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Artwork throughout by Riki Salam, We Are 27 Creative.



Indigenous artwork celebrates reconciliation progress

Accomplished First Nations artist Riki Salam (*pictured above*) has designed striking new artwork for Brisbane North PHN to inspire the organisation's continuing reconciliation journey.

The artwork 'Flowing Knowledge, Healing Country' was commissioned to represent the PHN's vision for reconciliation and its launch marks the first anniversary of the endorsement by Reconciliation Australia of the PHN's Reflect Reconciliation Action Plan (RAP).

Riki Salam, who runs Indigenous art, design and communications agency We Are 27 Creative, said his work aimed to reflect the PHN's commitment to reconciliation.



“The artwork depicts land and landscape between a body of water. Water flows through the centre.”



“I had been invited to a workshop at which Brisbane North PHN staff came up with their vision for reconciliation and drew upon their ideas in creating my design,” Riki said.

“What struck me most profoundly was the PHN’s desire to make their networks and places of practice culturally safe for Aboriginal and Torres Strait Islander peoples,” he said.

“The artwork depicts land and landscape between a body of water. Water flows through the centre.”

“The depiction of the water represents the geographical river systems that are found throughout the Brisbane North PHN region.

“We are all connected by water. Metaphorically these bodies of water represent our stories and the exchange of knowledge – knowledge of the land, its people and its law.

“Through these connections, trade routes are established, the exchange of knowledge informs us of how we look after Country and how Country looks after us – sustaining us with food and water to survive and providing us with medicine to heal.

“The central symbol represents Brisbane North PHN. It is the hub and the main meeting place of health knowledge connected to Country.



“The collective stories of our staff were critical to Riki’s creative process to craft his beautiful art for the PHN.”

“The two symbols either side represent both Aboriginal and Torres Strait Islander cultures and knowledges – where traditional meet with contemporary, two ways of living and learning.

“On different levels the three main symbols also represent, past, present and the future and the reconciliation directives of respect, relationships and opportunities,” Riki said.

Brisbane North PHN Chief Executive Officer Libby Dunstan said staff had overwhelmingly embraced the artwork.

“We can’t wait to use Riki’s designs in our corporate branding. They are just so beautiful,” Libby said.

“This is a significant moment in our reconciliation journey. Over the past year, our staff have been immersed in the RAP reflection process

with support from our Board of Directors,” she said.

“Every team in our organisation has developed a statement on how they can contribute to reconciliation through their day-to-day work.

“The collective stories of our staff were critical to Riki’s creative process to craft his beautiful art for the PHN.

“We have diligently worked through the 50 actions identified in our RAP and are now preparing to move from a process of reflection to implementation.

“I am grateful for the continuing support we have received from Reconciliation Australia and look forward to working on our Innovate RAP in the near future,” Libby said.

The PHN’s Reflect RAP is available to view at bnphn.org/RAP.

Newly launched Planning for Wellbeing website

We are excited to announce the launch of the Planning for Wellbeing website, now live at www.planningforwellbeing.org.au.

Jointly sponsored by Brisbane North PHN and Metro North Hospital and Health Service, the regional plan identifies opportunities for service improvement for mental health, suicide prevention and alcohol and other drug treatment services for the North Brisbane and Moreton Bay region.

After many months of consultation and design, the Planning for Wellbeing website now provides a dedicated space to locate information and resources relevant to the regional plan. The site contains a wealth of information about the plan, including some useful links and resources, and stories summarising key achievements to date.


The site also makes it simple to access resources and tools including downloadable copies of the plan and links to relevant websites.

Each chapter of the plan has its own page on the site where you can find information as well as links to relevant stories, resources and the governance mechanisms that underpin each part of the plan. The chapter pages also allow site users to view and track the progress of a suite of shared objectives that have been developed in partnership with our stakeholders.

The website also makes it simple for site users to contact us if they are interested in getting involved, access more information or access the guidance of our team.


We invite you take a look, bookmark your favourite pages, review progress against the shared objectives, or connect with us via the contact form.

Visit www.planningforwellbeing.org.au and email your feedback, queries or comments to planningforwellbeing@brisbanenorthphn.org.au.



**Got a cough?
Get tested!**

Find your closest COVID-19 clinic.




GET TESTED COVID-19 CAMPAIGN

A new campaign from Metro North HHS and supported by the PHN is directing people to attend their closest COVID-19 testing clinic, rather than visit the emergency department.

Intended to reduce unnecessary emergency department presentations, the campaign acknowledges that it is not always an emergency when you have flu-like symptoms, but it is important to get tested for COVID-19 as soon as you have a cough, fever or sore throat.


For a quick test, head straight to a GP respiratory clinic or community fever clinic.

Health professionals and the public can access details of local clinics on our website brisbanenorthphn.org.au/covid-19.



**Got a sore throat?
Get tested!**

Find your closest COVID-19 clinic.





The presence of GPs onsite at headspace centres provides a safe, low-stigma entry point for young people who may be reluctant to seek help for mental health concerns.

Become a GP at headspace

headspace GPs are a key part of how headspace delivers support to young people across Australia. They play an important role in supporting the mental, physical and sexual health of young people aged 12–25.

Having GPs onsite at headspace centres provide a safe, low-stigma entry point for young people who may be reluctant to seek help for mental health concerns. Our GPs work holistically with young people and are part of a multidisciplinary team.

headspace is keen to welcome more GPs into its network to help enhance the care provided to young people across Australia. These roles can offer great flexibility, including part-time, face-to-face and telehealth opportunities, and the opportunity to make a real difference to young people's lives.

GPs are a key part of the headspace model and play a vital role in supporting the health of young Australians.

Currently, 55 per cent of headspace services employ a GP and, despite the demand for appointments being high, these roles are typically part-time.

The presence of GPs on site at headspace centres provides a safe, low-stigma entry point for young people who may be reluctant to seek help for mental health concerns.

headspace GPs are part of a multidisciplinary team which includes experienced youth

healthcare experts, such as psychologists, psychiatrists, dietitians, social workers and mental health nurses.

GPs at headspace work with young people holistically around their mental wellbeing, sexual and physical health.

To find out how you can become a headspace GP, visit headspace.org.au/gps or email GPProgram@headspace.org.au.

Big changes at Caboolture Hospital

Caboolture Hospital is undergoing a major expansion and redevelopment to build capacity, modernise healthcare services and improve facilities for patients, visitors and staff.

The Queensland Government has committed \$352.9 million to undertake this significant expansion and redevelopment of Caboolture Hospital, with a further \$41.7 million committed to deliver a new multi-storey carpark.

Major construction is due to commence in the coming months as the Caboolture Hospital Redevelopment Project gains momentum.

To prepare the construction site for the next stages of the project, the hospital's main entry and carparking will be temporarily relocated to the rear of the hospital. This change is expected to occur in late September 2020 and be in place for approximately two years.

All non-urgent patients, visitors and staff will enter through the Temporary Main Entry, which includes a new patient drop-off/pick-up zone, a volunteers booth, a food truck, maps and directional signage that will ensure people of all abilities can safely and easily navigate the new entry point.

As part of this change, public carparking will be relocated to the rear of the hospital, alongside the new Temporary Main Entry.

Patients and visitors arriving by car should enter the hospital via the All Weather Access Road off Mewett Street and continue past the newly constructed

Temporary Staff Carpark. The public carpark can also be accessed via Bury Street.

Emergency patient drop off, including dropping off mothers in active labour, will still be located at the front of the hospital with vehicle access from McKean Street.

Caboolture Hospital Redevelopment Project Director, Sam Betros, said the opening of the new Temporary Main Entry is an exciting step that leads into the major construction phase.

"Switching the Main Entry from the front to the back of the hospital is an important step towards building a bigger and better hospital for the Caboolture community," he said.

"It marks the start of major construction of new facilities and a refurbishment program to enhance spaces within the existing hospital.

"We're excited to see the foundations go down for the new five storey clinical services building and multi-storey carpark and watch the new building come to life".

Hospital staff will be available to support and guide all pedestrians through the new Temporary Main Entry.

For more information about the Caboolture Hospital Redevelopment Project visit the project website: www.metronorth.health.qld.gov.au/caboolture and sign-up to our e-newsletter.





Paul Young, Exercise Physiologist, BallyCara

Celebrating aged care employees

On Friday 7 August, we celebrated aged care employees. To thank our vital aged care workers, our healthy@home consortium profiled some of the valued staff employed by its service provider members.

PAUL YOUNG is an Exercise Physiologist at BallyCara, a member of the healthy@home aged care consortium. Paul, who has been working at BallyCara for more than two years and was originally a professional athlete, completing a Bachelor in Sports and Exercise Science in 2006. He then joined the Metropolitan Police force in his native England but after five years, realised he wasn't getting enough satisfaction from the job.

Paul quit the force and became a personal trainer, completing his Personal Trainer Certificate in 2012 and gaining Precision Nutrition Certification in 2014. This in turn led him to the realisation that most people he worked with had some sort of illness or injury and this piqued his interest in the next step.

"I saw that a lot of my personal training clients had similar problems and I decided I wanted to go down that road," he says.

After arriving in Australia almost five years ago, he decided it was time to get serious about personal training and completed his Masters in Clinical Exercise Physiology at the Charles Sturt University.

But it has been his work with BallyCara that has led him to what he loves most and does best.

"Everything we do in aged care is very rewarding," he says. "The elderly have good stories to tell drawn from vast life experiences. They have a great sense of humour and most of all, they really want to do their exercise sessions and are not being forced into it."

His fitness philosophy is simple: "Every individual should be treated like a professional athlete in their journey to achieve their goals. Treatments and attention to detail previously only available to professional athletes should be accessible to everyone."

He specialises in musculoskeletal rehabilitation including post-surgical rehab and injury prevention, chronic disease management, improving balance and falls prevention, and weight management.

Paul sees every day that exercise makes a very real difference to lives. "They are able to do things they couldn't do before," he says. "It's very rewarding seeing exercise make a difference and lives improve."

To read all of the aged care employee profiles visit the healthy@home website at healthyathome.org.au.

Outreach flu vaccinations, a lifeline during the pandemic

Brisbane North PHN has been working with service providers QuIHN and Micah Projects, delivering free flu vaccinations to people who are at increased risk of poor health outcomes due to the COVID-19 pandemic.

The free outreach project, set up swiftly as the pandemic began, aims to reduce the risk of respiratory infection in individuals with comorbidities—helping people stay well and reducing the strain on the healthcare system.

The target population for the project were people experiencing homelessness, those vulnerably housed, or escaping family violence and living in temporary accommodation. The project removed various barriers to people receiving the flu vaccine including cost, inability or fear of attending a GP in the midst of the pandemic, or lack of awareness of the benefits of vaccination.

Immunisation nurses reached the target population by visiting crisis

accommodation, boarding houses, hotels and motels accommodating people sleeping rough.

QuIHN and Micah Projects worked together to deliver 849 flu vaccinations during the ten weeks of the project.

Approximately 40 per cent of those receiving vaccinations had never had their flu vax before, demonstrating the “doorknocking” approach helped to remove some of the barriers to vaccination access.

Other outcomes of the project included a high percentage of Aboriginal and Torres Strait Islander engagement; the increased ability to support people with referrals for comorbid presentations; and the



strengthened connection between QuIHN, Micah Projects and other community based organisations.

For more information contact the PHN's Priority Communities Project Development Officer, Warwick Pawsey on 07 3630 7300.

Join the digital revolution

With more than 100 practices in the North Brisbane and Moreton Bay region now using GP Smart Referrals, now is a great time to join this digital referral revolution.

GP Smart Referrals allows general practices to send referrals electronically through to the Metro North HHS electronic referrals Workflow Solution (eReferrals).

This enables faster, more streamlined management of referrals to Queensland public hospitals, with the required clinical records auto-populating, reducing the time required to submit a referral.

The Metro North HHS Service project team is working closely with the PHN, administration and clinical teams involved in referrals management to ensure we understand any impacts on local processes and systems.

To ensure your practice is ready to start using Smart Referrals email the PHN Digital Support Officers via GPSR@brisbanenorthphn.org.au.



BallyCara promotes options for clients in their HomeCare and Wellness journey.



- Friendly client-focused care from highly trained support teams
- Local offices supporting local clients in HomeCare and Wellness activities
- All classes and sessions run by an accredited Exercise Physiologist
- Individual exercises tailored to the clients health and functional status
- BallyCara is accredited across all 8 Aged Care Quality and Safety Commission Standards
- Government subsidised and private service options available

Contact our Customer Services Team on 1300 272 222

Visit us at our new location - Caras' & Co
36 Rose Street, Woolloowin
Driveway on Kent Street - Parking available onsite



Better notes in record time for clinicians

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- 90%** 90% of clinicians agree that Dragon Medical One helps improve the quality of clinical documentation.
- 93%** 93% of clinicians state that Dragon Medical One makes it easier to quickly capture the complete patient story.

“We’ve invested in the latest proven technology. The Dragon Medical One speech recognition engine is super-fast and accurate making life for our clinicians easier.”

Dr Paul Adams
Head of Clinical Information Systems, Homerton University Hospital NHS Foundation Trust

Book a demonstration at australia.nuance.com/healthcare or search Dragon Medical One

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Dragon Medical One



A SIMPLE BOWEL TEST COULD SAVE YOUR LIFE.



**NATIONAL
BOWELCANCER**
SCREENING PROGRAM



FIVE WAYS TO SUPPORT BOWEL CANCER SCREENING

Four in ten eligible Queenslanders participated in the National Bowel Cancer Screening Program (the Program) in 2017-18. If participation increased to five in ten, just over 75 000 Australian lives can be saved by 2040.

National Health and Medical Research Council approved guidelines support the National Bowel Cancer Screening Program and recommend Faecal Occult Blood Testing (iFOBT) every two years from 50–74 years for those at average risk and without symptoms.

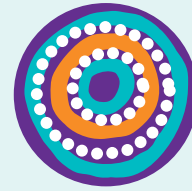
For more information or to access resources visit phone 1800 118 868.

Patients are much more likely to screen for bowel cancer with iFOBT, if recommended by their primary care provider. Here are five easy things you can do at your practice to improve participation:

1. **Display information.** Display brochures, flyers and posters in your practice. They can be ordered free of charge from the Program website.
2. **Know the test and talk to your patients.** Be familiar with the test used in the Program so you can explain it to patients. Demo kits can be ordered from NBCSP@health.gov.au and an instruction sheet is available on the Program website.
3. **Understand the Program.** Online training modules and videos for GPs, nurses and Aboriginal and Torres Strait Islander health workers are available on the Program website.
4. **Send a letter or SMS.** Send a letter or SMS to 49 year olds to encourage participation when they turn 50. Templates are available on the Program website.
5. **Report to the register.** Submit a GP Assessment Form for participants with a positive result and indicate whether a patient referred for colonoscopy is a Program participant.



General practices in the region are invited to participate in the PHN's Cancer Screening Project, aimed at improving the cancer screening participation rates for breast, bowel and cervical cancer. To participate in this quality improvement initiative contact Amie Horwood via amie.horwood@brisbanenorthphn.org.au or 07 3490 3454.



NEWS in brief

Walk With Me 2020 goes virtual

Instead of the annual three kilometre walk around Redcliffe, Walk With Me 2020 will involve uniting online and undertaking a walk as individuals throughout Dementia Action Week (21-27 September 2020).

Your walk doesn't have to be anywhere specific—it can be around your community, to the shops and back, or even around your own house or garden.

All that matters is that you have fun while walking to raise awareness. Wand kick start a conversation about destigmatising dementia.

For full event details, visit mbwalkwithme.com.au and sign up to receive your registration info pack.

Women's Health Week

Held this year on 7-11 September, Women's Health Week encourages all women and girls around Australia to take positive and proactive steps to being healthy, in mind and body. Now in its eighth year, Women's Health Week encourages people in clubs, communities and workplaces to get involved. Women's Health Week campaign manager Brenda Jones says this year's campaign theme – health checks – will be particularly relevant.

"With the disruption to many health and screening services, as well as a reluctance for people to only see their doctors for urgent reasons, our dates in September will be a timely reminder to check in on your health," she says.

For more on Women's Health Week visit www.womenshealthweek.com.au.

Childhood oral health campaign

The prevalence of dental decay among children in Australia is on the rise. Queensland Health is focusing on childhood oral health, encouraging parents and carers of young children (aged 0-6 years) and primary school children to develop good oral habits. To download the campaign assets visit bnphn.org/QH-oral-health.

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NOTICEBOARD

MENTAL HEALTH SUPPORT FOR HEALTH PROFESSIONALS

The Essential Network is a soon-to-be-released app, supporting health professionals to manage life and work through COVID-19.

Developed by health professionals for health professionals, it is a one stop resource and help centre, providing self-assessment, self-management and treatment for stress, anxiety and symptoms of depression.

The app will also facilitate a streamlined online referral process for telehealth consultations with specialist clinicians. For more information visit www.blackdoginstitute.org.au/ten/.

ASTHMA EXPERIENTIAL PROGRAM RECRUITMENT

Developed in Australia with the support of respiratory specialists and other healthcare professionals, Respi's wheezo device records wheeze, and the eHealth app integrates feedback on asthma symptoms, triggers and medication to support management between doctor visits. The wheezo experiential program provides one wheezo device per family (up to four users per device) and 4 months' free access to the eHealth app. The program is open for people diagnosed with asthma (especially children and adolescents), who are taking medication for asthma management with a current asthma action plan. For more information or to register visit experience.wheezo.com.

MAKING A DIFFERENCE IN REFUGEE HEALTH

Mater Refugee Complex Care Clinic provides specialist primary care for people from a refugee background with complex health needs. MRCCC doctors are supported by a GP clinical lead, a wider team of refugee health specialist doctors from infectious disease, cardiology, psychiatry and paediatrics, and a clinical nursing team specialising in refugee health.

There is currently an opportunity for a GP to join this supportive group of health professionals who share a passion for human rights and are committed to making a difference. For more information contact Donata Sackey on 07 3163 6139 or email donata.sackey@mater.org.au.

A PROJECT ECHO COMMUNITY OF PRACTICE

Project ECHO is offering RACGP members a dedicated weekly time to gather on Zoom to discuss their alcohol or other drug patient cases. There is no prerequisite to join and over the 60 minutes, participants of the community of practice will focus on themes including: how to provide patient centred care to your AOD patients, understanding patient circumstances and how to unpack complex patient presentations. While the sessions are driven through peer learning, there is access to a panel of experts including AOD GPs and addiction medicine specialists who can be approached for recommendations and advice.

For more information email aod@racgp.org.au or visit bnphn.org/RACGP-projectecho-aod.

PSYCHOLOGICAL DISTRESS IN PRIMARY HEALTHCARE

Taking place on Wednesday 16 September at 7.00pm, this webinar aims to provide primary care nurses with an improved understanding of psychological distress in patients—especially during the current pandemic.

This webinar is part of APNA's Chronic Disease Management and Healthy Ageing Program. For more information contact APNA at admin@apna.asn.au or call 1300 303 184.

ANDROGEN ABUSE SURVEY

A short anonymous survey created by the Endocrine Society of Australia in partnership with Andrology Australia Taskforce is now open for input from health professionals. The survey aims to assess the current state of clinical management of people using non-prescribed androgens for image enhancement such as body building. The survey will also inform the development of guidelines for the management, supportive care and discontinuation of abuse. For more information or to take part in the survey visit bnphn.org/androgen-survey.

GP BULLETIN – SEPTEMBER 2020

News from General Practice Liaison Officers at Brisbane North PHN and Metro North Hospital and Health Service. Please provide feedback to the GPLO program mngplo@health.qld.gov.au.

HEALTHPATHWAYS UPDATE

Newly released HealthPathways:

- IBD medications
- croup
- pneumococcal vaccination.

Login at: brisbanenorth.communityhealthpathways.org or phone 07 3630 7300 for login details.

To submit feedback about HealthPathways, please contact administration.integration@brisbanenorthphn.org.au.

HealthPathways is now integrated with GP Smart Referrals

You can now open relevant HealthPathways from the GP Smart Referrals tool.

For more information about GP Smart Referrals speak to your practice liaison officer or visit brisbanenorthphn.org.au.

COVID-19 updates

Find useful up-to-date local information on testing criteria, FAQs on COVID-19, how to preserve PPE, current services available and more on the COVID-19 HealthPathways.

Visit: brisbanenorth.communityhealthpathways.org.

To receive regular COVID-19 email updates visit bnphn.org/subscribe and please share this link with colleagues who may not be subscribed.

REMINDER FOR CATEGORY 3 REFERRALS

Following the recent restrictions on Category 3 referrals due to COVID-19, referrals returned to GPs between 22 March and 30 June 2020 should be re-referred if specialist consultation is still required.

GPs are invited to re-refer patients to the relevant Metro North HHS hospital following the outpatient referral guidelines, making sure to include the following:

1. In the **Reason for Referral** section, please clearly state that you are re-referring this patient due to not being accepted previously.
2. Ensure **all clinical information** including the patient's history, examination and management for the condition provided to date is included in the referral.

OUTBREAK MANAGEMENT IN RACFS' WEBINAR RECORDING

Brisbane North PHN and Metro North HHS Residential Aged Care District Assessment and Referral Service (RADAR) recently held a webinar focusing on outbreak management in residential aged care facilities.

Speakers representing public health, Metro North HHS medical services, RADAR and the PHN were joined by panellists from palliative care, general practice and RACFs.

View the webinar at bnphn.org/outbreak-RACFs-webinar (Password: **2P.C&3ty**).

CKD MANAGEMENT IN PRIMARY CARE

Kidney Health Australia (KHA) has recently launched the fourth edition of 'CKD Management in Primary Care' handbook. This handbook is a highly regarded, evidence-based source of information, providing guidance and clinical tips to help you detect, manage and refer patients in your practice with CKD.

The handbook is available to download from the KHA website at bnphn.org/CKD-handbook.

END OF LIFE RESOURCE FOR FAMILIES

The Clinical Excellence Queensland Care at End of life have developed a useful resource for families, titled *When someone dies: A practical guide for family and friends*.

For more information or to download the resource visit bnphn.org/CEQLD-bereavement.

HIGH RISK FOOT SERVICES

During the course of the COVID-19 pandemic High Risk Foot Services have been deemed essential, maintaining capacity to prevent avoidable hospitalisation and amputations.

GPs can continue to refer patients with diabetes-related foot ulcers to their local HHS foot clinic. The Clinical Prioritisation Criteria for High Risk Foot referrals can be found at bnphn.org/QH-highriskfoot.