Network Link

February 2020



Our Stories:

Care and counsel for aged care residents

Brisbane North PHN is pleased to present, Our Stories an overview of the mental health, suicide prevention and alcohol and other drug treatment services commissioned by the PHN.

Each month, we will present a snapshot of services based off the perspectives of both service users and service providers – sharing real experiences and real outcomes. This month we are profiling the Caring for Residents of Aged Care program, created by Change Futures.

Caring for Residents of Aged Care places provisional psychologists in residential aged-care facilities to provide therapeutic programs for groups and individuals. What started as a small pro-bono program with St Vincent's Aged Care in Brisbane's northside has now spread to 17 facilities across the region with funding from Brisbane North PHN.

Program founder Julie Aganoff said they're uncovering a huge need for psychological therapies in aged care.

'Many, many residents in aged care experience psychological distress,' she said. 'Programs that support residents and improve their wellbeing are urgently needed.'

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Latest news: novel coronavirus

See page 3 for information on resources available and how to access surgical masks.



An Australian Government Initiative

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Julie said that the time when people first move into aged care can be particularly difficult. 'When people move into aged care, they're often lonely, distressed to have left their home, and unsure what the future will bring. They've often lost their social connections and need to start again, developing a friendship group in their new environment.

'Our provisional psychologists can help with that transition and with other mental health issues residents are experiencing. Having a friendly, supportive person who visits each week simply to talk and listen for an extended time can provide enormous therapeutic benefit.'

Caring for Residents of Aged Care was designed in consultation with a Residents' Advisory Group in an aged-care facility in Brisbane North.

'The Residents' Group was very important in helping us to understand how to engage with aged care facilities and what to offer in the program,' said Julie.

Like any other mental health intervention, the program uses a selection of pre and post measures to evaluate outcomes. Evaluation shows the program leads to measurable reductions in residents' anxiety and psychological distress, and high levels of client satisfaction.

Qualitative measures show improvements in mood, anxiety and stress; reductions in social isolation and acceptance; improved coping with life changes; and increases in self-worth.



Alice's* story

Alice lives at St Vincent's Aged Care in Mitchelton. Her eyesight is poor and she spends much of her time in her room. Even though her son and daughter-in-law visit regularly, she often finds herself feeling lonely. But talking to Phil, a provisional psychologist with Change Futures, has made a world of difference. Spending time with Phil gives her someone who listens to her and gives her support.

* Name and aspects of the story changed to preserve anonymity.

The program in a nutshell

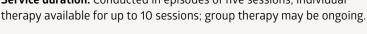
Name: Caring for Residents of Aged Care

Providers: Change Futures

Service type: Individual and group therapy in residential aged-care

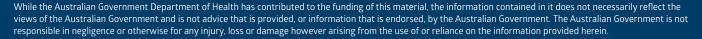
facilities

Service duration: Conducted in episodes of five sessions; individual



ABOUT NETWORK LINK

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Emerging disease: novel coronavirus

In December 2019, an outbreak of a novel coronavirus (2019-nCoV), began in Wuhan City, Hubei Province.

The latest information indicates evidence of human-tohuman transmission. Symptoms include fever, difficulty breathing, non-specific upper respiratory tract infection symptoms such as cough and sore throat and chest radiographs showing bilateral pneumonic infiltrations. No vaccine or specific treatment is currently available.

Clinicians should be on alert for these symptoms in anyone who has visited Wuhan, China and should report suspected cases to the Metro North Public Health Unit on 07 3624 1111 during business hours and to the Public Health Physician (on call after hours) on 07 3646 1699.

While transmission dynamics have yet to be determined, a cautious approach to infection control is recommended including standard, contact and airborne precautions and asking people suspected of having the infection to wear a surgical mask.

Novel coronavirus resources for general practice

Queensland Health has developed an asset library of resources for health professionals that includes key messages to limit the spread of the novel coronavirus.

Access the asset library at bit.ly/assets-QH.

Access to surgical masks

The Department of Health is providing access to a limited stockpile of surgical masks for general practices. As supplies are limited, PHNs have been given the role of distributing surgical masks to practices with a demonstrated need, for example:

- where there is no local supply available commercially
- where practices have a population which may be more likely to have been exposed to the novel coronavirus
- where practices have an unusual number of patients presenting with respiratory symptoms.

Surgical masks should be used for patients who present to general practice with suspected novel coronavirus and practice staff who are at risk of exposure.

Brisbane North PHN have been allocated a limited supply to distribute to practices. If your practice requires surgical masks email <u>aimie.thomson@brisbanenorthphn.org.au</u>.

Access further information for health professionals

The Department of Health will provide regular updates as more information on this situation becomes available: www.health.gov.au.

Queensland Health has launched a web page with information for both healthcare workers and the general public, visit www.health.qld.gov.au for more information.

For additional information on novel coronavirus visit the World Health Organization website at www.who.int.

Brisbane North PHN will continue to provide the latest information on the novel coronavirus.

For further information, please contact your Primary Care Liaison Officer on 07 3630 7300.

An essential tool for providing care

Over 720 GPs in the North Brisbane and Moreton Bay region are registered to use the Health Provider Portal or the Viewer.

The system gives Qld GPs access to results from any hospital facility in Queensland, including:

- emergency department visit records
- · pathology and radiology
- · discharge summaries
- outpatient appointments, referrals and specialist outpatient letters (since 2018)
- operation records
- advance care planning documents and much more.

In Queensland over 3,500 GPs are registered to use the portal, with the system currently being accessed once a minute GPs have called the Health Provider Portal (HPP) an essential tool for providing care to patients, due to the accessibility of information and the context offered by viewing this information on the one platform.

GPs are also able to access details of a patients' visit to a non-local emergency department, which can come in handy in the case of a patient returning from a holiday having visited the Cairns emergency department. The HPP will include details of that visit written by the emergency doctor, including pathology and radiology reports.

To register for the Health Provider Portal visit www.bit.ly/ hppinfo and for further support contact connectingqld@health.qld.gov.au qld.gov.au or the GPLO program at mngplo@health.qld.gov.au.



Bushfire information for health professionals

The bushfires are affecting the entire nation and having a considerable impact on the physical and mental health of many Australians.

Experiences range from those directly exposed to the crisis, to those with contact only through what they have seen in the media; both groups may be affected.

Most people recover from such traumatic events but if distress continues, some may need professional assessment and intervention. Those who seek help from a health professional will most often first present to a GP.

In response to the crisis, the Royal Australian College of General Practitioners (RACGP) has put together a specialised list of resources for GPs and other health professionals. The list includes information on assisting within bushfire-affected communities, the use of P2 masks, providing care and support during disasters, and much more.

Please read on for more information or visit www.racgp.org.au/bush-fires for the full list of resources.

Medicare Bushfire Recovery Initiative

People affected by the bushfires are eligible to receive Medicare rebates for up to 10 psychological therapy sessions through GPs, psychologists and other mental health professionals through the *Medicare Bushfire Recovery Initiative*.

To simplify access to these sessions, patients do not need to have a GP referral or mental health treatment plan.

Telehealth

Medicare Benefits Schedule (MBS) items 2121, 2150 and 2196, which provide rebates for GP telehealth services provided to patients with mental health issues in drought-affected areas, have been expanded to include patients affected by bushfires.

Patients who have been identified by a GP as being affected by bushfire, or who self-identify as being affected by bushfire, are eligible for these services. In addition to people who reside in areas directly affected by the bushfires, eligible patients may include people who reside in areas, which have not been directly affected.

For more information visit http://bit.ly/MBS-changes-bushfires.

Support for your patients

Online support services for the mental health and wellbeing of your patients:

- The RUOK? website offers advice on supporting friends, family and colleagues through the crisis: www.ruok.org.au.
- The Black Dog Institute has bushfire mental health information to help link communities to a range of support services: www.blackdoginstitute.org.au.
- Beyond Blue offers information on looking after yourself following a disaster: <u>www.beyondblue.org.au</u>.
- headspace has information for young people coping with the stress of natural disasters: https://headspace.org.au.

Support for health professionals

Health professionals will also be impacted by fires and need to look after their own health and wellbeing. GPs may become overloaded by the traumatic experiences of others.

DRS4DRS

GPs can access support via the DRS4DRS website and state/territory based helplines. For more information visit www.drs4drs.com.au.

The GP Support Program

The RACGP GP Support Program provides free and confidential psychological support to members, visit www.racgp.org.au.

Other sources of information

Life in Mind toolkit

Life in Mind team has developed a webpage where relevant disaster toolkits, resources, helplines and information can be found, visit www.lifeinmindaustralia.com.au.

Healthdirect bushfire health and safety

Offering practical advice, including how to prepare for a bushfire and how to keep informed. Visit www.healthdirect.gov.au/bushfire-health-and-safety.



Registrations now open: Trajectories of dying workshop

Registrations are now open for the 'Trajectories of dying workshop: Recognise, Strategise, Do' on Thursday 20 February.

Presented in partnership with the Centre for Palliative Care Research and Education, Metro North Hospital and Health Service and Brisbane North PHN, we invite GPs with an interest in end of life care to attend the workshop.

GPs who care for people with life-limiting conditions or older persons, are invited to register. GP registrars and medical students with an interest, are welcome to register.

Workshop objectives:

- to build on existing knowledge and practice to increase understanding and recognition of end of life trajectories
- consider available strategies to provide support for those receiving palliative care services in Brisbane North
- to share knowledge and experience of caring for people with palliative care needs.

Guest speakers:

- Professor Geoff Mitchell, University of Queensland School of Medicine
- Dr James Stevenson, Director of Palliative Care, The Prince Charles Hospital
- Dr Jeff Rowland, General Medicine, The Prince Charles Hospital (MC).

Event details:

Date: Thursday 20 February 2020

Time: 6.00 pm - 8.30 pm (Light dinner provided on arrival,

speakers commence at 6.30 pm)

Venue: Kedron Wavell Services Club, Sky Lounge,

21 Kittyhawk Drive Chermside Qld 4032

Cost: Free to attend.

Registration:

Registration is essential for venue and catering purposes. RSVPs close **Friday 14 February 2020** (unless sold out prior).

To RSVP, please contact the Health Alliance on **07 3630 7323** or <u>contact@healthalliance.org.au</u>.



EOI open for chronic wound governance group

Brisbane North PHN is currently looking for GPs and practice nurses interested in joining the Brisbane North Chronic Wound Governance Group.

Operational since 2016, the Brisbane North Chronic Wound Governance Group aims to create transformative change resulting in better outcomes for people living with chronic wounds. It looks to achieve this through:

- improving cross-sectorial collaboration between wound care providers in the North Brisbane and Moreton Bay region
- identifying problematic conditions at a systems level and acting to leverage change
- building capacity for engaging and developing solutions directly with individuals most affected
- enabling, encouraging and supporting emergent innovation.

Current members of the Governance Group include chronic wound care providers from Metro North Hospital and Health Service, private organisations, non-government organisations, community care providers, residential aged care and general practice.

The PHN are also currently inviting aged care providers across community and residential aged care to participate in a program offering wound management education, with ongoing clinical support and onsite mentoring for your organisation.

For further information on the governance group or the wound management program contact Sector Collaboration Lead, Susan Cook, on susan.cook@brisbanenorthphn.org.au or **07 3630 7320**.

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Enhancing the care of patients with haematological conditions

The department of haematology at the Royal Brisbane and Women's Hospital has launched a pilot program of shared care with general practice for patients with low risk haematological conditions.

Shared care is the joint participation of primary care physicians and specialist physicians in the delivery of care.

Shared care aims to help patients to receive care closer to home, avoid hospital wait times and receive more comprehensive primary care. For most patients, shared care will be an annual cycle, beginning with an initial specialist appointment, followed by three quarterly visits to the GP.

GPs will be contacted on an individual basis to be offered the choice of participating in this shared care program as eligible patients are identified. The conditions in scope for the pilot program are chronic lymphocytic leukemia, monoclonal gammopathy of undetermined significance and myelodysplastic syndromes.

Upon commencement, GPs will receive a care pathway outlining the recommended visit schedule, suggested care and monitoring, details of any clinical indicators (red flags) that would suggest the need for early specialist review and haematologist contact details.

A dedicated Clinical Nurse Consultant will be available to help educate patients, resolve issues and help patients navigate their care.

GPs are also encouraged to take advantage of the GP Haematology Advice telephone line. By phoning 07 3646 1353, GPs can access clinical advice from the on-call haematologist between 8.00 am and 5.00 pm Monday to Friday. Advice is also available after hours by phoning the Royal Brisbane and Women's Hospital on 07 3646 8111.

An education event is scheduled to take place in March 2020 for GPs who want to improve their knowledge of haematological conditions. Details will be available soon on the PHN website.

The project is being established thanks to support from the Royal Brisbane and Women's Hospital Foundation and is being led by Dr Cameron Curley, Deputy Director Haematology, Royal Brisbane and Women's Hospital. For more information email MNHHS-CCS-ED@health.qld.gov.au.



New strategy to encourage breast cancer screenings in Brisbane north

Women living in and around the northside of Brisbane will soon receive a letter from BreastScreen Queensland with an appointment date, time and place for their potentially <u>life-saving breast screen</u>.

The new trial aims to prompt women who have not participated in screening before to access the service for the first time.

A breast screen is the most effective method of detecting breast cancer at a very early stage even before a lump can be felt or seen. This is important because finding breast cancer at an early stage gives a woman the best possible chance for successful treatment and wellbeing.

Dr Jane Brazier, Director of BreastScreen Queensland's Brisbane Northside Service acknowledged women are generally busy with work, children, school, childcare and home and they often put everyone else ahead of themselves.

"We are trialling this new strategy to ensure more women over the age of 50, whose risk of breast cancer increases dramatically, are attending their free breast screen appointments as part of their health routine," Dr Brazier said.

At the start of the year, women are encouraged to put their own health and wellbeing first by having regular breast

screens every two years as this is still the most effective way to detect breast cancer early.

Breast cancer is a common cause of cancer death among Queensland women, second only to lung cancer. In 2020, it is estimated that 20,168 Australians will be diagnosed with breast cancer.

BreastScreen Queensland provides free breast cancer screening to women aged 50 to 74, while women in their 40s and over the age of 75 can also access screening.

BreastScreen Queensland focuses on the early detection of breast cancer by screening the 'well' population of eligible women. As a 'well women's' service, the program does not treat women who have breast cancer or who have possible breast cancer symptoms. If a woman notices any changes to their breasts, they are encouraged to see their doctor as soon as possible.

Women in the Metro North catchment area can book their free breast screen at their nearest service by calling **13 20 50** or online at www.breastscreen.qld.gov.au.

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.

In the community

- 1 29 Ovarian Cancer Awareness Month
- 04 World Cancer Day

February

05 Training in the management of acute care needs of RACF residents: Marutchi – Brisbane North PHN

North Lakes, Qld

e agedcareprojects@
brisbanenorthphn.org.au

06 Chronic disease management and healthy ageing program – APNA

Brisbane city, Qld e events@apna.asn.au

O6 Foundations of general practice nursing workshop – APNA
Brisbane city, Qld
e events@apna.asn.au

12 Training in the management of acute care needs of RACF residents: *Pillin* – Brisbane North PHN

Lutwyche, Qld

e agedcareprojects@
brisbanenorthphn.org.au

14 Perioperative patient blood management symposium – The Centre for Excellence and Innovation in Anaesthesia

Herston, Qld e ppbms@health.qld.gov.au

14 Managing vicarious trauma – Blue Knot Foundation

Brisbane city, Qld e learn@blueknot.org.au

Lower leg ulcer management – Caboolture Hospital

Caboolture, Qld e jane.roe@health.qld.gov.au

18 Public Health Unit immunisation catch-up – Brisbane North PHN North Lakes, Qld e aimie.thomson@

brisbanenorthphn.org.au

19 Training in the management of acute care needs of RACF residents: *Duwir* – Brisbane North PHN

North Lakes, Qld

e agedcareprojects@
brisbanenorthphn.org.au

22 Assessment and management of upper limb pain – Australian Association of Musculoskeletal Medicine

Stafford, Qld e aamm.cert@gmail.com

25 Public Health Unit immunisation catch-up – Brisbane North PHN

Lutwyche, Qld

e aimie.thomson@
brisbanenorthphn.org.au

End of life special interest groupBrisbane North PHN

North Lakes, Qld

e agedcareprojects@
brisbanenorthphn.org.au

28 Redicase training – Brisbane North PHN

North Lakes, Qld estephen.giles@brisbanenorthphn.org.au

Moving towards hepatitis C elimination

The Be Liver Smart team have been working towards reaching the hepatitis C elimination goal in the North Brisbane and Moreton Bay region over the last 12 months.

The project began as a pilot, supporting medical practices at a patient, provider and practice level and has now expanded to supporting 17 medical practices. Participation in this project has generated a wide range of opportunities for practices and their patients. Some of the most highly

regarded activities were the free access to a FibroScan and peer-led lunchtime education sessions.

The project has been extended due to interest driven from practices. If you are a GP or practice nurse interested in enhancing hepatitis C treatment in your

practice, contact Hepatitis Queensland for further information.

Hepatitis Queensland also has a suite of patient resources including posters for your waiting room, to download go to www.hepqld.asn.au or call us on 1800 437 222.



News in brief

Clinical guidance for GPs suspecting elder abuse

Recently, the second part of the Royal Australian College of General Practitioners aged care clinical guide (fifth edition) was released, providing GPs with up-to-date information on the complex care of older people, including a chapter on the diagnosis, management and prevention of abuse of older people.



The World Health Organisation estimates that the rate of abuse of older people in middle-income and high-income countries such as Australia, is between 2 per cent and 14 per cent. Given this significant prevalence, all GPs with older patients will be potentially seeing older people who are experiencing abuse and need to be able to recognise and identify this issue.

If a GP suspects an elderly patient is being abused, they are urged to investigate the matter further, and help the patient create a safety plan.

To view the Silver Book online visit www.racgp.org.au/silverbook.

Support to help GPs address alcohol and other drug use in communities

The Royal Australian College of General Practitioners (RACGP) will be delivering alcohol and other drug education to GPs to strengthen their capacity to address the alcohol and other drug use in their communities.

The program will be tailored to meet the needs of GPs in different communities and settings and will include diverse modes of delivery including face-to-face education and online learning modules.

For more information contact aod@racgp.org.au.

Medicare Benefits Schedule changes

In November 2019, new Medicare Benefits Schedule (MBS) items were introduced, providing psychological and dietetic support services to eligible patients with eating disorders.

The new MBS items were introduced to enable access, through a stepped approach, psychological and dietetic treatment services for people with eating disorders over a 12 month period. The listing of these new items is a result of recommendations in 2018 by the independent clinicianled MBS review taskforce and the Australian Government's response to those recommendations.

It is intended that the MBS services will be provided by practitioners with the knowledge, skills and experience in providing treatment to patients with eating disorders. For further information on the new MBS items visit www.mbsonline.gov.au.

Pillar of HIV prevention

From April 2018, Human immunodeficiency virus (HIV) pre-exposure prophylaxis (PrEP) was made available to all prescribers including GPs, through the Pharmaceutical Benefits Scheme (PBS).



PrEP is an important resource in the prevention of HIV transmission and globally PrEP programs are now widely available. The ongoing management of a patient who is taking PrEP includes three monthly testing for HIV, sexually transmissible infections, and renal eGFR/creatinine levels.

Queensland Health are conducting a survey to explore the attitudes towards PrEP of GPs. Visit https://uwa.qualtrics.com/jfe/form/SV_cMxU8snvrs9RqbH to participate.

For more information visit https://brisbanenorth.communityhealthpathways.org/288765.htm.

Noticeboard

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

EKCO hand therapy

EKCO Hand Therapy integrates the acute management of hand and upper limb injuries with physical conditioning, splinting, return to work and vocational rehabilitation, and has nine clinic locations located across the Brisbane region.

The clinics cater to a range of upper limb, elbow and finger injuries including acute conditions such as fractures, dislocation, lacerations and post-operative care as well as more chronic conditions i.e. arthritis.

From wound care to custom-made splints and braces, the EKCO hand therapy clinics can help people get back to playing sport or participating in an activity. Patients can be GP or self-referred and it is recommended to patients to refer early to ensure the injury is dealt with promptly.

For more information visit <u>www.ekco.com.au</u> or call **07 3833 3222**.

Student nurse placements available

Queensland University of Technology School of Nursing invite general practices to host the next generation of nurses by offering clinical placements to undergraduate nursing students.



Clinical placement is an opportunity for primary healthcare providers to draw on their vast knowledge and experience to guide and encourage these young professionals and promote general practice nursing as a future career option.

Practices will be paid \$50 (inclusive of GST) per day per student for each day of placement completed.

For further information please contact Kate Kruger via email kate.kruger@qut.edu.au or by phone on **07 3138 0380**.

AMA Queensland annual conference

In 2020 the Australian Medical Association Queensland's annual conference will take place in Lisbon, Portugal, and registrations are currently open.



The conference theme is Building a Healthier Tomorrow, with a range of Portuguese and Australian speakers weighing in on the best path for future health care.

Registration fees for the conference can be found at qld.ama.com.au, with early bird rates available until 14 February 2020.

General practice nursing workshop

Through the Australian Primary Health Care Nurses Association's (APNA) Foundations of general



practice nursing workshop on **Friday 7** and **Saturday 8 February** is the perfect way to build expertise, and engage with other local nurses.

The two day workshop is developed and delivered by nurse leaders, and offer an engaging program that provides an overview of the key skills and knowledge required for daily practice. It is a great opportunity to gain up to 12 hours of APNA endorsed CPD while you learn and network with nurses who understand general practice.

The workshop will run from Kartsens Training Centre, 215 Adelaide Street, Brisbane. Call APNA on **1300 303 184** to book your spot or register at www.apna.asn.au.

GP bulletin – February 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:

- penis and foreskin conditions in children
- · prostate cancer-screening
- prostate cancer—diagnosis
- prostate cancer—management.

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

Login at: <u>brisbanenorth.</u> <u>communityhealthpathways.org</u> or phone 07 3630 7300 for login details.

Upcoming GP education

- 11 February Community health, a GP's guide—The Prince Charles Hospital Education Centre
- 20 February—Trajectories of dying—Kedron Wavell Services Club
- 19 March—Haematology shared care—The Prince Charles Hospital Education Centre
- March 2020 Paediatric mental health—details TBC

To provide suggestions for future events, or to request a practice visit to hear the latest information from your local hospitals and the PHN please email the GP Liaison Team at mngplo@health.qld.gov.au.

Save the date - Children's mental health GP education evening

To continue our ongoing Common Challenges in Primary Care education sessions we are pleased to announce the Children's mental health GP education evening, with more information coming soon in the GP bulletin.

To sign up to the GP bulletin and GP education email alerts please send your email address to mngplo@health.qld. gov.au.

Smart Referrals coming in 2020

Queensland Health Smart Referrals are coming to Metro North Hospital and Health Service in 2020. It is a new and improved way to refer your patients to your local Queensland Health public hospital. Smart Referrals will utilise information extracted from the patient's record in your clinical software in use during the consultation.

Just two of the many benefits include:

- being able to add images and reports easily to your patient's outpatient referral
- condition specific referral information required by specialists being displayed as you write your referral.

Expressions of interest to take part in GP Smart Referral will be coming to your practice in the near future.

For more information visit: www.health.gld.gov.au/clinical-practice/innovation/smart-referrals/smart-referrals-overview.

Rewarding work on offer at RACEs

At the recent Caboolture Residential Aged Care Collaborative GPs discussed the benefits of working within residential aged care facilities (RACFs), which include:

- a variety of work
- · working as part of a specialised team
- flexible hours and regular work.

The Metro North Residential Aged Care District Assessment and Referral (RADAR) Service also provides support for GPs and RACF staff to continue managing the residents of a RACF when their care needs are more than what can be offered in the facility. RADAR can be accessed by calling **1300 072 327** from Monday to Sunday.

GPs interested in working in the field of aged care are encouraged to contact their local RACF for more information.

An essential tool for providing care (see article on page 3)

Over 720 GPs in the North Brisbane and Moreton Bay region are registered to use the Health Provider Portal/ Viewer and GPs have called the Health Provider Portal (HPP) an essential tool for providing care to patients.

To register for the Health Provider Portal visit www.bit.ly/hppinfo and for further support contact connectingqld@health.qld.gov.au or the GPLO program at mngplo@health.qld.gov.au.



