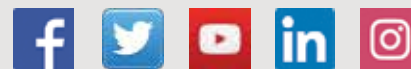


Network Link

July 2020



In this edition:

Newly launched PHN website prioritises clinicians and community	1
HealthPathways praised for clarity during COVID-19	3
Providing support for carers following an attempted suicide of a loved one	4
Contract signed for headspace in Pine Rivers	5
Abbe calls time on a brilliant career	6
Prescription Shopping Programme services	7
Deprescribing across transitions of care	8
Heavy-lifting liver the hero of World Hepatitis Day	9
Peer-to-peer warm line expanded to North Brisbane	9
GPs encouraged to talk about bowel screening	10
Support service for alcohol and drug concerns	11
Immunisation schedule changes	12
News in brief	14
Noticeboard	15
GP bulletin – July 2020	16

Newly launched PHN website prioritises clinicians and community

Brisbane North PHN is excited to announce the launch of our new website, now live at www.brisbanenorthphn.org.au.

After many months of consultation and design, our new website is more responsive, easier to navigate, and more user friendly than ever.

During its development, we prioritised clear and easily accessible information for both clinicians and community in the North Brisbane and Moreton Bay region.

While it has always been important to provide health professionals with the most accurate, up-to-date information, the COVID-19 pandemic strengthened our desire to communicate succinctly. Our new site reflects this and features select COVID-19 resources for GPs, providers and our community.

The site represents the diverse community that we serve, featuring images taken at recent PHN events as well as commissioned artwork adapted from our Reconciliation Action Plan by artist, Riki Salam of *We Are 27 Creative*.

Continued on page 2

Continued from page 1

Whether you are a GP, practice nurse or manager, consumer, carer, aged care worker or allied health professional there is something on our site to support your work, help you connect with peers, or access the guidance of our team.

The site brings to the fore what users have told us is important: programs for our community, primary care support, recent news, events and local jobs listings.

It's easier than ever to contribute an event or job listing to the website, with a simple interface that allows users to register and manage their listings. Additionally, improvements have been made to our service navigation section and the referral and patient management page.

Updates to our new site will continue, especially to the COVID-19 section, reflecting updates from Queensland Health or the Department of Health.

We invite you take a look, bookmark your favourite pages, subscribe to our newsletters—or read past editions, submit an event, join a collaborative, access HealthPathways, read about our Board members, or connect with us on social media.

Visit www.brisbanenorthphn.org.au and email your feedback, questions or comments to communications@brisbanenorthphn.org.au.



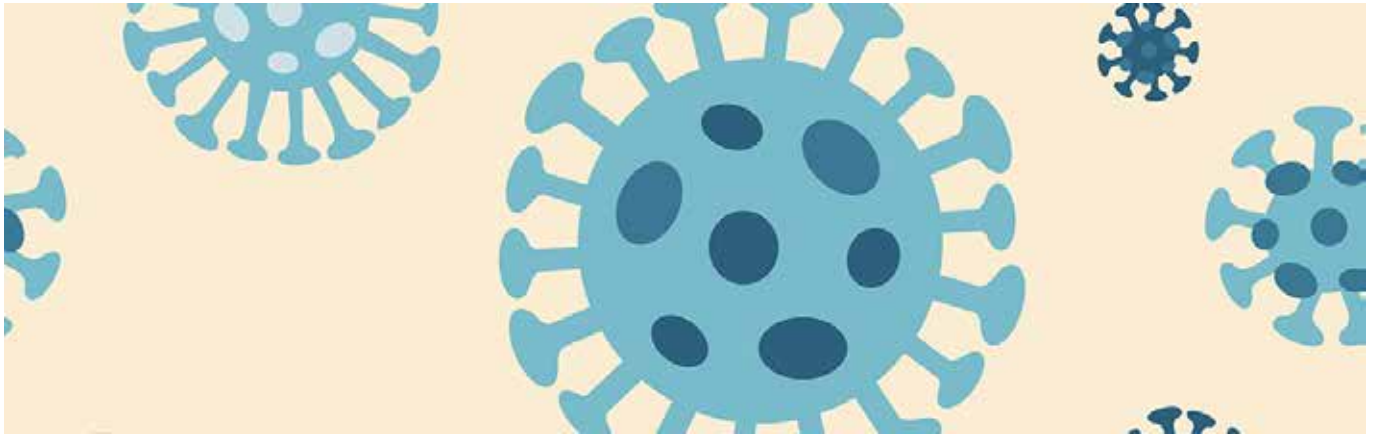
ABOUT NETWORK LINK

For submissions and advertising or to subscribe, visit brisbanenorthphn.org.au/news-events/newsletters.

e info@brisbanenorthphn.org.au | w brisbanenorthphn.org.au | t 07 3630 7300

© 2019, Brisbane North PHN.

While the Australian Government Department of Health has contributed to the funding of this material, the information contained in it does not necessarily reflect the views of the Australian Government and is not advice that is provided, or information that is endorsed, by the Australian Government. The Australian Government is not responsible in negligence or otherwise for any injury, loss or damage however arising from the use of or reliance on the information provided herein.



HealthPathways praised for clarity during COVID-19

“I think HealthPathways should be commended for having very clear messaging, very clear links...there’s some really clear guidance, localised around regions. I actually think HealthPathways is the clearest place to get everything you want.”

Dr Tanya Robertson

In a recent Department of Health COVID-19 response update to general practitioners, the HealthPathways platform was praised as being *the clearest place to get everything you want* for GPs managing patients during the pandemic.

Supported by the Clinical Excellence Division of Queensland Health, Queensland HealthPathways teams worked collaboratively to develop a suite of COVID-19 pathways in response to the pandemic—with the Brisbane North HealthPathways team heavily involved in this effort.

In early March, when local GPs expressed confusion and a lack of clear COVID-19 guidance for general practice, the Brisbane North HealthPathways clinical editor, Dr Fabian Jaramillo, wrote the first pathway of the suite, COVID-19 Assessment and Management.

This pathway was endorsed by the State Health Emergency Coordination Centre (SCHECC) and became the source of truth for the management of COVID-19 in general practices in Queensland.

The pathway is updated as changes are made in national and state guidelines and has been adopted by the other HealthPathways teams in Queensland, with this regional collaborative approach now being used to develop other COVID-19 related pathways.

Visit brisbanenorthcommunityhealthpathways.org

Username: Brisbane

Password: North

Or for more information call our Primary Care Liaison Officers on 07 3630 7300.



Providing support for carers following an attempted suicide of a loved one

Brisbane North is one of two regions in Australia chosen to pilot a new evidence-based resource providing information and advice for people close to someone who has attempted suicide.

The *You Are Not Alone* website has been created by national mental health charity SANE Australia together with research partners University of New England and the University of Sydney, with information about the resource being disseminated locally by Brisbane North PHN.

You Are Not Alone gives information and tools to carers throughout the stages of supporting someone who has attempted suicide, or who is at risk of doing so. The non-linear navigation allows people to find advice that is relevant to them at any time during their carer journey.

SANE Australia CEO Jack Heath says this online tool is especially relevant in this time of uncertainty due to COVID-19. There is a real risk of increased suicide attempts due to deteriorating economic circumstances and resources to support carers will be more important than ever, no matter how long they've been caring for someone.

Heath explains that during and immediately after a suicide attempt, it's natural to want to gather as much information as possible to help the person you care about, but it's also important to look after yourself too.

"When someone close to you has suicidal thoughts or attempts suicide, it can be hard to respond to their needs while also looking after yourself. The *You Are Not Alone* website contains information to support this mostly unacknowledged support system of care-givers through a hugely difficult time," Mr Heath said.

The voices and stories of carers were instrumental in developing the resource and are a key feature of the website. Their lived experience serves as a reminder that although there is no single way to respond to or support someone after they've attempted suicide, there are many who have been through this situation.

SANE peer ambassador Jo Buchanan lost a nephew to suicide and is a carer for her son who has attempted to take his own life on several occasions. Reflecting on her experiences Jo says one of the most important things for people in this situation to remember is that there are others going through a similar thing.

"I remember feeling so isolated, so alone and with no idea of where or who I could turn to for support and information. I believe that caring for the carers is very important and this website will help people take the next step and understand that they are not alone," Jo said.

Sandra is also a SANE peer ambassador and is a carer for her husband who was diagnosed with schizophrenia in 2003 and tried to take his own life two years ago. Sandra says her experience following his suicide attempt left her feeling like she was floundering and abandoned, with no direction on how to navigate the system or advice on how to provide care for him and her family.

"Carers play a significant role in the recovery of people who have attempted suicide yet the resources to support them are severely lacking," she said. "I didn't even receive a pamphlet from a social worker, wasn't referred to a support group and no one recognised the trauma that me and my extended family were experiencing.



It's pleasing to see these shortcomings are starting to be addressed, and that resources such as the *You Are Not Alone* website are available for those who are left to pick up the pieces and provide relevant information at different stages of their lived experience."

Executive Manager for mental health, alcohol and other drug programs at Brisbane North PHN Paul Martin said he was pleased carers in the Brisbane North region had been offered the opportunity to trial *You Are Not Alone*.

"This trial aligns closely with the objectives of our five-year joint regional mental health plan, in particular, support for families and carers through the provision of information, resources and skills building," Mr Martin said.

"Carer participation in the trial is an important way to contribute to the co-design of suicide prevention support services in Brisbane North," he said.

You Are Not Alone is the final product of the Better Support project, led by SANE Australia with funding support from the Grenet Merrin Foundation and The Ian Potter Foundation. The project's research partners, University of New England and the University of Sydney, conducted the initial research phase which involved a survey of more than 750 respondents, further qualitative interviews with 32 participants and two 'think tank' sessions with people who had cared for someone after they had attempted suicide.

Visit the [SANE website](#) for more information.



Contract signed for **headspace** in **Pine Rivers**

Earlier this year, Brisbane North PHN undertook a competitive tendering process for a new headspace centre in Pine Rivers. We are excited to announce that Open Minds was selected as the lead agency who will be responsible for establishing and operating the new headspace centre.

The tender selection process included the formation of a youth panel; a group of young people from the Pine Rivers Community who had a lived experience of accessing mental health services.

The youth panel provided an invaluable contribution to the tender selection, ensuring the views of young people were embedded in the commissioning process.

The headspace centre that will be located in Pine Rivers was announced as one of ten new headspace centres across Australia to be established in 2020. Pine Rivers was identified as a community with high needs, particularly among young people who have limited access to services. The headspace centre will provide mental health and

wellbeing support to young people aged 12 to 25 in a safe, confidential and youth friendly environment.

Over the next six months, Open Minds, headspace National and the PHN will work together to establish the new headspace centre, which is due to open by December 2020.

For further information contact Mental Health, Alcohol and Other Drugs team, Program Development Officer Anita Krug at anita.krug@brisbanenorthphn.org.au.



Abbe calls time on a brilliant career

With heavy hearts, Brisbane North PHN's staff and Board of Directors have farewelled their long-standing CEO Abbe Anderson, after 18 years' service with the organisation.

Abbe joined the organisation in 2002 and, after accepting the CEO role in 2007, she led its successful transition from a Division of General Practice to a Medicare Local in 2011 and then to a PHN in 2015.

Abbe said the decision to leave after so many years was not an easy one.

"The time has come at last for me to move on to new adventures," Abbe said.

"I have loved my time with this organisation and could not be prouder of my association with the accomplishments of the Brisbane North team.

"I would like to particularly thank the Board of Directors, all of whom have provided unwavering support, guidance and wisdom which has made me a better CEO."

"I will deeply miss my colleagues and friends with whom I have worked for almost two decades. It has been an honour to lead a team of talented people who are here because of a sincere belief in what we do and a genuine commitment to the community we serve," she said.


Announcing Abbe's resignation in March 2020, Board Chair Dr Anita Green expressed the Board's sincere

thanks to Abbe for her inspirational and exceptional leadership.

"Abbe has safeguarded and enhanced this organisation's strong reputation over these many years," Anita said.

"Abbe can be justly proud of her many achievements. Her vision and persistence has enabled this PHN to plough new ground in community aged care, mental health, general practice workforce and hospital avoidance programs, to name a few. She will be greatly missed," she said.

The PHN Board has started the process of recruiting a new CEO.



For more information
phone **1800 631 181**
(24 hours, 7 days).

Prescription Shopping Programme services

The Prescription Shopping Programme (PSP) helps prescribers check a patient's prescribing history and make more informed prescribing decisions for their patient.

The program identifies patients who may get more PBS subsidised medicines than they need and consists of a Prescription Shopping Information Service (PSIS) and a Prescription Shopping Alert Service (PSAS).

Patients meet the PSP criteria if, in any 3 month period, they received:

- any PBS items prescribed by 6 or more different prescribers
- a total of 25 or more PBS target items
- a total of 50 or more items. This includes PBS items both target and non-target, supplied to the patient.

Prescription Shopping Information Service

The PSIS is a phone service available 24 hours, 7 days a week and GPs can call the PSIS to find out if a patient meets the PSP criteria. To register for the PSIS phone 1800 631 181.

Prescription Shopping Alert Service

Each month the PSAS assesses patients who meet the PSP criteria. It will then be communicated to GPs if their patients may be getting more PBS medicines than they need.

ADVERTISEMENT



Free training

Aged Care Mental Health Workforce Online Training

Funded by the Australian Government Department of Health

The APS has developed a series of online training modules for the mental health workforce, with input from a range of professional and consumer groups with expertise in aged care.

The courses aim to up-skill health practitioners in the provision of mental health support services to older people living in residential aged care facilities.

This training is available for a number of health and community professionals including psychologists, psychiatrists, social workers, occupational therapists, mental health nurses, and Aboriginal and Torres Strait Islander health workers. The training is designed to complement the stepped care framework to service both low and high intensity workforces.

Visit www.mhcareinracf.com.au



Deprescribing across transitions of care

By Erin Dunn

*Acting Assistant Director of Pharmacy,
The Prince Charles Hospital*

The Prince Charles Hospital (TPCH) proudly services approximately 20,000 people aged 75 years and older within Brisbane's inner north-east, comprising 6.5 per cent of the hospital's catchment population and by 2026 this proportion is expected to increase to 8 per cent.

Older residents of TPCH catchment generally enjoy a healthy socioeconomic profile and life expectancy, however 69.1 per cent take five or more prescription medications daily, meeting the most commonly reported definition of polypharmacy.

Appropriate polypharmacy, whereby treatment adheres to evidence-based guidelines for management of chronic disease, has positive effects on quality of life and longevity. Alternatively, potentially inappropriate medicines (PIMs) can increase hospitalisation, morbidity and mortality.

Our local population is not immune to the negative impacts of PIMs, evidenced by a study performed in 100 older medical patients admitted to TPCH in 2009, which demonstrated up to 21 per cent of admissions were due to an adverse medicine event.

With an average length of stay of approximately three days, TPCH medical wards are arguably not the ideal location to manage deprescribing plans, many of which take weeks to

months to implement, however initiation of collaborative discussions with patients and their community care team would likely yield clinical benefit.

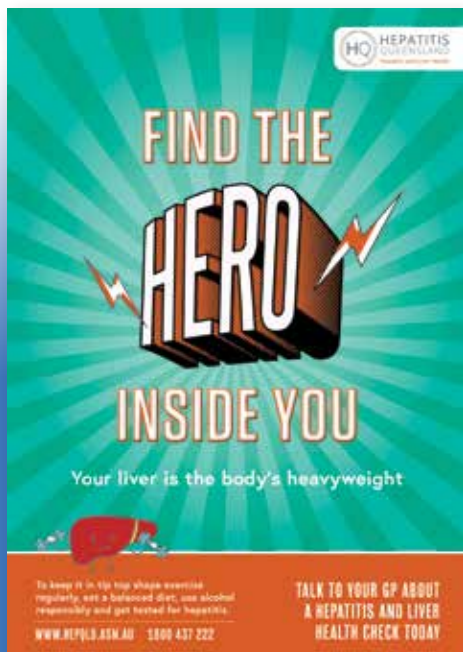
A more recent study examined the incidence of deprescribing recommendations in discharge summaries for older medical patients discharged from TPCH. Of 98 summaries prepared for patients discharged on PIMs, only 11 included deprescribing recommendations. The most frequently prescribed PIMs included proton pump inhibitors, benzodiazepines, antihypertensives and antipsychotics. Patients were sent home on 215 PIMS in total, with deprescribing conversations initiated for only 12 of these medicines.

Polypharmacy affects the majority of older adults living within TPCH catchment and may contribute to one in five hospitalisations. Our older patients are typically discharged from hospital on more medicines than they were taking on admission, and deprescribing conversations across the primary-secondary care continuum occur infrequently.

Deprescribing is not a new term, however the concept of shared responsibility for inappropriate polypharmacy between patients, primary care clinicians, consultant medical officers and the hospital multidisciplinary team seems poorly executed. Greater awareness of evidence-based deprescribing strategies, underpinned by clinician decision support and patient information resources, is desperately needed.

Collaborative deprescribing conversations are an essential component of high quality clinical handover, which has the capacity to improve health outcomes for the older adults living in our village.

For information about, or to get involved with, deprescribing interventions at TPCH contact erin.dunn@health.qld.gov.au.



Heavy-lifting liver the hero of World Hepatitis Day

This year's World Hepatitis Day campaign, *Find the hero inside you* highlights the important role the liver plays in performing over 500 functions and why it's important to keep it healthy.

While this year World Hepatitis Day will look and feel different, Hepatitis Queensland is encouraging GPs to reach out to patients and the wider community to help spread the importance of liver health.

To keep your liver in shape everyone is encouraged to eat a balanced diet, exercise regularly, use alcohol responsibly and ask their GP for a hepatitis test.

The *Find the hero inside you* campaign draws attention to prevention (vaccination for hepatitis B) and early detection (testing and cure for hepatitis C), particularly for those living with viral hepatitis and most risk of severe liver disease including liver cancer.

A recently released article highlighted the importance and urgency of the testing and treatment for hepatitis C in Australia:

- many Australians—unaware of their infection—are missing out on life-saving treatments
- stigma is preventing many who are aware of their infection from getting tested
- testing needs to increase by 50 per cent increase for Australia at achieve its WHO elimination targets.

Queenslanders from all walks of life can have hepatitis B or C however people aren't being tested for several reasons including not knowing they are living with the virus, or not being aware of recent advances in treatment.

To download resources for your practice for World Hepatitis Day visit www.hepqlld.asn.au or call 1800 437 222.

Peer-to-peer warm line expanded to North Brisbane

“After a day of being a peer worker, a bit stressed out with everything, I'm so glad I called the warm line. I was a blubbing mess about everything and this wonderful peer at the other end just listened. Thank you.”

– Anonymous

The Peer Participation in Mental Health Services (PPIMS) network is working with Brook RED—a local community organisation, led and run by people with a lived experience with mental health issues—to implement a warm line run by local peer workers and servicing the North Brisbane and Moreton Bay region.

A warm line is a peer support helpline for people experiencing mental health challenges.

Brook RED is funded by Queensland Health to provide a warm line for the Metro South region from 5.00 pm – 9.00 pm Monday to Friday. During the COVID-19 isolation period, this Metro South service experienced a twofold increase in calls.

The service is now being extended to incorporate the North Brisbane and Moreton Bay region, with increased funding able to allow for longer hours of operation and the employment of local peer workers, familiar with local services.

The PPIMS Network have previously collaborated with Brook RED on a range of projects including peer workforce development, speaker training, co-reflection, supervision and the development of the Queensland Lived Experience Network.

PPIMS and the PHN are supporting the pilot and providing funding support for monitoring, research and evaluation of the service, which will run from June until December 2020.

For more information visit www.brookred.org.au/phone-line.



More than 80 Australians die from bowel cancer every week.

If detected early, 90% of cases can be successfully treated



GPs encouraged to talk about bowel screening

The latest published participation data shows that just four in ten eligible Queenslanders participated in the National Bowel Cancer Screening Program (NBCSP) in 2017-2018. This rate is unchanged from the prior year.

More than 80 Australians die from bowel cancer every week. If detected early, 90 per cent of cases can be successfully treated.

At the current rate of participation, the NBCSP is estimated to save 59,000 Australian lives between 2015 and 2040. If participation increased to 50 per cent, an additional 16,800 Australian lives could be saved by 2040.

The NBCSP aims to reduce the impact of bowel cancer by facilitating early detection in asymptomatic people, allowing subsequent intervention and treatment. Eligible people aged 50-74 are invited to screen for bowel cancer every two years.

A test kit is mailed to them to complete at home and return to the program's pathology laboratory for analysis. There is no cost involved and results are provided to the patient and their GP within two weeks.

Multiple Australian studies have concluded that endorsement by doctors is an effective method for increasing screening participation. Primary care staff are encouraged to discuss bowel screening with their patients aged 50-74 and recommend they participate, if clinically relevant.

For more information and access to promotional resources visit www.cancerscreening.gov.au.

Support service for alcohol and drug concerns

Recently it has been shown that one-in-five Australians have purchased more alcohol than usual during the COVID-19 pandemic ¹.

In these households 70 per cent of people reported drinking more alcohol than usual and 28 per cent of people report drinking alcohol to cope with anxiety and stress, or have been drinking alcohol on their own more often¹.

Adis 24/7 Alcohol and Drug Support is a 24-hour, 7 day a week confidential support service for people in Queensland with alcohol and other drug concerns, family and friends, and health professionals.

Adis provides:

- compassionate, understanding and non-judgemental support for anyone in Queensland experiencing issues with alcohol and other drugs
- specific information about drugs and advice on treatment options
- referral information for local services
- an extensive range of print and downloadable resources
- a consultancy service for health professionals.

Adis can also assist health professionals to support their clients by sourcing relevant local information, up-to-date drug information and drug trends, advice on treatment options and access to a medical addiction specialist for clinical advice.

Adis aspires to deliver immediate, client friendly and evidence-based services to reduce the harms associated with alcohol and other drug use. For more information call 1800 177 833 or visit adis.health.qld.gov.au.



During the COVID-19 pandemic 1 in 5 Australians purchased more alcohol than usual

...

28% reported drinking alcohol to cope with anxiety and stress, or have been drinking alcohol on their own more often.

¹ Many Australians using more alcohol and worried about household drinking | FARE. (2020). Retrieved 5 May 2020, from <https://fare.org.au/many-australians-using-more-alcohol-and-worried-about-household-drinking>.



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.



For further information on the changes visit immunisationhandbook.health.gov.au.

Providers are asked to check Australian Immunisation Register prior to administration of any vaccines.

IMMUNISATION SCHEDULE CHANGES

The National Immunisation Program changes will be implemented on the 1 July 2020.

MENINGOCOCCAL B VACCINE

Meningococcal B vaccine Bexero will be funded for Aboriginal and Torres Strait Islander children at 2, 4 and 12 months of age. Aboriginal children who have medical risk factors will receive four doses at 2, 4, 6 and 12 months of age. Bexero will also be funded for those people with conditions associated with an increased risk of Meningococcal, such as asplenia. A Bexero catch up plan will be available until June 2023 for all Aboriginal and Torres Strait Islander children.

It is recommended that Bexero be administered in a separate limb to the other vaccines scheduled on that day.

NB: The Australian Immunisation Handbook (AIH) recommends prophylactic use of paracetamol with Bexero vaccination for children <2 years of age.

PNEUMOCOCCAL VACCINATION

The infant pneumococcal schedule is unchanged. From 1 July 2020, healthy people with no risk factors are no longer recommended to receive Pneumovax 23. Instead, people aged ≥ 70 yrs are recommended to receive a single dose of Prevenar 13.

HEPATITIS A

Hepatitis A vaccines will now be given at 18 months and 4 years of age.

HiB

The HiB vaccine recommended for adults and children over 5 years of age with asplenia and hyposplenia is also now funded under the NIP. A single dose of HiB vaccine is required if the person was not vaccinated in infancy or was incompletely vaccinated. Booster doses of HiB are not required.



New Specialist Dementia Care Program in Brisbane North

The Specialist Dementia Care Program is a Department of Health (Commonwealth) grant-funded initiative delivered through Anglicare St Martin's Residential Aged Care Home as an approved provider.

Opening in July 2020, this nine bed unit provides a high level of tailored care for people living with dementia who are exhibiting severe behavioural and psychological symptoms of dementia (BPSD) and are unable to be effectively cared for by mainstream aged care services.

How do I refer someone to the program?

To refer someone to be assessed for the program, please contact Dementia Support Australia on **1800 699 799** or visit **dementia.com.au**

For more information on the program visit **health.gov.au**

Contact Anglicare on **1300 610 610** to discuss any questions you may have about the Specialist Dementia Care Program at St Martin's Residential Aged Care Home, Taigum.

anglicaresq.org.au



Anglicare
Southern Queensland

RAC0321



Ray White Commercial Northern Corridor Group are pleased to offer the proposed McKean Medical Centre at 120-124 McKean Street, Caboolture for Lease.

The opportunity exists to secure an unrivalled medical space directly opposite the Caboolture State & Private Hospital.

FEATURES:

- Various tenancy options available 103m² to 601.5m²
- Medical tenancies catering to General Practitioners, Dental, Radiologist, Specialist and other allied health professionals
- Perfectly located close to Public & Private Hospital, School's, Child Care Centre, Shopping Village with Woolworths and Central Lakes residential estate
- Ample on-site car parking
- Ambulance Bay

Contact leasing Agents Chris Massie on 0412 490 84 or Aaron Canavan on 0447 744 948 to discuss your requirements in detail.

MEDICAL OPPORTUNITY OPPOSITE THE CABOOLTURE STATE & PRIVATE HOSPITAL

RayWhite.

News in brief

▶ Resources available for domestic violence campaign

The Queensland Government has launched a new awareness campaign to support Queenslanders affected by domestic and family violence during the COVID-19 pandemic.

During this time, it is critical that Queenslanders have a clear understanding of domestic and family violence and that it is not only physical violence.

For those who are experiencing or using domestic and family violence, it is vital that they know help and support services are available.

GPs and practice staff are encouraged you to visit the campaign website and download and share the campaign resources available at <https://campaigns.premiers.qld.gov.au/dfvsupport>.

▶ Pregnancy care consultation

The Australian Clinical Practice Guidelines: Pregnancy Care (Pregnancy Care Guidelines) provide evidence-based recommendations to support high quality, safe pregnancy care and contribute to improved outcomes for all mothers and babies.

To ensure that the recommendations are current, an ongoing process for evaluation of the evidence is in progress.

This consultation is seeking feedback on the following topics:

- nutrition and nutritional supplements,
- physical activity
- weight assessment and monitoring.

The consultation period closes on 17 July 2020. For more information visit <https://consultations.health.gov.au> or email maternity@health.gov.au.

▶ Get registered for healthdirect Video Call

The Department of Health has funded the use of healthdirect Video Call for all GPs until 30 September 2020. This program supports usage of the MBS telehealth items for COVID-19.

healthdirect Video Call is a secure, private and sustainable technology providing convenient and safe access to care.

It is purpose-built for health settings, mimicking the set-up of a GP clinic, providing a virtual waiting room for patients before the GP joins the video consultation.

It protects privacy on both ends of the consultation, leaving no digital footprint.

A pilot program funded by the Department of Health to encourage primary care providers to adopt the use of Video Call service has existed for several years.

Healthdirect Australia is working with the Department of Health to determine how the program will be funded beyond September 2020.

For more information or to register visit <https://www.healthdirect.gov.au/video-call-reg>.

Noticeboard

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

RACGP Awards now open

The RACGP Awards focus on exceptional individuals in Australian general practice for their outstanding achievements and contribution to the health of their community.

Nominations are now open for the 2020 RACGP Awards. If you know an extraordinary GP, GP in training, GP supervisor, or general practice going above and beyond to improve their health of the community, nominate them for an award today.

For more information visit www.racgpawards.org.au.

Support by doctors, for doctors

Doctors' Health Advisory Service Qld has been providing free, timely, compassionate, collegial, confidential support for Qld doctors and medical students for over 30 years.

Staffed by volunteer GPs who are interested in and have received training in being a doctor, for a doctor.

The added stress of the global pandemic on GPs means there is even more reason to reach out and access a dedicated COVID-19 webpage with a list of resources to help navigate your health.

For more information visit dhasq.org.au.

Atrial fibrillation survey results shed light on screening

GP Dr Kam Wong conducted an online survey titled *GP Screen Atrial Fibrillation and other arrhythmias* (GPSAFER) and across Australia, 463 GPs and GP registrars participated.

Eighty-five per cent of survey respondents performed some forms of AF screening and those who were aware of the Australian Clinical Guidelines for the Diagnosis and Management of AF were more likely to perform AF screening.

However, only 23.8 per cent practitioners reported that they had attended ECG interpretation training in the last three years. GPs are open to further training in ECG interpretation and using mobile ECG devices to aid their clinical practice. Increasing awareness of the AF guidelines and improving confidence in ECG interpretation may increase AF screening.

For more information visit bmcfampract.biomedcentral.com/articles.

Safer Baby Bundle initiative recognises risk factors for stillbirth

The Safer Baby Bundle initiative have produced an infographic and a fact sheet to help women and GPs recognise risk factors for stillbirth during COVID-19, and the actions that can help reduce these risks.

They also have a free e-learning resource that GPs and midwives can access. For more information visit www.stillbirthcre.org.au/safer-baby-bundle.

Diabetes e-learning for health professionals

Diabetes Qualified is a social enterprise and a wholly owned subsidiary of Diabetes NSW and ACT, delivering e-learning and courses to health professionals and healthcare workers.

The *Diabetes in Practice for Nurses* is a person-centred, evidence based e-learning program that incorporates contemporary health literacy principles.

The course can be completed anytime, anywhere over a 12 month period, making it very accessible. For more information visit www.diabetesqualified.com.au.

World Wellness Group searching for office space

World Wellness Group is the current provider delivering psychological therapy and wrap around integrated services for community and linguistically diverse populations within the Brisbane MIND program. World Wellness Group also delivers the Culture in Mind and Problem Management Plus programs.

World Wellness Group is currently looking for suitable rooms or office space in the North Brisbane region between the city and Carseldine/Zillmere area.

If interested contact Annette Ruzicka on 07 3333 2100 or annette.ruzicka@worldwellnessgroup.org.au for further information.

GP bulletin – July 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:

- complex regional pain syndrome
- rabies
- bipolar affective disorder.

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

Do you know about GP to GP referrals in HealthPathways?

You can find fellow GPs providing services such as ear microsuction or iron infusion via brisbanenorth.communityhealthpathways.org/13710.htm.

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.

Username: Brisbane

Password: North (*case sensitive*)

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

Emergency specialists offering virtual ED service

ED specialists at Metro North public hospitals are offering a Virtual ED phone service to support GPs in providing care to their patients in the community.

This service may allow GPs to get access to Hospital in the Home services or other community services not traditionally accessible for GPs without first being seen in the emergency department.

The Virtual ED team may be able to facilitate direct admission to specialist units or other services where appropriate. Specialists are available Monday to Friday 8.00 am – 5.00 pm by calling 1300 847 833.

Persistent pain specialists offer advice service to GPs

The Royal Brisbane and Women's Hospital (RBWH) persistent pain team is currently providing a GP hotline for medical advice and clinical questions regarding patients with persistent pain.

This service is accessible by calling 07 3646 8111 between 9.00 am and 12.00 pm, Monday to Friday. If your call reaches message bank, leave a message and you will be called back.

Please have the following information at hand:

1. patient name and date of birth
2. significant history, co-morbidities, and medications
3. presenting complaint, relevant examination findings
4. reason for enquiry.

If you have an urgent request, please call the RBWH Switch and ask to speak with the persistent pain management service on-call registrar or consultant.

New nurse navigator assisting with complex patients

The nurse navigator outpatient service has been implemented at the Royal Brisbane and Women's Hospital to support GPs and patients to manage their specialist follow-up care.

If GPs have patients who have complex outpatient appointment arrangements where they need to be seen on multiple days by multiple specialists, the service can assist with coordinating their care so that the patient may be able to be seen by multiple specialists on the same day.

For more information call 07 3646 1091 or email RBWHNurseNavigatorOutpatients@health.qld.gov.au.

Mental health services and advice

For information about mental health services and supports in the North Brisbane and Moreton Bay region, contact the My Mental Health Service Navigators team. The My Mental Health Service Navigation team also support health professionals, consumers and carers making a referral to PHN commissioned services.

Phone 1800 752 235, 8.30 am to 4.30 pm, Monday to Friday and visit <http://bnphn.org/MMH-services-map> to download the handy *My Mental Health services map*.

Updates to maternity care

During the COVID-19 pandemic Metro North HHS Maternity Services have introduced some changes for women requiring pregnancy care.

If you are providing Maternity GP Shared Care with Metro North HHS Maternity Services and would like to receive Maternity and Gynaecology updates please send your name, email and practice contact details to MetroNorthGPLO@health.qld.gov.au.