

Five Minute Facts - Week Commencing Monday 16 January 2012

Information for General Practitioners

Bulk-Billing Psychologists - Brisbane Family Psychology

We are pleased to advise that due to an expansion of our Psychology team, there is currently NO WAITING LIST for services provided by Brisbane Family Psychology. Patients referred for services will be offered an appointment time within two weeks. Our new referral form has been included as an attachment to this edition of the Five Minute Facts. Services available through the clinic include:

Better Access - Patients are eligible for a maximum of 10 individual sessions per calendar year, with a review by the referring doctor required after the initial six sessions. In addition, clients are also eligible for 10 group session services, where appropriate, in a calendar year. Clients must be referred by a GP, psychiatrist or paediatrician. Fax a referral form and GP Mental Health Care Plan, with the patient's contact details, to 3306 1080.

Helping Children with Autism Initiative - This service aims to aid the diagnosis and early intervention treatment of children under 13 years of age with autism or any other pervasive developmental disorder. Medicare rebates are available for up to four allied health assessment services in total per eligible child. A referral must be made by a consultant psychiatrist or paediatrician. Fax a referral form, signed/dated by the referring medical practitioner, with the patient's contact details, to 3306 1080.

Pregnancy Support Counselling - This service aims to assist women concerned about a pregnancy and is available to women with a current pregnancy or one that occurred in the preceding 12 months. Medicare benefits are available for up to three non-directive pregnancy support counselling services per woman, per pregnancy. A referral must be made by a GP. Fax a referral form, signed/dated by the referring GP, with the patient's contact details, to 3306 1080.

Work Cover - Assessment services are offered to clarify the presence of possible psychological and psychiatric conditions and provide recommendations for treatment where cognitive, emotional and behavioural problems are occurring after a work-related incident. In the majority of cases, the goal is for the worker to return to work. In situations where the injury prevents the worker returning to work, rehabilitation focuses on maximising functional independence. All workers must have a current workers' compensation certificate, signed by a medical practitioner or nurse practitioner to cover any services provided. Fax a referral letter, signed/dated by the referring GP, with the patient's contact details, to 3306 1080.

Other Services - All services are available a very affordable sessional rate, if the number of allowed bulk-billed sessions is exceeded, if a patient doesn't qualify for bulk billing, or if they don't wish to be referred via a Mental Health Care Plan. A reduced-cost Triple P: Positive Parenting group starts in February, and FRIENDS for Life children's resilience groups start in March. Please visit www.brisbanefamilypsychology.com.au/workshops for more information, or call the team on 3306 1083.

Treatment can be provided for difficulties in all of the following areas:

Addiction	Existential Issues	Personality
Anger Management	Gambling Problems	Psycho-Education
Anxiety and Depression	Grief and Loss	Psychosis
Bipolar Mood Disorder	Injury Rehabilitation	Relationships
Bullying	Lifestyle Behaviour Change	School and Work
Cognitive Problems	Low Self-Esteem	Self-Esteem
Cross-cultural Adjustment	Motivation	Sexual Dysfunction
Chronic Illness and Pain	Panic Attacks	Stress
Disability	Parenting	Substance Use
Eating Disorders	Performance Enhancement	Trauma
Emotional/Behavioural Difficulties	Perinatal/Post-Natal Counselling	Weight Management

Sunnybank Private CPD GP Education Dinner Series - 4 Category 2 CPD Points

Sunnybank Private Hospital invites you to attend the first educational dinner series event for 2012 - HERNIAE & ENDOSCOPY (Diagnosis, Treatment & Management) - on Tuesday 28th February, 6.30pm at the Springwood Tower Hotel. Prof A. Memon - General Surgeon (FRACS), and Leanne Wagner - Dietitian, will be discussing the following topics:

- Diagnostic and Therapeutic Endoscopy/Laparoscopy, including discussions on:
 - GORD/Barrett's Disease
 - Diverticulitis
 - Anal Haemorrhoids
- Diagnosis and treatment of Spigelian, Inguinal, Femoral & Umbilical Hernia/Incisional Hernia
- Dietary management of GORD, Diverticular Disease and IBS

For further information, please contact the Business Development Manager on 0408 017 142, or via email at fiona.gray@healthscope.com.au.

Locums are 'Lifesavers' for Rural Doctors

People like Nancy Sturman are a blessing for country doctors like Murray Pietsch. Nancy is one of several locum doctors who have enabled Dr Pietsch to take well-earned breaks from his thriving medical practice in Oakey on the Darling Downs in Queensland. "Locum support has been a lifesaver," says Dr Pietsch, who has practised in Oakey for 20 years. "Without locums, we wouldn't have been able to cope with the workload. They have been absolutely critical in allowing me to stay here."

That continuity of care has been good news for the 4,000 residents of Oakey and the thousands of others who live in small farming communities nearby. Among them are 35 elderly people at a local nursing home who rely on Dr Pietsch's practice for medical treatment. Locum support for Dr Pietsch has been organised by Health Workforce Queensland (HWQ), the not-for-profit Rural Workforce Agency that recruits and supports health professionals in the Sunshine State. HWQ is careful to match doctors with practices so it is a win-win for both parties. The agency takes the hassle out of locum work by handling the paperwork, organising provider numbers and paying travel costs for the visiting doctor. Dr Sturman is normally based in Brisbane, where she is a senior lecturer in General Practice at the University of Queensland's School of Medicine. She says she thoroughly enjoys her regular locum stints. "I am always delighted to help out colleagues. I also like working in different communities and using my GP skills in new contexts."

Doctors looking to enjoy a change of scenery can register for the national locum pool at www.ruralgplocum.org.au. If you have a specific interest in locum work in rural Queensland, you can contact HWQ's Locums Coordinator Hayley Rees via recruitment@healthworkforce.com.au. HWQ is one of seven state and territory Rural Workforce Agencies represented nationally by Rural Health Workforce (RHW).

Accoras and NPS Launch a New Educational Visiting Program Supporting Mental Health

Bookings are available for an educational session on 'Balancing the Benefits and Harms of Antipsychotic Therapy'. This topic focuses on keeping your patients well whilst on antipsychotics, and will allow you to engage in discussions that will increase understanding individual antipsychotics, their side effects and their use in; schizophrenia, bipolar disorder and dementia. Participation attracts RACGP points and counts towards practice incentive payments (PIP). To book a time, simply complete the attached flyer and fax it back to Accoras on 3274 1930. For more information, please contact David Porter on 0422 766 693.

Mater's GP Education Conference - 11/12 February 2012 - Surfers Paradise Marriott Resort & Spa

Mater Health Services invites you to join your colleagues on a tropical escape to the well renowned and newly renovated five star Surfers Paradise Marriott Resort & Spa where you will relax, unwind and re-energise. The setting will be stunning, but more importantly the weekend will provide first class education delivered by leading Mater specialists for you to improve patient care and gain valuable RACGP points. Topics to be covered are advanced life support, basic life support, cancer, cardiology and radiology, dermatology, endocrinology, gastroenterology, general surgery, geriatrics, infectious diseases, rehabilitation and pain management, respiratory and sleep medicine, urology and vascular. To register please contact Sara McDonald at sara.mcdonald@mater.org.au or 3163 1036.

Information for Practice Nurses

Updated TGA Advice about Pneumovax 23 Revaccination

The TGA is advising that revaccination with Pneumovax 23 can be undertaken in accordance with the approved Product Information (PI). In summary, revaccination should not be given routinely to immunocompetent individuals (that is, those with a healthy immune system) and should be considered for patients at a high risk of serious pneumococcal disease, provided that at least five years has passed since the previous dose of Pneumovax 23. Full details are available on the TGA website - www.tga.gov.au/safety/alerts-medicine-pneumovax-111223.htm.

Information for All Readers

eHealth Update

How many times will you use health related services this year?

Believe it or not, the number is 22 for the average Australian, which includes four visits to their doctor, twelve visits to a pharmacy for prescriptions, three visits to specialists, two appointments for allied health services and the annual trip to the dentist*. If the average person has difficulties remembering all the various reasons for these visits and their outcomes, and the associated medications and possible test results, it is even more unlikely that people who have complex medical problems or chronic illness will keep track of all of their interactions.

The Australian's Government's plan to roll out a national personally controlled electronic health records system from mid-2012 will be a boost for individuals, families and carers who struggle to keep up with changes and updates to their personal health details. An eHealth Record can provide a mechanism for capturing the majority of these interactions and have the details easily available for any of the healthcare providers when needed through improved information transfer.

Accoras is one of four organisations across the country working specifically in the primary care sector in rolling out a Local eHealth Network to test components of the proposed national system. Over 70 practices in Brisbane South and Ipswich and West Moreton have signed up and will begin enrolling patients to the local system in the next few months. For more information, please contact the eHealth Project Team on 3274 1886 or ehealth@accoras.com.au, or visit the eHealth website at www.ehealthnetwork.com.au.

* Source: NEHTA, 2011, PCEHR: Key messages for Consumers – (version as at 4 Oct 2010). Based on ABS, MBS and AIHW data.