



General Practice Resource Newsletter

October 2021

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 \(COVID-19\)](#)
- [General Information](#)
- [Webinars and Events](#)
- [Reminders](#)
- [Resources](#)

The Month Ahead:

1 Oct – 31 Oct	Mental Health Month	Mental Health Month
1 Oct – 31 Oct	Frocktober	Frocktober
1 Oct – 31 Oct	Dyslexia Awareness Month	Code Read Network
1 Oct – 31 Oct	Breast Cancer Awareness Month	BreastScreen NSW
10 Oct – 16 Oct	National Carers Week	Carers Week
10 Oct – 16 Oct	National Nutrition Week	Nutrition Australia
12 Oct	World Arthritis Day	Cure Arthritis
16 Oct	World Food Day	UN Food & Agriculture
16 Oct	Light the Night	Leukaemia Foundation
20 Oct	Ride 2 Work Day	Bicycle Network
20 Oct	World Evidence-Based Healthcare (EBHC) Day	World EBHC Day
22 Oct	Loud Shirt Day	Loud Shirt Day
25 Oct – 31 Oct	International Lead Poisoning Prevention Week	WHO
29 Oct	National Bandana Day	Canteen

NOVEL CORONAVIRUS (COVID-19)

The WNSW PHN Website is regularly updated 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>

<https://www.wnswphn.org.au/covid19vaccinations>

[WNSW PHN COVID-19 Vaccination Matters Quick Contact Guide](#)

➤ COVID-19 MBS Telehealth Services

[COVID-19 Temporary MBS Telehealth Services Factsheet](#)

[MBS Quick Guide to COVID-19 Items \(updated October 2021\)](#)

[MBS Quick Guide \(updated October 2021\)](#)

[RACGP MBS Aged Care guide \(updated September 2021\)](#)

➤ NSW Health Pathology's New COVID-19 Results Portal

NSW Health Pathology (NSWHP) has created a new, secure online system – a Results Portal – to allow people to access their personal COVID-19 result securely and conveniently, whether it is positive or negative.

It also provides them with a copy of their own result report they can provide to authorised third parties such as employers or schools to enable them to verify the result.

[NSW Health Pathology's New COVID-19 Results Portal Information](#)

➤ Healthcare Worker COVID-19 Exposure Risk Assessment

NSW Health has released a Healthcare Worker COVID-19 Exposure Risk Assessment Matrix to assist in the efficient assessment of COVID-19 transmission risk.

[NSW Health: Health Care Worker COVID-19 Exposure Risk Assessment Matrix](#)

➤ COVID-19 Rapid Antigen Tests

The Therapeutic Goods Administration has published guidance including a checklist to assist businesses understand the key considerations for the safe implementation of COVID-19 rapid antigen point-of-care testing in their workplace.

It should be noted that this document is an interim document as further, more detailed guidance on undertaking COVID-19 testing for workplace screening is being developed by the Department of Health.

[COVID-19 Rapid Antigen Tests – Guidance and Checklist for Businesses](#)

➤ **First Aboriginal COVID-19 vaccination milestone reached, but a gap remains – a message to NSW General Practice**

The NSW Government has released a message to NSW General Practices as the effort to increase vaccination rates amongst the Indigenous population continues to increase.

[NSW Government Message to NSW General Practice: Vaccinations for Aboriginal People](#)

➤ **Finding Your Way: A Shared Decision-Making Model Created by Mob, for Mob**

Finding your way was created by mob, for mob. This shared decision making model can be used when making decisions about COVID-19 vaccines and other health and wellbeing related concerns. The model was created with community members living and working from Eora, Wilyakali, Gandangara, Wiradjuri, Bundjalung, Darug and Yuin lands.

Shared decision making is about Aboriginal people connecting with healthcare professionals in a holistic and meaningful way – where mob feel safe and trusted to make informed decisions based on their values and beliefs. The process helps mob and healthcare professionals to make health decisions together.

[Finding Your Way Shared Decision-Making Model, by Mob, for Mob](#)

➤ **RFDS COVID-19 In-Reach Older Persons Program**

Made possible by funding from WNSW PHN, the Royal Flying Doctor Service is now providing its COVID-19 In-Reach Older Persons Program.

This program supports Indigenous people aged over 55 years and non-Indigenous people aged over 65 years who require assistance with anything related to COVID-19.

[RFDS COVID-19 In-Reach Older Persons Program Flyer](#)

➤ **Cabcharge Offers Travel Vouchers to Vaccination Appointments**

Taxi company Cabcharge are offering \$200,000 in travel vouchers until 30 October 2021. Anyone can apply for the voucher to get to your vaccination appointment. If you're based in NSW and need assistance to get to your appointment, head to the cabcharge website, fill in your details and you'll receive a \$50 travel voucher with a link to add it to your smartphone within 24 hours.

[Cabcharge Offering \\$200,000 in Travel Vouchers for COVID-19 Vaccinations](#)

➤ **Can a Practice Mandate the COVID-19 Vaccine?**

As COVID-19 continues to affect Australia, many practices are considering whether they can mandate the COVID-19 vaccine within the workplace.

AAPM's HR Advisory Service has developed guidance on whether Practices can mandate the COVID-19 Vaccine.

[AAPM HR Advisory Service – Can a Practice Mandate the COVID-19 Vaccine?](#)

➤ **Mental Health Supporting during COVID-19**

Black Dog Institute has compiled a series of Mental Health Support Initiatives specifically designed to assist members of the public and healthcare workers during the COVID-19 pandemic.

[Black Dog Institute COVID-19 Mental Health Resources](#)

[Black Dog Institute COVID-19 “Settling the Mind” Webinar Series](#)

[TEN: Essential Network for Healthcare Professionals \(Mental Health Resources and Support\)](#)

[Webinar: Who is Looking After Us? Supporting Healthcare Workers during COVID-19](#)

NSW Health has also compiled a 2-page resource to provide easy access to services relevant to the individual and their circumstances.

[NSW Health: Accessing Mental Health Services in NSW](#)

GENERAL INFORMATION

➤ **Closing the Gap Pharmaceutical Benefits Scheme Co-payment Program Registration Grace Period - Update**

The Department of Health has extended the grace period for the Closing the Gap (CTG) Pharmaceutical Benefits Scheme (PBS) Co-payment Program until 31 January 2022. A significant number of eligible Aboriginal and Torres Strait Islander people have not yet been correctly registered for the Program. The grace period will continue to prevent CTG annotated PBS prescriptions being rejected at the time of dispensing if the Aboriginal or Torres Strait Islander person is not formally registered for the Program through Services Australia.

[Closing the Gap Pharmaceutical Benefits Scheme Co-payment Program Registration Grace Period Update](#)

➤ **My Health Record Policy Template for General Practices**

The RACGP has developed a My Health Record policy template for general practices to address the requirements of Rule 42 of the My Health Records Rule 2016 (the Rule): health provider organisations need to have a written policy that reasonably addresses a range of matters, including how they authorise people to access My Health Record.

[My Health Record Policy Template for General Practices](#)

➤ **Diabetes and Endocrine Health Pathway**

NSW Health Agency for Clinical Innovation has developed the Health Pathway for Diabetes and Endocrine as well as new resources to support Healthcare Workers with Diabetes patients, particularly during the ongoing response to COVID-19.

[Diabetes Health Pathway](#)

[Diabetes-related Foot Care Information](#)

[High-Risk Foot Services Directory](#)

➤ **NSW Health: Value Based Healthcare**

In NSW, value based healthcare means continually striving to deliver care that improves:

- health outcomes that matter to patients
- experiences of receiving care
- experiences of providing care
- effectiveness and efficiency of care.

These four essentials of value are also known as the quadruple aim.

Value based healthcare requires engagement from patients, the community, clinicians and organisations across NSW. A collaborative approach will ensure that we are delivering the best outcomes for patients and the best value for the system. Value based healthcare needs to be considered at all levels of healthcare.

[NSW Value Based Healthcare Information](#)

➤ **Recruitment for AusCAPPS Network Members**

Are you interested in collaborating with your peers on reproductive health?

Monash University has nationally launched The Australian Contraception and Abortion Primary Care Practitioner Support (AusCAPPS) Network (flyer attached). This free online network is to support and enhance GPs, practice nurses and community pharmacists in the provision of long-acting reversible contraception and medical abortion.

AusCAPPS has been developed with end users, primary care practitioners and key partner stakeholders to provide an online networking space for licensed health practitioners interested in long-acting reversible contraceptives and medical termination of pregnancy to connect and engage with each other and keep up to date with the latest research and resources.

[AusCAPPS Network Information](#)

➤ **Pride in Health + Wellbeing**

Pride in Health + Wellbeing runs a free national annual index (Health + Wellbeing Equality Index) that is free and open to every organisation, and you don't have to be a member to take part.

This benchmarking index has been designed based on international best practice standards and can assist service providers and primary health services to baseline their current work, benchmark across the sector and identify gaps and areas for improvement as well as year-on-year growth. Individualised reports are sent to participating services and participation can be anonymous.

The HWEI also has optional staff and service user surveys. These allow services to not only measure what they are doing organisationally but see how well staff are responding to the o and their understanding and comfort levels in providing LGBTQ inclusion. It also then matches your inclusion work to service user experience, to see if the inclusion initiatives are improving the quality of care being received.

More information can be found on the [HWEI Website](#).

[HWEI Information](#)

➤ **Stay Strong to Keep Moving Campaign**

An important collaboration has formed between Arthritis NSW, Diabetes NSW & ACT, the Heart Foundation and COTA NSW to be part of the solution that addresses the physical activity gap.

The collaboration is a campaign called Stay Strong to Keep Moving that aims to assist general practice in referring older patients to credible, quality and evidence-based exercise programs designed with the older person in mind.

[Stay Strong to Keep Moving Information](#)

➤ **DOCTO Medicare-Subsidised Video Consultations**

Australia's largest network of specialists in 26 different fields. DOCTO is ready to take GP referrals and offer rapid Medicare-subsidised specialist to patient video consultations online.

[DOCTO Welcome Factsheet](#)

[DOCTO Patient Flyer](#)

[DOCTO Patient Instructions](#)

[DOCTO Patient Brochure](#)

➤ **October: Health Literacy Month - Working with low health literacy: drop the jargon**

Jargon, medical and other technical terms can be a useful shorthand among professionals, but their meaning is not always understood by the wider community. It is better to use shorter, simpler terms that are more easily understood.

Tools such as the [Just Plain Clear glossary](#) can help you express complex health terms and ideas more plainly, while the [Australian Government style manual](#) has useful advice for more general use of plain language.

Visit www.wnswphn.org.au/healthliteracy for more health literacy resources and advice, or [contact our health literacy project officers, Kath and Karen](#).

➤ **Practice Flyers: DV and Why We Ask**

Legal Aid NSW has released a new Flyer resource to inform members of the public to services available to those experiencing domestic violence.

[Legal Aid NSW Domestic Violence Services Flyer](#)

Practices can also display in their waiting rooms an explanatory flyer as to how practices maintain patient safety and confidentiality.

[Why Do We Always Ask Who You Are Flyer](#)

WEBINARS

Name	Date	About	Link	Cost
RACGP & NSW Health COVID-19 Update	Monday 11 October from 7.00pm	RACGP NSW&ACT and NSW Health will be providing another update on the outbreak of novel coronavirus (2019-nCoV), first diagnosed in China in December 2019.	Register here	Free
Healthed Webcast: COVID Update & More	Tuesday 12 October from 7:00pm	The recent announcement of a new antiviral called molnupiravir that might reduce the severity and lethality of COVID infection has triggered great interest.	Register here	Free
Post thrombotic syndrome explained Exploring treatment challenges in TIA	Wednesday 13 October 2021 from 1.00pm	You're invited to join a 60-minute RACGP-accredited webinar featuring two sessions: Session 1: Post thrombotic syndrome - What it is, its causes, and prevention Session 2: Exploring treatment challenges in TIA	Register here	Free
Understanding Asthma Management in Adolescents and Adults	Thursday 14 October from 7:00pm	Dr Jack Philpott (Respiratory and Sleep Physician) leads this webinar that will: <ul style="list-style-type: none"> Describe the steps in diagnosis of asthma in adolescents and adults Outline the principles of asthma management in adolescents and adults Describe the importance of ICS preventer therapy in mild asthma. 	Register here	Free
Transforming Treatment in CKD	Thursday 14 October from 7.30pm	Learn about the landmark results of the DAPA-CKD trial and the new indication of FORXIGA® (dapagliflozin) to reduce the risk of progressive decline in kidney function in adults with proteinuric chronic kidney disease.	Register Here	Free
Aboriginal Health and Wellbeing Virtual Education Session: COVID-19: Vaccine Hesitancy and Long COVID	Tuesday 19 October from 1.00pm	This session will discuss strategies to address vaccine hesitancy in Aboriginal communities, explore Long-COVID and share a local perspective on the challenges and successes encountered during the COVID-19 outbreak.	Register Here	Free
Rural Medicine Australia (RMA2021)	October 20 to 23, 2021	Held in Perth on Whadjuk Nyoongar country from Wednesday 20 to Saturday 23 October 2021, RMA21 attracts a diverse and collaborative community of medical practitioners, junior doctors, students, educators and academics who are passionate about generalist medicine in rural and remote communities.	Register Here	From \$200

Name	Date	About	Link	Cost
Diagnosis and Treatment of PTSD in Emergency Service Workers	Wednesday 20 October from 9:00am	This workshop has been designed with a focus on GPs, to diagnose patients with acute stress disorder, post-traumatic stress disorder and other comorbidities. Evidence based guidelines will be used as the foundation to appropriately diagnose and identify treatment pathways including recommended referrals, trauma focused psychological therapy and psychological first aid to help support their management of emergency service workers.	Register Here	Free
Getting evidence into policy and practice: the Deeble Scholar perspective	Wednesday 20 October 2021 from 10:30am	In this special webinar on World Evidence Based Healthcare Day, three past Deeble Institute for Health Policy Research Scholars share their experience of writing a piece of evidence translation that went on to have an impact.	Register Here	Free
Alcohol & Other Drugs ECHO Network	Wednesday 20 October 2021 from 6:55pm	Project ECHO® (Extension for Community Healthcare Outcome) is a collaborative model of medical education, case discussion and peer learning. GPs and other healthcare professionals are able to access evidence-based, multidisciplinary information for their patients with alcohol and other drug issues from a panel of experts as well as their peers.	Register Here	Free
Medications and Chronic Kidney Disease	Wednesday 20 October from 7:30pm	Join Kidney Health Australia with General Practice Pharmacist, Tim Perry, as he discusses medication considerations, GFR calculators and equations, and sick day management.	Register Here	Free
Next Gen Tech Enablers	Thursday 21 October 2021 from 7:30am	This seminar will discuss the role of modern technologies in enabling value-based health care. It will examine the critical role of data and informatics in value-based health care, standardised patient-centric health outcomes measures and the development of an AI prediction tool for acute kidney injury in the ICU, which is being used to reduce the incidence and consequence of renal failure.	Register Here	Free for AHHA Members
To Thrive or Not to Thrive - Webinar on infant growth and feeding	Tuesday 26 October 2021 from 7:00pm	Join Dr Laura Stephens for a presentation on normal growth and feeding in infants, how to assess and diagnose failure to thrive and formulating a differential diagnosis. The presentation will be followed by interactive case studies of several patients.	Register Here	Free

Name	Date	About	Link	Cost
Earlier Optimisation for Moderate or Severe COPD and A New Take on the Fundamentals of Asthma Control	Tuesday 26th October from 9:00pm	<p>In this webinar, Dr Vicky Chang shares how to:</p> <ul style="list-style-type: none"> • Identify signs and symptoms that indicate a need to adjust pharmacotherapy in moderate COPD • Determine appropriate strategies to provide early optimisation of therapy in patients with moderate COPD • Examine the clinical evidence behind pharmacological strategies for the reduction of exacerbation risk in patients with moderate COPD 	Register Here	Free
Earlier Optimisation for Moderate Severe COPD	Tuesday 26 October from 7:00pm	<p>Dr Vicky Chang (Respiratory and Sleep Physician) leads this webinar to:</p> <ul style="list-style-type: none"> • Identify signs and symptoms that indicate a need to adjust pharmacotherapy in moderate COPD • Determine appropriate strategies to provide early optimisation of therapy in patients with moderate COPD • Examine the clinical evidence behind pharmacological strategies for the reduction of exacerbation risk in patients with moderate COPD 	Register Here	Free
A New Take on the Fundamentals of Asthma Control	Wednesday 27 October from 7:00pm	<p>Dr Anthony Frankel (Respiratory and Sleep Physician) leads this webinar on:</p> <ul style="list-style-type: none"> • Clinical benefits of regular maintenance therapy versus intermittent treatment • Comparing efficacy and safety of commonly used ICS • Importance of adherence and device technique in asthma • Importance of discussing sub-optimal asthma control 	Register Here	Free
Diagnosis and Treatment of PTSD in Emergency Service Workers	Thursday 28 October from 6:00pm	<p>This workshop has been designed with a focus on GPs, to diagnose patients with acute stress disorder, post-traumatic stress disorder and other comorbidities. Evidence based guidelines will be used as the foundation to appropriately diagnose and identify treatment pathways including recommended referrals, trauma focused psychological therapy and psychological first aid to help support their management of emergency service workers.</p>	Register Here	Free

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>