldwide, 75 per cent of emerging infectious diseases are zoonoses, a number of these being unique to Australia. These growing threats, along with other local endemic zoonotic infections, have the potential to present unique challenges to medical practitioners both now and in the future.

The University of Sydney are inviting GPs to complete a short survey to help in the development of a suite of resources on zoonotic infection. For more information or to complete the survey visit <http://bit.ly/zoonoses-resources-survey>. Survey respondents will go into the draw to win one of ten \$100 Westfield gift vouchers.

## May is Prevention Month

Medication Dependence Prevention Month is an annual event raising awareness of prescription medication dependence.

Prescription medications have an essential role in healthcare. However, when certain high-risk medications are used long-term, or are accidentally or intentionally misused, their effects can be dangerous or fatal.

According to the Australian Institute of Health and Welfare approximately 1 million Australians reported recent non-medical use of a pharmaceutical medication.

Opioid and benzodiazepine medications are the key contributors to the increasing number of overdose fatalities in Australia.

More information is available via <http://bit.ly/prevention-month> or visit <http://bit.ly/community-toolkits> to access community healthcare toolkits.

## Be Liver Smart launches in Brisbane North

### Hepatitis Queensland is rolling out the pilot project, Be Liver Smart, in the Brisbane North region to increase hepatitis C testing and treatment uptake.

Liver cancer is now the fastest increasing cause of cancer deaths in Australia. Those missing out or not coming forward for hepatitis C treatment put themselves at risk of liver cancer and serious liver disease.

Hepatitis Queensland aims to raise awareness among those living with hepatitis C, but also family, friends and support networks who can help spread the word that treatment is available. New generation antiviral medications are available on the PBS to treat and cure chronic hepatitis C. These medications are over 95 per cent effective and have few side effects compared to older medications.

In the Brisbane North region, only 16.2 per cent of the estimated 8,743 people living with hepatitis C have been treated. Queenslanders may not be coming forward for a number of reasons including being diagnosed decades ago, not prioritising their own healthcare or treatment and/or misinformation regarding the effects of the old treatments.

An integrated care model will be operating across Caboolture, Morayfield, North Lakes, Kallangur and Redcliffe. If you are a GP interested in enhancing hepatitis C treatment in your practice, contact Hepatitis Queensland Project Officer, Winnie Nguyen on 07 3846 0020 or [winnie@hepqld.asn.au](mailto:winnie@hepqld.asn.au).

This is a joint initiative between Brisbane North PHN and Metro North Hospital and Health Service.

## Get involved in the Ageing Well Initiative

General practices that support older people in The Prince Charles Hospital catchment area are invited to participate in a co-design process to develop, test and implement new models of care to improve the interface between hospital and primary care.

Join clinical leads, Dr Lucy Dakin (Geriatrician, The Prince Charles Hospital) and Dr Kristen Riley (General Practice Liaison Officer) along with Professor Don Matheson (General Manager, Health Alliance) for a co-design event to commence this process.

### Who should attend?

The co-design process is targeted at GPs, practice nurses, practice managers and practice owners who support older people and have an interest in designing, developing, testing and implementing new models of care to optimise the care of older people in The Prince Charles Hospital catchment area.

### Learning outcomes

- introduce the Ageing Well Initiative and progress toward a new system of care for older people
- apply a common language about frailty between hospital and community clinicians and outline the value of using a common language (presentation by Dr Lucy Dakin, Geriatrician)
- begin the process of co-designing sustainable models of care, business models and information support to improve the interface between hospital and primary care.

If you have any questions, or to RSVP please phone Bridgette Chapman, Program Manager on 07 3630 7323 or email [contact@healthalliance.org.au](mailto:contact@healthalliance.org.au) and advise of any dietary requirements.

If you are unable to attend the event but wish to be involved in the co-design process please contact us on the details above. For more information about the Health Alliance visit [www.healthalliance.org.au](http://www.healthalliance.org.au).

### **INVITATION: Ageing Well Initiative's hospital and primary care interface co-design event**

**Date:** Thursday 9 May 2019

**Time:** 6.00 pm – 8.30 pm

**Venue:** Kedron Wavell Services Club

*RACGP QI & CPD Category 2 points pending*



## Practice Incentive Payment (PIP) Quality Improvement information sessions

**Tuesday 11 June 2019 – North Lakes**

**Wednesday 12 June 2019 – Lutwyche**

**The Practice Incentive Payment Quality Improvement (PIP QI) begins on 1 August 2019.**

This event will be an opportunity to learn about PIP QI and the tools available to you for ongoing quality improvement in your practice. Sessions will benefit the whole practice team including GPs, practice managers, nurses and reception staff.

### Sessions will cover

- what to expect when the PIP QI begins in August
- how Brisbane North PHN can support ongoing quality improvement within your practice
- how to get the most out of using the Pen Clinical audit Tools (PenCAT).

### Sessions available

**Tuesday 11 June – North Lakes**

9.00 am – 11.00 am or 6.00 pm – 8.30 pm

Brisbane North PHN, Level 2, 10 Endeavour Boulevard, North Lakes

**Wednesday 12 June – Lutwyche**

9.00 am – 11.00 am or 6.00 pm – 8.30 pm

Brisbane North PHN, Level 4, Lutwyche City, 543 Lutwyche Road, Lutwyche

Please note: all four sessions will feature the same content. Morning tea or dinner will be provided.

### RSVP

Please email [aimie.thomson@brisbanenorthphn.org.au](mailto:aimie.thomson@brisbanenorthphn.org.au) by Monday 3 June 2019.



# What's on elsewhere

Please contact the relevant organisation for more information about these events. Note, these are not Brisbane North PHN events.

For more events, visit [brisbanenorthphn.org.au/page/news-and-events/events](http://brisbanenorthphn.org.au/page/news-and-events/events).

## May 2019

**01 May** Be liver smart project: curing hep C – Hepatitis Queensland North Lakes, Qld  
e [winnie@hepqld.asn.au](mailto:winnie@hepqld.asn.au)

**03 May** Debriefing fundamentals workshop – Mater Education South Brisbane, Qld  
e [education@mater.org.au](mailto:education@mater.org.au)

**07 May** NDIS access and psychosocial forum – NDIS, Redcliffe, Qld  
e [engagement.qldsouth@ndis.gov.au](mailto:engagement.qldsouth@ndis.gov.au)

**10 May** Walk on the wild side – Metro North Hospital and Health Service, Herston, Qld  
e [metronorth-events@health.qld.gov.au](mailto:metronorth-events@health.qld.gov.au)

**11 May** Assessment and management of lower limb pain – Australia Associate of Musculoskeletal Medicine, Stafford, Qld  
e [aamm.cert@gmail.com](mailto:aamm.cert@gmail.com)

**11 May** Rural emergency skills training course – Australian College of Rural and Remote Medicine Twin Waters, Qld  
e [courses@acrrm.org.au](mailto:courses@acrrm.org.au)

**13 May** Health and wellness community information session – Home Instead Senior Care, Caboolture, Qld  
e [clientservices@hiscbrisnorth.com.au](mailto:clientservices@hiscbrisnorth.com.au)

**14 May** Self care workshop – Forever in Motion and New Life Perspectives, Morayfield, Qld  
e [laurie@newlifeperspectives.net](mailto:laurie@newlifeperspectives.net)

**14 May** Immunisation catch up for practice nurses – Brisbane North PHN, North Lakes, Qld  
e [aimie.thomson@brisbanenorthphn.org.au](mailto:aimie.thomson@brisbanenorthphn.org.au)

**15 May** Be liver smart project: curing hep C – Hepatitis Queensland North Lakes, Qld  
e [winnie@hepqld.asn.au](mailto:winnie@hepqld.asn.au)

**18 May** Perinatal in practice – Black Dog Institute, Brisbane City, Qld  
e [education@blackdog.org.au](mailto:education@blackdog.org.au)

**18 May** Helping grieving children and adolescents – Australia Centre for Grief and Bereavement, Brisbane City, Qld  
e [education@grief.org.au](mailto:education@grief.org.au)

**21 May** Immunisation catch up for practice nurses – Brisbane North PHN, Lutwyche, Qld  
e [aimie.thomson@brisbanenorthphn.org.au](mailto:aimie.thomson@brisbanenorthphn.org.au)

**22 May** Common Threads Summit – Brisbane North PHN and Brisbane South PHN, South Brisbane, Qld  
e [contactus@bsphn.org.au](mailto:contactus@bsphn.org.au)

**30 May** #NextCare health conference – Metro North Hospital and Health Service, Herston, Qld  
e [metronorth-events@health.qld.gov.au](mailto:metronorth-events@health.qld.gov.au)

## In the community

1 – 31 Medication Dependence Prevention Month

11 – 17 Myalgic Encephalomyelitis and Chronic Fatigue Syndrome Awareness Week

19 – 25 National Palliative Care Week

20 – 26 Exercise Right Week

7 World Asthma Day

30 World Multiple Sclerosis Day

31 World No Tobacco Day

## Common Threads, an alcohol and other drugs lived experience forum

This May the Common Threads summit, organised by Brisbane South PHN, will invite attendees to consider lived experience through story sharing, professional development and networking.

The summit aims to showcase emerging lived experience leaders and healthcare providers and inspire conversation around the importance of embedding lived experience in alcohol and other drugs treatment.

Alcohol and other substance use is an area of unique challenge. For some people, their substance of choice is highly legislated and consumption or possession is illegal. This can therefore make it difficult to identify as a person with lived experience because of the potential to be criminalised.

The summit aims to progress the inclusion of alcohol and other drug users in the discussions around service delivery, program development and treatment options.

The event will explore current sector responses and approaches to the inclusion of people with lived experience, the motivations behind why people choose to share their stories, and the impact of storytelling.

Speakers include author and columnist Rosie Waterland, Mental Health Commissioner Ivan Frkovic, Brothers 4 Recovery, Evie Ryder (Open Doors Youth Service), Niki Parry (QuIVAA), Matthew Berry and more.

For more information or to register visit <http://bit.ly/2Khsypj>.

# GP bulletin – May 2019

News from General Practice Liaison Officers at Brisbane North PHN and Metro North Hospital and Health Service.

Any feedback or suggestions please send to [mngplo@health.qld.gov.au](mailto:mngplo@health.qld.gov.au). Please share with your GP colleagues.

## HealthPathways update

### Newly released HealthPathways:

- acute abdominal pain in adults
- chronic abdominal pain in adults
- epilepsy in adults
- infant mental health.

To submit feedback about HealthPathways, please contact [administration.integration@brisbanenorthphn.org.au](mailto:administration.integration@brisbanenorthphn.org.au).

Login at: [brisbanenorth.communityhealthpathways.org](http://brisbanenorth.communityhealthpathways.org) or phone 07 3630 7300 for login details.

## GP education

- **18 May**—Out of home care project information session – Caboolture Hospital Education Centre
- **23 May**—Common challenges in primary care: Persistent pain – The Prince Charles Hospital
- **29 May**—Common challenges in primary care: Paediatrics – The Prince Charles Hospital
- **30 May**—Rheumatic heart disease update – Brisbane North PHN, Lutwyche
- **8 June**—Recognising, diagnosing and managing dementia in general practice – North Lakes Resort Golf Club
- **18 June**—Common challenges in primary care: Respiratory – The Prince Charles Hospital

Visit [bit.ly/phnevents](http://bit.ly/phnevents) for upcoming education events.

## GPs invited to hospital Grand Rounds

GPs can now join medical staff at local hospital 'Grand Rounds'.

From 12:15 pm – 1:15 pm on **Thursday 16 May**, GPs are able to join the staff of **The Prince Charles Hospital** for a session with Professor Toby Richards from Fiona Stanley Hospital speaking on patient blood management. Future events include:

- **6 June**—Mental health
- **18 July**—Thoracic medicine
- **22 August**—Palliative care

For further information on these sessions email the medical education unit at [TPCH-Medical-Education@health.qld.gov.au](mailto:TPCH-Medical-Education@health.qld.gov.au).

For information on the Grand Rounds held at Redcliffe Hospital on Thursdays during lunch time please email [MedEd-Redcliffe@health.qld.gov.au](mailto:MedEd-Redcliffe@health.qld.gov.au).

## Queensland Children's Hospital statewide outpatient referral guidelines begin 1 May

Queensland Children's Hospital (QCH) will release new statewide referral guidelines from Wednesday 1 May 2019.

This will mean that GPs need to follow these guidelines to send a referral to QCH or Metro North Hospital and Health Service.

Access the paediatric referral guidelines at <http://bit.ly/mnrefer> under Specialist Outpatient Services and search for 'paediatrics'.

## Include frailty information in your referrals

Identifying the frailty of patients when referring them to hospital is important to ensure they receive appropriate assessment and care. Metro North Hospitals use the Clinical Frailty Scale, which can be found at <http://bit.ly/frailscore>. By referencing the scale, identifying your patient's level of frailty from 1 – 9, it can help clinicians understand patients level of frailty at the time of admission.

## Help develop a clinical tool to predict childhood obesity

Researchers from The University of Queensland and Children's Health Queensland are developing a digital, clinical tool to predict childhood obesity.

The research team want to hear from clinicians and parents/caregivers of infants about their views on predicting obesity in healthcare.

For more information contact senior researcher Oliver Canfell via [oliver.canfell@uqconnect.edu.au](mailto:oliver.canfell@uqconnect.edu.au) or 0434 911 538.

## Talking heart health during Heart Week

Heart Week, celebrated from 28 April – 4 May, focuses on the importance of having a heart health check and what steps patients can take to manage their risk of heart disease and stroke.

To download resources to assist in the promotion of heart health visit <http://bit.ly/HF-heartweek>.