



PRIMARY HEALTH NEWS

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Black Dog
Institute

Screening for anxiety and depression

Western NSW PHN has partnered with Black Dog Institute to roll out a trial mental health “checkup” service to screen patients for anxiety and depression. Patients are given an iPad when they arrive at the practice, and are invited to complete a questionnaire. Results are sent to the GP, who can then raise any issues with them in the consultation and offer patients appropriate care. This project is the first of its type in Australia and involves 14 general practices in Western NSW.

[Find out more >>](#)

Telehealth in Residential Aged Care Facilities

The Telehealth in Residential Aged Care Facilities Program (TRAC) has recently been launched in Broken Hill and Dubbo to improve access for residents in aged care facilities to health professionals through video consultations. Services that can be accessed include GPs, allied health professionals and specialists. The program is funded by [NSW Rural Doctors Network](#) and the Western NSW PHN.



[Find out more >>](#)

healthykids
for professionals

New child weight management resources

NSW Health recently launched a new website, [Health Kids for Professionals](#) with resources including free online training to assist health professionals identify and manage children who are above the health weight and their families. Information includes how to accurately assess a child's weight, how to discuss weight issues with families, and resources to support families make positive lifestyle changes.

[Find out more >>](#)

Gidget Foundation telehealth initiative 'Start Talking'

The Gidget Foundation has launched a new telehealth initiative “Start Talking,” to improve access to postnatal depression services in isolated rural and regional areas in Central West NSW. The organisation works to support the emotional wellbeing of new parents and their families and provides education for health professionals.



Start Talking - 1300 851 758

[Read more >>](#)

Committee Vacancy - National Mental Health Consumer and Carer Forum



Mental Health Australia is seeking consumer representation for the National Mental Health Consumer and Carer Forum (NMHCCF). This is a combined national voice for consumers and carers participating in the development of mental health policy and sector development in Australia. The NMHCCF has 28 members nationally of which 14 are mental health consumers and 14 are mental health carers. Expressions of interest to join this committee are due 8 October 2017. For further information contact Ghislaine Martin on 02 6273 5444 or via email g.martin@chf.org.au

[Find out more >>](#)

Events and Training

Upcoming events organised or supported by WNSW PHN include:

- [Questions around the end of life](#) - 11 September, Mudgee
- [Introduction to Suicide Risk](#) - 15 September, Dubbo
- [Trauma Evening](#) - 15 September, Orange
- [Back Pain Management Workshop](#) - 16 September, Orange
- [Australian Indigenous Doctors Association Conference 2017](#) - 20-23 September, Hunter Valley
- [Musculoskeletal Health Webinar Series: fatigue management for people with persistent pain](#) - 21 September, Online
- [Big Joint Problems](#) - 21 September, Dubbo
- [Cancer Screening Prevention Forum](#) - 23 September, Sydney and Online
- [PSA Clinical Update](#) - 24 September, Orange
- [Kickstart the Change: Diabetes Management](#) - 28 September, Dubbo
- [Dealing with Depression in Rural Australia](#) - 30 September, Bathurst
- [Musculoskeletal Health Webinar Series: the diagnosis and management of rheumatoid arthritis](#) - 12 October, Online
- [Rural Medicine Australia Annual Conference](#) - 19-21 October, Melbourne
- [Musculoskeletal Health Webinar Series: the need to manage community expectations in stem cell therapies for MSK health](#) - 24 October, Online

Visit our [website](#) for a full list of events in your area



The WNSW PHN's Aboriginal motif was created by Wiradjuri artist Lewis Burns.

It's a story of living off the land. A strong flowing river provides fresh, clean water for those living beside it in camps. At campfires, people cook from the earth, with abundant natural foods they've hunted and gathered. As a community, people respect the earth and their country, united in a healthy lifestyle.

Contact Western NSW PHN

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While the Australian Government helped fund this document, it has not reviewed the content and is not responsible for any injury, loss or damage however arising from the use of or reliance on the information provide herein.

We acknowledge that we work on the traditional lands of many Aboriginal clans, tribes and nations. We commit to working in collaboration with our region's Aboriginal communities and peoples to improve their health, emotional and social wellbeing in the spirit of partnership.



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