



# General Practice Resource Newsletter

**December 2020**

Welcome to the General Practice Resources, keeping you and your practice up to date with the latest information from government, associations in the Primary Health Space.

The following includes information on:

- [Novel Coronavirus \(COVID-19\) + Telehealth](#)
- [General Information](#)
- [Webinars](#)
- [Reminders](#)
- [Resources](#)
- [Christmas & New Year Hours of Operation](#)

## The Month Ahead:

1 Dec – 31 Dec	Decembeard 2020	<a href="#">Bowel Cancer Australia</a>
3 Dec	International Day of Persons with Disabilities	<a href="http://idpwd.com.au">idpwd.com.au</a>
5 Dec	International Volunteers Day	<a href="#">Volunteering Australia</a>
10 Dec	International Human Rights Day	<a href="#">Australian Human Rights Commission</a>

## NOVEL CORONAVIRUS (COVID-19)

On February 27, the Prime Minister escalated the Australian Health Sector Emergency Response Plan for COVID-19.

The WNSW PHN Website is updated daily with the latest information, including Information Lines, Self-Quarantine Guidelines, Patient Care and printable resources for GP's and ED's, as well as links to the Department of Health, NSW Health, RACGP, WHO and more.

<https://www.wnswphn.org.au/coronavirus>

## ➤ COVID-19 MBS Telehealth Services Fact Sheets

Following the announcement that temporary MBS Telehealth items have been extended until the end of March 2021, the Commonwealth Department of Health has released a comprehensive set of Fact Sheets, including for GPs, Specialists, Mental Health, Obstetrics and Midwifery, Allied Health and other services.

[Access the COVID-19 Temporary MBS Telehealth Services Fact Sheets Here](#)

[Access the Telehealth Bulk Billing Arrangements Information here](#)

[Access the MBS Quick Guide for December here](#)

[Access the Telehealth Guide for December here](#)

## ➤ Telehealth to Become Permanent

During his Doorstop interview of Friday November 27, 2020, Australian Minister for Health, Hon. Greg Hunt, announced that Telehealth will become a permanent part of Medicare:

*“...I'm pleased to announce that, for the long term, telehealth will become a permanent part of the Medicare system.”*

*“We have just passed 40 million telehealth consultations. They were introduced as a temporary item. But what we're working on is ensuring that this is a permanent transformation in the Australian scheme.”*

*“There's not been much good that's come from COVID. One thing that has come from COVID is the fact that we have skipped a decade and jumped from 2030 to 2020 for the delivery of telehealth for all Australians. Universal, whole-of-population telehealth and it will now be permanent.”*

*“And I think that's just a wonderful tribute to our medical professionals, but also to everybody who's been involved. And for Australian patients, that's transformative.”*

[Access the Transcript of Hon. Greg Hunt's Doorstop Interview of November 27 here](#)

[Access the Pulse IT Press Release regarding Telehealth here](#)

## ➤ COVID-19 Digital Business Check-in Cheat Sheet

From November 23, 2020, it is now mandatory for some businesses in NSW to have digital customer check in available. We are urging all businesses to take this opportunity to revise their COVID safety plan and consider registering as a COVID safe business with the adoption of electronic check in. This makes contact tracing in the event of a positive case easy and accessible and this is a key part of keeping our region COVID safe.

[Access the COVID-19 Digital Business Check-In Cheat Sheet here](#)

# GENERAL INFORMATION

## ➤ **RACGP Billing Calculator**

This tool has been designed to help you and your practice meet your financial goals. It is designed to demonstrate the mechanics of fee for service and to help you understand how practice billing may affect your income and the lifestyle you wish to achieve. The calculator will help to guide you on setting an appropriate consultation fee, as well as the number of services you would need to bill to meet your goal. Experimenting with different calculations will help you to determine how many sessions, individual consultations and thus the number of clinical staff your practice will need to meet your ideal financial goal.

Note: decisions relating to financial management are extremely important, so it is essential you seek professional advice (eg accountant, financial advisor, lawyer) relevant to your individual circumstances. This calculator is not intended as a comprehensive accounting tool and is provided for general guidance only.

[Access the RACGP Billing Calculator here](#)

## ➤ **BP Premier How To Guide**

Developed by South Western Sydney PHN, this guide covers how to make the most of the Best Practice system, including Data Cleansing, Generating Chronic Disease Management Plans, Completing a Health Assessment, Entering Diabetes SIP Details, Recording Asthma Cycle of Care Data, Using the Cardiovascular Risk Tool and How to Create a DMMR Review.

[Access the BP How To Guide here](#)

## ➤ **Spirometry Infection Control Information for Primary Health Care**

The National Asthma Council has developed updated recommendations for Spirometry Infection Control.

Spirometry is the most frequently performed pulmonary function test in general practice.

Spirometry in an infected person, carries a high risk of transmitting viral infections, even if the patient is asymptomatic. Testing generates aerosols that can spread infectious droplets in the air, for several metres. The respiratory plume of exhaled particles may contain virus that remains airborne for more than 30 minutes, lasting up to several hours and surfaces may retain viruses for several days.

These recommendations are subject to IMMEDIATE change if COVID-19 case numbers begin to escalate and community acquisition is identified. In this case, point-of-care spirometry should be discontinued in the primary care setting. Patients requiring spirometry for urgent clinical decision making should be referred to the local Respiratory Function Laboratory.

[Access the Spirometry Infection Control Information for Primary Health Care here](#)

## ➤ **GP Framework for Child Mental Health Assessments**

The National Workforce Centre for Child Mental Health has recently launched its latest online course, “**A GP Framework for Child Mental Health Assessment (5-12 years)**” through Emerging Minds Learning.

Emerging Minds offers free resources for practitioners working with families and children to improve child mental health outcomes in Australia.

GPs are most commonly the first port of call for children and families concerned about social and emotional difficulties and this course has been developed to meet this increasing need. It was co-designed in collaboration with GPs and parents to ensure content is relevant and realistic to the practitioner experience. It attracts 40 CPD points through the RACGP CPD Accreditation program and is recognised by the General Practice Mental Health Standards Collaboration (GPMHSC) as a stand-alone Clinical Enhancement Module (as part of the MHST modular pathway).

[Access the Course Registration page here](#)

[Access the Course Summary here](#)

[Access the Emerging Minds GP Pathway Summary here](#)

[Access information on Emerging Minds here](#)

[Access the Successful Referral Tips Resource for GPs here](#)

## ➤ **NSW Get Healthy Service Aboriginal Program Now Online**

The Get Healthy Information and Coaching Service is a free and confidential phone-based service, offering culturally appropriate coaching and materials for Aboriginal participants.

This service is available to individuals aged 16 and over who identify as being Aboriginal and/or Torres Strait Islander, with qualified health coaches providing guidance on making healthy lifestyle changes, including eating healthily, getting active, reducing alcohol intake, achieving and maintaining a healthy weight and maintaining health during pregnancy.

[Access the Get Healthy NSW Aboriginal Program here](#)

[Access the Get Healthy NSW Aboriginal Program flyer here](#)

[Access the Get Healthy NSW Aboriginal Program brochure here](#)

[Access the Get Healthy NSW Aboriginal Program Get Healthy in Pregnancy brochure here](#)

[Access the Get Healthy NSW Aboriginal Program Physical Activity in Pregnancy brochure here](#)

[Access the Get Healthy NSW Aboriginal Program Healthy Eating during Pregnancy brochure here](#)

## ➤ **Tresillian Christmas Holiday Hours of Operation**

Tresillian has advised of its operating hours during the Christmas period.

Tresillian will operate until close of business on **Tuesday December 22<sup>nd</sup> 2020** and re-open for families on **Monday January 11, 2021**.

Tresillian Parents Help Line will continue to operate during this period, from 8am to 8pm daily, excluding Christmas Day.

[Access the Tresillian Holiday Hours information here](#)

## ➤ **Western NSW Collaborative Pairs Program Now Open**

WNSW PHN looking to recruit consumers and health professionals/ clinicians who have an interest in the following areas:

- Respiratory illness
- Diabetes (The Sugars)
- Mental health and suicide prevention
- First 2000 days
- After hours care

The aim of the program is to help consumers and health service providers work together to improve health care in Western NSW.

We are partnering again with Consumer Health Forum to deliver a new round of Collaborative Pairs and would like the pairs to be involved in Co-Commissioning and other projects being delivered by our PHN.

To read more about this program, please go to <https://wnswphn.org.au/resources/collaborative-pairs>

[Download the Application Form](#)

## ➤ **WNSW PHN Employee Assistance Program Still Open**

The Employee Assistance Program launched by WNSW PHN in May has been extended until January 15 2021, and Expressions of Interest have also been reopened.

This EAP Program is open to private health service providers and health-related small businesses that require counselling support for their staff.

Open to eligible organisations across the WNSW PHN area, the offer of assistance is focused on helping individuals deal with the stress and anxiety caused by the pandemic and the extraordinary circumstances of 2020.

[Access the WNSW PHN EAP Expressions of Interest Application here](#)

# WEBINARS

Name	Date	About	Link	Cost
<p>Managing Common Complications in Chronic Kidney Disease in Primary Care</p>	<p>Wednesday December 2 at 7:30pm</p>	<p>Health Professional Webinar <b>MANAGING COMMON COMPLICATIONS IN CHRONIC KIDNEY DISEASE IN PRIMARY CARE</b>  Presented by Dr Richard Baer, Nephrologist</p>	<p><a href="#">Register here</a></p>	<p>Free</p>
<p>What works and what doesn't in smoking cessation. Patients and Experts Tell All!</p>	<p>Thursday December 3 at 7:30pm</p>	<p>FACT: Most smokers want to quit smoking.  What REALLY helps patients quit smoking?  GPs, nurses and pharmacists are invited to learn from both experts and ex-smokers in this free, 1-hour, accredited live webinar. Topics include: How experts prescribe nicotine replacement therapy including considerations during pregnancy, Medication myths and troubleshooting treatments.  - RACGP-accredited for 2 CPD points  - Undergoing ACN, ACRRM &amp; PSA accreditation/endorsement</p>	<p><a href="#">Register here</a></p>	<p>Free</p>
<p>Capacity Tracker – Supporting the Management of Emergencies in Residential Aged Care Facilities</p>	<p>Monday December 7 at 1:30pm</p>	<p>The Western NSW PHN invites you to learn more about an exciting new web-based system called Capacity Tracker, which is being implemented across the region in Residential Aged Care Facilities, General Practices and Aboriginal Medical Services.  By linking RACFs, GPs and AMSs, the tool can offer an effective response in both COVID and non-COVID emergency situations such as bushfires or floods.</p>	<p><a href="#">Register here</a></p>	<p>Free</p>

Name	Date	About	Link	Cost
LUMOS : General Practice Information Session	Tuesday December 8 at 7pm	<p>With the growth and ageing of Australia's population, and with the incidence of complex and chronic health conditions in the population, people's health needs are changing.</p> <p>To meet these changing needs, the challenge for the health system is to integrate care across the continuum of care settings and providers, delivering person-centred, seamless, efficient and effective care. To deliver integrated care, health services need to become more connected.</p> <p>LUMOS is an ethically approved program that sheds light on the patient journey through the NSW health system by "Linking Up and Mapping of Systems" across NSW.</p>	<a href="#">Register Here</a>	Free
Capacity Tracker – Supporting the Management of Emergencies in Residential Aged Care Facilities	Thursday December 10 at 7pm	<p>The Western NSW PHN invites you to learn more about an exciting new web-based system called Capacity Tracker, which is being implemented across the region in Residential Aged Care Facilities, General Practices and Aboriginal Medical Services.</p> <p>By linking RACFs, GPs and AMSs, the tool can offer an effective response in both COVID and non-COVID emergency situations such as bushfires or floods.</p> <p>Capacity Tracker is an award-winning online tool where services can provide real-time data to help Western NSW PHN easily identify issues that may be occurring and provide improved support and coordination for: timely identification of COVID outbreaks; ensuring PPE supplies and workforce challenges.</p>	<a href="#">Register Here</a>	Free

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## REMINDERS

### ➤ QI PIP

WNSW PHN looks forward to seeing Practices during the current PIP Quarter to continue working on your Quality Improvement. You can contact us anytime for QI support. For inspiration head to <https://help.pencs.com.au/display/CR> for Pen Cat recipes.

## RESOURCES

Please click on this link to our website to view all the latest information relating to General Practice:

<https://www.wnswphn.org.au/support/GP-Resources-Newsletter>



WNSW PHN will be closed from close of business on Thursday December 24, 2020 and reopen on Monday January 3, 2021.

The Management and Staff of WNSW PHN wishes you, your loved ones and colleagues a safe, happy and healthy festive period and look forward to working with you to continue to deliver great health outcomes for our region's residents in the New Year.