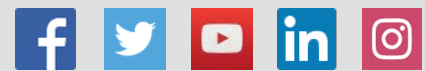


Network Link

January 2020



Pictured left to right: Brisbane North PHN Board Chair Dr Anita Green, PHN CEO Abbe Anderson and new Board Director Dr Jenny Schafer.



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AGM adds another GP voice to Board

General Practitioner and clinical researcher Dr Jenny Schafer will bring a unique combination of career experiences to Brisbane North PHN, following her appointment to the PHN's Board of Directors at its Annual General Meeting (AGM) on Wednesday 13 November 2019.

Having practised in Brisbane North for many years, Dr Schafer is also a current board director with Arthritis Queensland and a senior research manager at Wesley Medical Research.

Dr Schafer may be well known to many from her media work some years ago as a Channel 9 medical reporter and Sunday Mail columnist.

In other AGM announcements, Mark Henley and Stan Macionis were returned as Board Directors.

PHN Chief Executive Officer Abbe Anderson congratulated the new Board of Directors, saying the balance of experience and perspectives among its members will ensure the organisation continues to provide strong primary healthcare leadership.

"I am pleased for our new and continuing Directors. Dr Jenny Schafer is a welcome addition to our Board, helping to bolster the voice of GPs in PHN decision making," Ms Anderson said.

"Dr Schafer has a long connection with our organisation. She and I worked closely together to develop the role of the Medical Assistant in Australia, now recognised with a nationally accredited Certificate IV qualification," she said.

Continued on page 2

phn
BRISBANE NORTH

An Australian Government Initiative

Continued from page 1

“Mark Henley has been on our board since 2015. He is currently CEO at the QLD Council of Social Services (QCOSS) and was formerly on the board of National Disability Services.

“Mr Henley’s experience as an accountant has been of great benefit to the PHN in his role as chair of our Board’s Finance, Audit and Risk Management Committee.

“Stan Macionis is another long-serving Board Director. First appointed in 2013, Mr Macionis currently chairs our Board’s Governance Committee.

“Mr Macionis also serves as a member of the Mental Health Review Tribunal and the AHPRA Nursing and Midwifery Board. He was previously CEO at Medibank Health Solutions and then with RSL Care,” Ms Anderson said.

AGM attendees heard from guest speaker Simon Cotterell, First Assistant Secretary at the Department of Health and Ageing, who spoke about the Government’s intention to develop a 10-year Primary Health Care Plan.

For information on the PHN’s Board of Directors for 2018/19 visit www.brisbanenorthphn.org.au/page/about/our-team/directors. To view the PHN’s 2018/19 Digital Year in Review visit www.brisbanenorthphn.org.au/yearinreview.

The image shows a document titled "INITIAL ASSESSMENT SUMMARY SHEET". It is divided into two main sections: "PRIMARY ASSESSMENT DOMAINS" and "CONTEXTUAL DOMAINS".

PRIMARY ASSESSMENT DOMAINS

- DOMAIN 1: Symptom severity and distress**
 - 0. No problem
 - 1. Mild or sub-diagnostic
 - 2. Moderate
 - 3. Severe
 - 4. Very severeInitial Assessment Rating
- DOMAIN 2: Risk of harm**
 - 0. No identified risk
 - 1. Low risk of harm
 - 2. Moderate risk of harm
 - 3. High risk of harm
 - 4. Very high risk of harmInitial Assessment Rating
- DOMAIN 3: Functioning**
 - 0. No problems
 - 1. Mild impact
 - 2. Moderate impact
 - 3. Severe impact
 - 4. Very severe to extreme impactInitial Assessment Rating
- DOMAIN 4: Impact of co-existing conditions**
 - 0. No problems
 - 1. Minor impact
 - 2. Moderate impact
 - 3. Severe impact
 - 4. Very severe impactInitial Assessment Rating

CONTEXTUAL DOMAINS

- DOMAIN 5: Treatment and recovery history**
 - 0. No prior treatment history
 - 1. Full recovery with previous treatment
 - 2. Moderate recovery with previous treatment
 - 3. Minor recovery with previous treatment
 - 4. Negligible recovery with previous treatmentInitial Assessment Rating
- DOMAIN 6: Social and environmental stressors**
 - 0. No problem
 - 1. Mildly stressful
 - 2. Moderately stressful
 - 3. Highly stressful
 - 4. Extremely stressfulInitial Assessment Rating
- DOMAIN 7: Family and other supports**
 - 0. Highly supported
 - 1. Well supported
 - 2. Limited supports
 - 3. Minimal supports
 - 4. No supportsInitial Assessment Rating
- DOMAIN 8: Engagement and motivation**
 - 0. Optimal
 - 1. Positive
 - 2. Limited
 - 3. Minimal
 - 4. DisengagedInitial Assessment Rating



Initial assessment and referral guidance for mental health

Brisbane North PHN is participating in the trial of an initiative designed to aid referrers in determining the best level of care for their clients.

The Initial Assessment and Referral (IAR) guidance aims to maximise the efficiency and accuracy of mental health referrals across the stepped care continuum.

The guidance features eight domains to rate an individual’s presentation, and a decision support logic calculates the appropriate level of care. These domains include symptom severity, risk of harm, co-morbidity and functioning.

As part of the implementation trial, Brisbane North PHN will be working alongside the Department of Health and The University of Melbourne. The new functionality will be available for Brisbane North PHN via rediCASE in January 2020.

For the majority of referrers, including GPs, this will remain optional and

there will be no disruption to usual practice. The University of Melbourne and the Department of Health are seeking feedback about the trial from consumers, carers, referrers and service providers.

A series of training workshops will run in April 2020 and further information will be announced shortly.

Visit the PHN website to access a full copy of the IAR guidance document: <http://bit.ly/IAR-guidance>.

For more information about the IAR guidance the PHN’s participation in the implementation trial, please contact Evaluation and Reporting Officer, Mental Health, Alcohol and Other Drugs team, Carla Taylor on 07 3630 7331 or carla.taylor@brisbanenorthphn.org.au.

ABOUT NETWORK LINK

For submissions and advertising or to subscribe, visit brisbanenorthphn.org.au/page/publications.

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Dr Leanne Geppert, Executive Director of the Queensland Mental Health Commission; Mr Ivan Frkovic, Queensland Mental Health Commissioner; Dr Louise Byrne, RMIT University; Deb Pratt, Manager at Queensland Mental Health Commission; Eschleigh Balzamo, General Manager at Brook RED; Paula Arro, Lived Experience Engagement Coordinator, Brisbane North PHN.

Blueprint for building a lived experience workforce

A toolkit for embedding people with experience of mental health challenges into public and private workplaces and non-government organisations has just been launched.

The Mental Health Lived Experience Workforce framework provides practical advice and resources for any organisation employing or looking to employ lived experience staff.

It was developed by RMIT University researchers led by lived experience academic Dr Louise Byrne, and funded by the Queensland Mental Health Commission. Queensland Mental Health Commissioner Mr Ivan Frkovic said the framework represented a comprehensive guide to harnessing the knowledge of employees who had experience of mental ill-health.

“People with personal experience of mental health challenges and the ways our systems respond to them offer unique insight and are well-placed to support those working in and using mental health services,” Mr Frkovic said.

He said the new framework was designed to be flexible and transferable, so it could be adapted across a range of workplaces.

“For example, Queensland Health has harnessed the key concepts and adapted them to suit the public mental health sector.

“Lived experience workers have a vital role in mental health, but there is also great potential for them to contribute to other organisations across the public and private sector.”

Dr Byrne said the framework provided practical guidance for organisations to employ, train, supervise and support staff in dedicated lived experience roles.

Her team identified three main pillars for an effective lived experience workforce:

- All levels of the organisation need to be exposed to lived experience staff and concepts to understand how they work and the value they add.
- Genuine commitment is needed at all levels of the organisation. Tokenistic roles do not succeed.
- Practical action is necessary to prepare the workforce; address workplace readiness through training and championing of lived experience roles at all levels of the organisation.

“We are seeing an increase in the number of people employed for their lived experience, but there may

not be sufficient understanding in organisations about the roles they are able to fill and the value they bring to the organisation, beyond empathy with clients,” Dr Byrne said.

“This can result in poor support structures or planning around the roles, with the risk that lived experience workers might not be fulfilling their potential.

Louise Byrne is one of Australia's leading lived experience researchers.

Dr Byrne said lived experience employees had the greatest impact when upper management made a long-term commitment to the roles.

“Unfortunately, many organisations are lacking confidence when employing lived experience staff, resulting in reduced impact.

“We hope resources like the framework will change both perceptions and practices.”

Download the Lived Experience Workforce Framework at:
www.qmhc.qld.gov.au.

Reprinted with thanks to RMIT University
News: www.rmit.edu.au/news.



Above: Attendees, including carer and consumer representative Laurel Scott and Health Alliance Director of Operations, Lisa Hannigan at one of the many aged care forums in 2019.



Above: Caboolture Hospital staff.

Aged care forum ends the year on a high note

In November the Brisbane North aged care breakfast forum was held at Caboolture Hub, providing people working in the local health and aged care sectors with an opportunity to come together to further their professional development and education.

Change Futures Executive Director and psychologist, Julie Aganoff spoke on delivering mental health services to vulnerable and marginalised members of the community in a complex environment, including to dementia patients.

Education Services Director for Redcliffe, Caboolture and Kilcoy Hospitals, David Liddy presented on the Caboolture Healthcare and Industry Academy. He described how the academy was up-skilling young people while still at school for a career in health—a possible model to address the future staff shortfall in aged care.

Carmel Williams AM, a nurse and para-Olympian represented the voice of the consumer, encouraging the audience to develop their skills of both telling and listening in an interactive session.

Ms Williams demonstrated the skills required in her long-term involvement with Karuna Hospice Service client biography program, where she records life stories and gives those in palliative care the precious gift of personal narrative.

Brisbane North PHN Healthy Ageing Coordinator, Susan Breckenridge presented the *Older Persons Health Profile 2019*.

The document is a valuable planning infographic specific to the Brisbane North and Cabool aged care regions that covers population growth and life expectancy, health and wellbeing status, lifestyle behaviours and what older people in the region have told us about their healthcare preferences.

The event was chaired by GOC Care Program Manager, Maria Martakis.

To download the *Older Persons Health Profile 2019* visit bit.ly/BNPHN-olderpersonsprofile.

Caboolture Hospital redevelopment caters for regional growth

By 2031, the population of Caboolture and surrounds is expected to grow by 51 per cent, and the Queensland Government has committed \$352.9 million to deliver 130 new beds to significantly expand services.

Subsequently, over the next four years, Caboolture Hospital will undergo a significant expansion and redevelopment.

The Caboolture Hospital redevelopment will include the construction of a five storey clinical services building and a targeted refurbishment of existing spaces.

A larger hospital requires more car parking and \$41.7 million has been provided to deliver a new multi-story carpark.

The design of the new clinical services building is expected to be completed in mid-2020 with the construction phase then expected to start and take up to three years to complete.

The Caboolture Hospital redevelopment is a complex mix of new build and a refurbishment of the existing facility and covers a total gross floor area of approximately 32,000 square metres and will include:

- new and expanded emergency department
- 20 bed rehabilitation unit
- 10 bed palliative care unit
- 14 bed geriatric evaluation and management unit
- 32 bed medical ward
- 10 bed intensive care unit
- eight bed cardiac care unit
- two additional operating theatres and four stage one recovery spaces
- four bed chest pain assessment unit and 16 bed medical ward
- targeted refurbishment within existing hospital
- enhanced and expanded special care nursery with 15 bays.

Construction is due to be complete in 2023. For more information visit <https://metronorth.health.qld.gov.au/caboolture/caboolture-hospital-redevelopment>.

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.

Pertussis vaccination during pregnancy

The pertussis-containing vaccine is provided free to pregnant women through the National Immunisation Program.

The most important factor associated with uptake of vaccination during pregnancy is a healthcare provider recommendation, making it important to take the opportunity to speak to pregnant patients and partners about the importance of getting vaccinated against pertussis during pregnancy.

Please be reminded that the evidence around the timing of pertussis vaccination in pregnancy has recently been reviewed and the pertussis-containing vaccine is now recommended as a single dose between 20 and 32 weeks in each pregnancy, including pregnancies that are closely

spaced to provide maximal protection to each infant. This advice is reflected in the Australian Immunisation Handbook at www.immunisationhandbook.health.gov.au.

Antenatal vaccination is recommended to protect both pregnant women and their babies from pertussis and its complications. Maternal antibodies against pertussis provide protection to babies until they have received at least two doses of pertussis containing vaccines (at six weeks and four months of age) and babies less than six months of age are at greatest risk of severe disease and death from pertussis.

Information for health care providers, including a clinical advice fact sheet and promotional materials are available at www.health.gov.au/immunisation.

ADVERTISEMENT

EKCO Hand Highlights: Mallet Injuries



Mallet finger is caused by disruption to the extensor tendon at its distal insertion, often due to sudden forceful flexion of the fingertip (e.g. ball to tip). The extensor tendon is injured either in isolation or with a distal phalanx avulsion fracture, assessable via x-ray (Alla et al 2014).

The patient presents with a "droopy" fingertip and inability to actively straighten the finger at the DIPJ. Mallet injuries are often effectively treated with full-time splinting in a custom made thermoplastic splint – often 8 weeks for a tendinous injury and 6 weeks for avulsion fractures,

provided the DIPJ isn't subluxed and there is less than 1/3 articular surface involvement (Alla et al 2014).

An x-ray with the splint in situ can confirm satisfactory alignment. Untreated mallet injuries may progress to swan neck deformity.



At EKCO Hand Therapy, our experienced staff focus on a comprehensive program of:

- Customised splint to correctly position the DIPJ.
- Education - critical to a successful outcome.
- Advice regarding splint weaning and return to usual activity after immobilisation, which may include graded exercises.

EKCO Hand Therapy has 8 primary clinics across the greater Brisbane area

NORTHSIDE CLINICS

P: 07 3350 5172

E: Chermshire@ekco.com.au

A: 4/738 Gympie Rd, **Chermshire**

A: Suite 11, George St, **Kippa-ring**

W: www.ekco.com.au

News in brief

▶ Referring patients to My Aged Care just got easier

The Department of Health, together with HealthLink, has developed a new electronic referral process allowing GPs to refer their patients to My Aged Care directly from their practice management systems. The new e-Referral form can be accessed from within *Best Practice*, *MedicalDirector* and *Genie* practice management systems.

The e-Referral form is intuitive, easy to use and accessible through patients' electronic medical records. By pre-populating patient information, the focus is on screening the patient, making it the quickest and easiest way to refer patients to My Aged Care. Once submitted, the e-Referral form is safely and securely sent to My Aged Care.

Information on how to access the new e-Referral form is available on the My Aged Care website: www.myagedcare.gov.au.

For user and technical support or to enable access, contact HealthLink through their customer service email helpdesk@healthlink.net or call **1800 125 036**.

▶ National Cancer Screening Register update

The Australian Government's National Bowel Cancer Screening Program (NBCSP) is a population-based screening program, that aims to help detect bowel cancer early and reduce the number of Australians who die each year from the disease.

From November 2019, the current NBCSP Register operated by the Department of Human Services, transitioned to the National Register to create a single national record for participants of the NBCSP and the National Cervical Screening Program (NCSP).

The National Register supports the NBCSP by:

- collecting and storing NBCSP bowel cancer screening data
- inviting and reminding eligible people to participate (through integration with the Medicare database)
- distributing iFOBT kits to eligible participants (a free test kit that can be completed at home and mailed to the contracted pathology laboratory for analysis)
- providing the State and Territory Participant Follow-Up Function (PFUF) access to the National Register to facilitate their support and follow up of positive iFOBT results
- providing information on participants to healthcare providers

For more information visit www.ncsr.gov.au.

▶ Supporting the health and wellbeing of GPs

A new national website has been launched offering a central coordination point to link doctors and medical students to a range of supports for their own health and wellbeing.

The website is supported by a network of doctors' health advisory and referral services operating across Australia; each offering independent, safe, supportive and confidential programs.

Doctors experience a range of barriers when seeking help for their physical health and mental health. The implementation of a national website that brings together a range of information, acting as a 'one stop shop' for doctors' health and wellbeing, aims to break down some of those barriers.

Visit www.dr4drs.com.au for more information.

▶ Annual health checks for Aboriginal and Torres Strait Islander Australians

Aboriginal and Torres Strait Islander people can access a health check annually, with a minimum claim period of nine months. 715 health checks are free at Aboriginal Medical Services and bulk billing clinics.

Only about 30 per cent of Aboriginal and Torres Strait Islander people currently access the 715 health check. To help improve the uptake of 715 health checks in the community, a number of resources are available for patients, community organisations, PHNs and GP clinics to download or order.

To access the resources visit bit.ly/DoH-715healthchecks.



Noticeboard

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

Survey callout to people living with severe and complex mental illness

Our Turn to Speak is a national survey that seeks to understand the life experiences of people living with severe and complex mental health issues in Australia.

Our Turn to Speak will investigate the lived experiences—both positive and negative—of people affected by these issues. SANE Australia's Anne Deveson Research Centre (ADRC), in partnership with the Melbourne School of Psychological Sciences (MSPS) at the University of Melbourne is seeking 7,000 people aged 18 and over who have experienced complex mental health issues in the last 12 months. The survey will take about 30 minutes and can be completed online, or over the phone.

Participants must be aged 18 years or over, and must have experienced severe and complex mental health issues in the last 12 months. For more information visit the website: ourturntospeak.com.au.

Chronic pain research project

The University of Queensland is currently seeking participants for a research project led by the RECOVER Injury Research Centre.

The *Improving management of driving behaviour in individuals with chronic pain* study aims to understand the experiences and challenges patients experience chronic pain may have in their day-to-day driving. The study also seeks to learn more about the treatment practices for people with chronic pain from the perspective of health professionals.

For more information contact Atiyeh Vaezipour via a.vaezipour@uq.edu.au.

Supporting children following disaster

In consultation with a wide variety of stakeholders and incorporating research evidence, the Emerging Minds: National Workforce Centre for Child Mental Health developed the Community Trauma Toolkit (CTT).

The CTT provides a starting point for general practitioners or the health and social service workforce to support adults and children before, during, and after a disaster or traumatic event.

The toolkit will equip you to interact with, and prepare children and families both practically and psychologically, for a disaster. You will also learn about supporting children and their families in the ongoing recovery process and identify emotional and behaviour difficulties in children that may indicate the need for ongoing, specialised support.

For more information visit emergingminds.com.au/resources/toolkits.

What's on elsewhere

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

January

- 29 **Training in the management of acute care needs of RACF residents – Kaiyar – Brisbane North PHN**
Lutwyche, Qld
[e agedcareprojects@brisbanenorthphn.org.au](mailto:agedcareprojects@brisbanenorthphn.org.au)

February

- 04 **End of life special interest group – Brisbane North PHN**
North Lakes, Qld
[e agedcareprojects@brisbanenorthphn.org.au](mailto:agedcareprojects@brisbanenorthphn.org.au)
- 05 **Training in the management of acute care needs of RACF residents – Marutchi – Brisbane North PHN**
North Lakes, Qld
[e agedcareprojects@brisbanenorthphn.org.au](mailto:agedcareprojects@brisbanenorthphn.org.au)
- 12 **Training in the management of acute care needs of RACF residents – Pillin – Brisbane North PHN**
Lutwyche, Qld
[e agedcareprojects@brisbanenorthphn.org.au](mailto: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](mailto:ppbms@health.qld.gov.au)
- 14 **Managing vicarious trauma – Blue Knot Foundation**
Brisbane City, Qld
[e learn@blueknot.org.au](mailto:learn@blueknot.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](mailto:agedcareprojects@brisbanenorthphn.org.au)

March

- 05 **Dementia essentials: Providing support to people living with dementia – Dementia Australia**
North Lakes, Qld
[e qld.education@dementia.org.au](mailto:qld.education@dementia.org.au)
- 27 **Introduction to working therapeutically with complex trauma clients (level 1) – Blue Knot Foundation**
Brisbane City, Qld
[e learn@blueknot.org.au](mailto:learn@blueknot.org.au)

For more events, visit brisbanenorthphn.org.au/page/news-and-events/events.

GP bulletin – January 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:

- behavioural concerns in children 6-12 years
- behavioural concerns in children 12-18 years
- umbilical and periumbilical pathology in children
- bone and joint infections in children.

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

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

Upcoming GP education

- **11 February** – Common challenges in primary care: Community health, a GP's guide – The Prince Charles Hospital Education Centre.

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.

Visit <http://bit.ly/phnevents> for upcoming education events.

Missed a GP education event?

Slides from our recent GP education events are now available online at <http://bit.ly/mngpedu>.

Reminder about the Residential Aged Care District Assessment and Referral (RADAR) Service

The Residential Aged Care District Assessment and Referral (RADAR) Service will help GPs and RACF staff navigate the hospital system and coordinate care for patients living in RACFs who are acutely unwell. RADAR is a Nurse Navigator led service facilitating access to hospital-based and outreach services including:

- emergency department alternatives
- facilitating hospital admissions
- RACF resident post discharge medication review
- advice for navigating hospital services.

The RADAR Service (phone **1300 072 327**) is available 7 days a week, between 9.00 am – 5.00 pm.

e-Learning for medical practitioners

eLAMP is a series of 14 free interactive e-Learning modules designed to assist medical and nurse practitioners provide enhanced care to patients experiencing substance dependence and withdrawal.

Launched in November, eLAMP covers a range of topics including foundational concepts, screening and assessment, brief interventions, relapse prevention, medico-legal issues and substance-specific treatment approaches.

Whilst tailored for Queensland, the package is relevant for medical practitioners across the country with each module eligible for CPD with both RACGP and ACRRM.

Access the eLAMP eLearning package: insight.qld.edu.au/toolkits.

Care Alert Kits increases accessibility of documents

Care Alert Kits are designed for patients to store all their important healthcare information—including advance care planning documentation—in one location.

The Care Alert Kit can be kept on the fridge for ease of access if required in emergency situations.

The Project Team are now accepting orders for Care Alert Kits from Queensland Health as well as non-Queensland Health services, organisations, general practice and other groups.

If you are interested in placing an order email CareAtEOL@health.qld.gov.au or for more information visit bit.ly/care-alert-kit.

GPLO practice visits now available

The GP Liaison Officers (GPLO) are able to visit practices within the region to provide updates on new health initiatives and services such as Health Pathways and the Health Provider Portal. We also appreciate the invaluable feedback to the GPLO program on any improvements you would like to see at the hospital or in the health system.

To arrange a visit, please contact us at mngplo@health.qld.gov.au, including a preferred time and date for the visit.

An update on the Caboolture Hospital expansion

Visit page 4 to read the latest update on the Caboolture Hospital expansion.