



Rockingham Kwinana DGP Nursing in General Practice News



New Chronic Disease Programs ramp up in 2009

The Rockingham Kwinana Division of General Practice **Living Well Program** is an amalgamation of various Australian Better Health Initiatives (ABHI) programs which aims to encourage patients at risk, early diagnosis or ongoing Chronic Disease to make healthier lifestyle choices through lifestyle modification interventions. These include the **Metropolitan Healthy Lifestyle Program** which identifies newly diagnosed diabetics or Chronic Heart failure patients at participating practice and supports them with clinical and lifestyle interventions, **Lifestyle Modification Program** for 40 to 49 year olds at risk of Diabetes who are referred into group run healthy lifestyle workshops, **Living with a Chronic Condition Workshops** which targets patients living with Chronic disease, pain and fatigue offering a six week 2 hourly workshop on various topics which encourage self determination and peer support, **Lifestyle plus** is a program which provides practices with a referral to many local fitness and lifestyle organizations for a reduced price and or limited free membership and the **Nicotine Addiction Program** which aims to reduce the burden of disease suffered by chronic tobacco users by providing a framework for treating tobacco use among those with a moderate to high tobacco addiction whom currently live with or are at high risk of chronic disease.

During early 2009 the Division will be engaging with local practices to identify strategies of practice and patient involvement. For more information about how your practice can be involved and referral processes for your patients please call our Living Well Coordinator Kellie Wilson on 9439 9500 or email kwilson@rkdgp.com.au.

4 Year old Health Check in Focus

Although many of you have already been doing the new item 709 and 711 health check the Division has been busy ordering and developing resources to assist your practice to raise community awareness and provide supporting materials to parents. During January the Division will be visiting your practice to distribute materials and also offering to provide resources for your notice and display boards which will focus on the health check and 4 year old immunisation. For more information or to confirm your involvement please call your friendly Practice Development team member either Amanda Bedford or Maureen Robertson on 9439 9500 or emails abedfor@rkdgp.com.au or mrobertson@rksgp.com.au

Nursing Education Calendar

To ensure that we are responsive to your needs we have taken on board your requests for specific education as per education calendar below which we have included in this communication to give you an indication of future education events which you will receive an invitation to 2 weeks prior to each event. During January we will be focusing on **Immunisation** and the **4 year old Health Check** and in February our focus will be on **Sexual Health** and **Developing Care Plans**. All education events will be in the evening at our premises in Rockingham with day and date still to be confirmed.



WA General Practice Network State News



New Mental Health Education opportunity

Perth Primary Care Network in collaboration with The Ministerial Council for Suicide prevention WA presents a Training Program for Nurses:

People at Risk of Self Harm and Suicide:
Engagement, Assessment and Management of patients.

A FREE 2 day workshop:

- North Metropolitan region Tues 10th—Wed 11th February 2009
- Central Metropolitan region Tues 24th—Wed 25th March 2009
- South Metropolitan region Tues 28th—Wed 29th April 2009
- Busselton/Bunbury Tues 12th—Wed 13th May 2009

For further info or to register contact Alan Huggins Fax: 9279 8221 Email: allan.huggins@ppcn.com.au
Please include your contact details and the session you wish to attend.

Local WA Nurse Wins National Award for Outstanding Patient Care

The winners of the Australian Practice Nurses Association (APNA) Best Practice Awards were announced this week with local nurse, Sue Alexander, taking out top honours for providing an exemplary level of care to local patients.

Sue from the Grand Prom Medical Centre in Scarborough won the Sanofi Pasteur Best Practice Award for Immunisation. Her outstanding work in improving the immunisation process for both childhood immunisations and the recent HPV vaccination campaign has resulted in an increase in vaccination rates from 86% to 95.9%.

Sue has been instrumental in developing a recall system that has greatly increased vaccination compliance. She has also implemented best practice initiatives for monitoring correct storage of vaccines and developing patient education materials. These initiatives are now accepted practice and contribute to high satisfaction of the immunisation process within the practice. Sue's dedication and expertise on immunisation has seen other clinics adopt these procedures.

(Article courtesy of APNA)

**HURRY. SOON THE CERVICAL CANCER
VACCINE WON'T BE FREE.**

Women aged 18 to 26, get vaccinated today.

Support of the Australian Government

guard against cervical cancer™

The Australian government is providing free HPV vaccine on an ongoing basis through schools for 12 and 13 year old girls.

There is also a 2 year catch up program for 13 to 18 year old girls in schools until end 2008 and 18 to 26 year old females through general practice until **June 30th 2009**.

Once the catch up program ends, the vaccine will cost approximately \$150 per dose (\$450 per course) on a private script through pharmacy.

Maximise coverage and course completion

Practice Nurses play a key role in ensuring young women have every opportunity available to receive the free vaccine. Suggestions for improving coverage rates include:

Make vaccinations available as a drop-in (ie. no appointment needed); or run evening vaccination sessions during weeknights.

Consider bulk billing the vaccination consultation.

Phone to give the women a recall reminder. A free SMS reminder service is available to patients to ensure they receive all three doses of the vaccine at the following site: www.cervicalcancer.com.au



Australian General Practice Network National News

National Prescribing Service – what’s new for practice nurses at NPS?

NPS News a bi-monthly publication addresses various therapeutic areas from a Quality Use of Medicines perspective. The latest issue titled 'Drugs used in dementia in the elderly' looks at both the pharmacological and non-pharmacological management of the behavioural and psychological symptoms of dementia and, more broadly, dementia itself.

The publication covers the pharmacological management of Alzheimer’s a disease a cause in about 50% to 70% of around 200,000 Australians with dementia, and also discusses prescribing drugs used in Alzheimer’s disease and discontinuing treatment.



Measure Up – national obesity campaign

The Department of Health and Ageing launched the “Measure Up” campaign mid last month with a national advertising campaign and web. The campaign encourages patients to ask you about the health implications of being overweight or obese, or what their waist measurement means in terms of health risk.

The campaign aims to reduce the prevalence of risk factors for chronic disease, limit the incidence and the impact of these diseases and reduce morbidity and mortality rates. It will raise an appreciation of why people need to change their lifestyles and includes supporting information, tips and resources on what to do and how to do it.

The campaign emphasises the link between waist measurement and chronic disease and is primarily targeted to 25 to 50 year olds who have children. It is also aimed at a secondary target audience of 45 to 65 year olds.

The campaign is part of the Australian Better Health Initiative – a joint Australian, state and territory government program which aims to reduce the prevalence of risk factors for chronic disease, limit the incidence and impact of these diseases and reduce morbidity and mortality rates.

Guide to management of hypertension 2008

The Heart Foundation has recently published a ‘Guide to management of hypertension 2008’. The Heart Foundation has advised that the updated Guide addresses new evidence and recommendations from international guidelines and provides consolidated information on the diagnosis, management and follow-up of people with raised blood pressure.

The full guide and the “Quick Reference Guide” version are available at;
[www.heartfoundation.org.au/Professional Information/Clinical Practice/Hypertension](http://www.heartfoundation.org.au/Professional%20Information/Clinical%20Practice/Hypertension)

Hard copies can be ordered through the Heart Foundation’s Health Information Service by calling: 1300 362 787 or email: heartline@heartfoundation.org.au



Hot Tips and Tricks for Nurses in General Practice

New Medicare Item number 10987

From 1 November 2008, for people of Aboriginal and Torres Strait Islander descent, who have had a health assessment, for follow-up services provided for and on behalf of GPs by practice nurses and registered Aboriginal Health Workers, and by eligible allied health professionals on referral from GPs (items 81300 – 81360).

May be used to provide:

- Examinations/interventions as indicated by the Health Check;
- Education regarding medication compliance and associated monitoring;
- Checks on clinical progress and service access;
- Education, monitoring and counselling activities and lifestyle advice;
- Taking a medical history; and
- Prevention advice for chronic conditions, and associated follow up.

May be claimed up to 5 times per patient per calendar year—rebate \$22.20

Can I claim.....?

If a patient is initiated on a 721 for moderate to severe asthma (they would prefer to do this than an asthma cycle of care) can a practice nurse bill a 10997 for the spirometry component of the management plan?

Answer:

Item 10997 can be claimed 5 times per year if the patient has a current GPMP (item 721) - but CANNOT be claimed at the same time as a 721,723,725, 727, 729 or 731.

If the nurse is doing a Spirometry in between formal reviews then a 10997 and 11506 (Spirometry item) can be claimed—along with a 10990/10991 bulk billing item x2 if patient is eligible.

Item 10997 may be used to provide: checks on clinical progress; monitoring medication compliance; self management advice, and; collection of information to support GP reviews of Care Plans.

The services provided should be consistent with the scope of the GP Management Plan, Team Care Arrangements, or Multidisciplinary Care Plan.

4 Year Old Healthy Kids Check

Item 709 (provided by a GP) or Item 711 (provided by a Practice Nurse) for a child who is receiving or has received their four year old immunisation. Rebate \$46.05.

This health check is designed to be a 'screening' opportunity for parents to discuss their 4 year olds readiness for school and any concerns they may have—it does not replace the developmental screening by Child Health Nurses. The checklist template can be found at www.health.gov.au/epc

Please contact your local Division/Network of General Practice for further information and relevant resources regarding the vision, hearing and oral health components of the health check.

Useful Websites:

Medicare Australia www.medicareaustralia.gov.au

Medicare Online—Search the MBS www9.health.gov.au/mbs/search.cfm

Department of Health & Ageing (EPC and Health Assessments etc.) www.health.gov.au/epc