

## Upcoming Courses and Events



### Women in Medicine Breakfast – Wednesday 21 July

AMA Queensland invites the medical community to celebrate and support women in the medical profession, at the Women in Medicine breakfast. The breakfast will be held at the Mirra, Fortitude Valley from 7am to 9.30am, prices start at \$55 per head.

This year, globally recognised medical practitioner, writer and media spokesperson Dr Cindy Pan will deliver an enjoyable, light hearted presentation about key issues faced by today's women. Enjoy and celebrate women in the health industry with prizes, goodie bags and scrumptious two-course breakfast.

For more information or to register for this breakfast, please access the brochure available on the Divisions website at [www.brisbanesouth.com.au](http://www.brisbanesouth.com.au).

### Nurses Networking Group Meeting –Tuesday 3 August Topic – Wound care

The Nurses Networking Group Meeting is a great opportunity to network with other local nurses working in general practice. This is a free educational event, run by the Division, and is counted as 2 hours or 2 Clinical Nurse Education points. The guest speaker on the night will be Michelle Gibb. Michelle is a Nurse Practitioner for wound management at QUT Health Clinics.

For more information or to register for this event, please contact Trudy at the Division on 3274 1886.

### Bowel Health – Friday 6 August

The Continence Foundation of Australia invites GPs, Nurses and Allied Health Professionals to attend a free education forum on bowel health. The event will be held from 8.30am to 5.00pm at the Mercure Hotel in Brisbane.

For more information or to register for this event, please contact Mary Trezise on (03) 9347 2522 or email [M.Trezise@continence.org.au](mailto:M.Trezise@continence.org.au).

## General Practitioners



### Practice Incentives Program General Practitioner Aged Care Access Incentive

From 1 July 2010 there will be two new payment levels under the General Practitioner Aged Care Access Incentive (GP ACAI):

- Tier one payment has been increased to \$1500 when the first qualifying service level (QSL 1) of 60 eligible Medicare Benefits Schedule (MBS) services is provided in Residential Aged Care Facilities in 2010-11
- Tier two payment has been increased to \$3500 when the second qualifying service level (QSL 2) of 140 MBS services in Residential Aged Care Facilities is provided in 2010-11

The maximum payment a GP can receive in the 2010-11 financial year is \$5000. Only MBS services provided in a Residential Aged Care Facility, using a provider number linked to a Practice Incentive Program (PIP) practice, will be counted towards the QSLs for the GP ACAI. GPs must use one of the following eligible MBS item numbers: 20, 35, 43, 51, 92, 93, 95, 96, 731, 903, 5010, 5028, 5049, 5067, 5260, 5263, 5265, or 5267 from Group A1, A2, A15, A17, A22 or A23.

For more information about the Practice Incentive Program call 1800 222 032 or email [pip@medicareaustralia.gov.au](mailto:pip@medicareaustralia.gov.au).

### International Medical Graduates Networking and Support Group

The Café Club is a networking and support group for local doctors and their partners and families. The next meeting will be held at Queen's Park, Merle Finimore Avenue, Ipswich (meet at the Kiosk) at 2.00pm on Saturday 31 July.

To attend this event, please complete and return the attached form by Wednesday 28 July.

## General Practitioners

### Medical Cooling and Heating Electricity Concession Scheme



The Queensland Government provides financial assistance to low-income Queenslanders with a medical condition that requires the use of electricity for cooling or heating. The concession is provided to assist individuals with the increased electricity costs incurred by frequent operation of an air-conditioning unit in order to regulate body temperature.

#### **What this means for you?**

Qualifying medical conditions include multiple sclerosis, autonomic system dysfunction, loss of skin integrity or sweating capacity, severe compromise of functioning such as mobility at extremes of environmental temperature, or hypersensitivity to extremes of environmental temperature leading to increased pain or other discomfort or an increased risk of complications.

Patients with any of these conditions may ask you to complete the mandatory medical certification, which is a requirement when applying for this scheme.

For more information on this scheme, please see the brochure on the Divisions website at [www.brisbanesouth.com.au](http://www.brisbanesouth.com.au).

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### NPS RADAR - Review of Melatonin (Circadin™)

Melatonin prolonged release tablets are approved for short-term treatment (up to 3 weeks) of primary insomnia. This product is not PBS Listed. There is insufficient evidence for treatment beyond 3 weeks, and long term safety data is yet to be established.

More information on Melatonin is available in the latest RADAR edition or available online at [www.nps.org.au/health\\_professionals/publications/nps\\_radar](http://www.nps.org.au/health_professionals/publications/nps_radar). RADAR is a free information service provide by the NPS (National Prescribing Service).

Non-drug therapies are the first line for treatment of primary insomnia. More information on non-drug therapies is available through the NPS Educational Visiting program. For more information or to arrange a visit, please contact David Porter on 0422 766 693.

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### National Diabetes Week - 11 to 18 July

Each year Diabetes Australia celebrates National Diabetes Week to raise awareness about diabetes in Australia. The campaign aims to educate Australia of the risk factors for type 2 diabetes and how type 2 can be prevented.

This year's campaign centers on the theme '*Don't be the type to leave it too late*', and aims to highlight the serious complications of diabetes. The campaign urges Queensland adults to assess their risk of developing type 2 diabetes. This includes people who are over 40, overweight and people who may have a family history of the disease.

#### **What this means for you?**

For those who are at risk, GPs can perform a health assessment that can be billed under the new time based health assessments. In need patients can then be referred on to a lifestyle modification course.

For more information of lifestyle modification programs call Suanne at the Division on 3274 1886.

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### Pit Stop Men's Health Check at Acacia Ridge – Saturday 17 July

Pit Stop Men's Health Check programs are run as a series of men's health screening tests and questionnaires with mechanical analogies, each involving a quick, simple health check. Checks performed include - Blood Pressure, Waist Measurement, Alcohol Consumption, Smoking Risks and more.

On 17 July the Division will be running a number of health checks as part of the NAIDOC Week celebrations. The checks will take place at the Acacia Ridge Fun & Family Day Festival, C.A. O'Sullivan Park, Acacia Ridge.

#### **What this means for you?**

Depending on results from these checks, some men may be referred to their GP for additional follow-up, therefore you may have patients book in after attending one of the events to complete a more thorough assessment in their areas of concern.

If you have any questions or feedback about men's health checks or about Pit Stop events, please contact Dr. Naitik Mehta at Brisbane South Division on 3274 1886 or email [nmehta@brisbanesouth.com.au](mailto:nmehta@brisbanesouth.com.au).

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## General Practitioners



### Suicide Prevention Project

Brisbane South Division in conjunction with General Practice Queensland, GPpartners, PA Hospital and Royal Brisbane Womens Hospital will be delivering a new project which aims to improve referral pathways and provide follow up care for people at risk of suicide or self injury once discharged from Emergency Departments.

#### What does this mean for you?

- Some of the clients identified by this project may be your existing clients – if this is the case they will be referred back to you by the Suicide Prevention Officer from the Emergency Department who will provide a discharge summary with recommended follow up care and appropriate referral options.
- We are calling for GP's who either have experience in working with clients at risk of suicide or self-injury or who are willing to take on patients identified through this project who do not have a regular GP.

For more information on this project, please contact Emily Anderson on 3274 1886 or email [eanderson@brisbanesouth.com.au](mailto:eanderson@brisbanesouth.com.au).

### Heartmoves Program

QLD Health together with the Heart Foundation is delighted to announce that the Heartmoves program is now available at a variety of venues for people living in Brisbane.

#### **What is Heartmoves?**

The program focuses on delivering low to moderate intensity exercise for people with a chronic medical condition and for those who have not exercised for some time. Programs include gentle aerobic activity, weight-bearing or resistance exercise, balance activities and stretching. The classes are run by accredited exercise professionals and fitness instructors who have undergone specific training.

#### **Pre Exercise Assessment and Referral Process (PEAR)**

Before participating in a Heartmoves class, all clients are required to complete a referral form and to obtain medical clearance from their GP or Health Professional. Access to an electronic version of the PEAR form is available on the Heartmoves website at <http://heartmoves.heartfoundation.org.au/why-heartmoves-fitness-professionals>.

For more information about Heartmoves classes in Brisbane, please contact Julie Adsett, Physiotherapist Royal Brisbane Womens Hospital on 3636 0286.

#### QUICK FIND GRAPHICS KEY



General Practitioners



Key Information



Nurses



Practice Management

These graphic symbols were created to help you quickly find the information that is most crucial to you