

Newsletter

January 2014

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Plenty in store for 2014

Happy new year and welcome to 2014.

As Country South SA Medicare Local (CSSAML) enters into the new year, we have a number of initiatives that are in the planning stage.

In partnership with Country Health SA, we hope to expand our successful CATCH cardiac rehabilitation and secondary prevention model of care into new geographical areas, and apply it to other chronic diseases. We will continue the expansion of mental health services throughout the region and we will always strive to find innovative ways to meet the growing and unique health requirements of our rural communities through programs such as the Nurse Practitioner Model.

In 2013 we undertook our Interim Needs Assessment. This, and the associated community consultation sessions, will form a large part of the more expansive, Comprehensive Needs Assessment later in the year.

As part of our population health planning, we now have the ability to map data. This will help us to better analyse population data, health trends, the spread of disease and availability of services. Doing this will aid us in finding gaps in services across the region as well as establish future needs. You can read more about this on page 2.

We will continue to strategically plan for the primary health needs of the region as we work to establish and develop our relationships with service providers, peak health bodies and government. We will also be formulating our Clinical Excellence Framework for the region.

CSSAML has completed its submission to the Coalition Government's Medicare Local review. You can read our submission in full on our website; see page 2 for a summary and links to the full documents.

Timing of the Review produces operational uncertainty as it will most likely not be until May 2014 that we hear the outcome. The impact of this is that we have a number of programs ending 30 June 2014, and funding continuity is unlikely to be announced prior to May 2014. Regardless, it is "Business as usual" until we hear the outcome.

Follow us on Facebook and Twitter to keep updated as things happen.
www.facebook.com/cssaml
www.twitter.com/cssaml



Medicare Local review by Federal Government

Medicare Locals were established by the Labor Government as part of the National Health Reform.

When the Coalition Government were elected into power during the 2013 election, they promised to review Medicare Locals to ensure that they are performing effectively and efficiently. This process is currently underway.

As part of this review process, all 61 Medicare Locals around Australia were invited to complete a submission highlighting their performance against the five objectives, as well as in administering programs, governance, ensuring funding is spent on program delivery, and interaction with various stakeholders and peak bodies.

Medicare Locals were established in three tranches, CSSAML was in the third and final tranche.

You can read the CSSAML submission at www.cssaml.org.au/cssaml-submission-federal-review-medicare-locals

Aboriginal social cooking group is a success

RDGP recently facilitated a 3 week Social Cooking Group for the Aboriginal community, as part of the Renmark Paringa Council RiverLife Get Into It initiative.

The aim of the sessions was to provide a social environment for people to learn how to cook healthy meals on a budget. A total of 19 Aboriginal community members attended the sessions and feedback was very positive.

RDGP will be facilitating another 3 week Aboriginal specific Social Cooking Group in January at the Chaffey Community Centre in Renmark. If you have clients that may be interested in attending, please phone Bec at RDGP on 8582 3823.

To view photos from the cooking groups visit the RDGP Facebook page by clicking here.

CSSAML uses visual mapping help find health gaps

CSSAML would like to welcome Julie Franzon to the team. Julie is a population health planner and mapping expert who is working to create visual maps of population health statistics in our region using data gathered from various sources including our Needs Assessments. These maps will help us to better analyse population data, health trends, the spread of disease and availability of services. Doing this will aid us in finding gaps in services across the region as well as establish future needs.

The service mapping tool, ArcGIS purchased from Esri Australia, allows spatial mapping of population needs against service locations. This enables us to produce maps to visualise the distribution of population and services within the CSSAML region, allowing us to make better informed decisions.

We can share data and maps within the organisation using our ArcGIS Online subscription, and will be looking to make some of this public via our website. In addition, CSSAML may be able to offer our custom mapping services to other organisations in the future to assist with better planning of localised health services.

CSSAML funds Nunga lunches

The Nunga lunch initiative was a recent finalist at the SA Health Awards 2013 in the Consumer, Carer and Community Participation category. It was established by the Aboriginal Primary Health Care Unit as a program to provide healthy lunches to community members once per week.

Since the commencement of the program, an average of 50 community members have attended the lunch on a weekly basis. This allows an opportunity for engagement within the primary health sector.

CSSAML will be working alongside Murray Mallee General Practice Network (MMGPN) and the Aboriginal Primary Health Care Unit (APHCU), to fund these lunches until the end of the financial year. This will enable them to continue a worthwhile venture that makes valuable inroads into our local Aboriginal communities.

Aboriginal health is an important part of the improvements we are making in primary health care across the region. Nunga lunches give us an opportunity to reach groups of people who may be difficult to reach using mainstream methods. The weekly lunches aid in looking after the social, emotional and physical wellbeing of these community members whilst also giving us the opportunity to network and connect with the Aboriginal community.

At these events, CSSAML will be able to provide assisted registrations for eHealth, seek community feedback on issues affecting Aboriginal health care and link in with Aboriginal service providers. We also hope to provide support for additional health initiatives affecting the Aboriginal community, such as smoking cessation.

We look forward to working alongside the MMGPN and APHCU to achieve better health outcomes.

Social media

CSSAML is now active on social media.

By following us on either Facebook or Twitter, you can find out about what we are doing as it happens, as we will be using them to highlight news of significance.

Social media will be a significant part of our community engagement, both in terms of how we push content out to the public, and also offers the public a medium through which they can interact with us as a primary care coordinator throughout the country south region.

We invite you to come over and "Like us" on Facebook in order to stay updated on everything from our initiatives, programs and engagement in the community, through to articles of interest, new resources and health awareness.

In the future, we will also be using our YouTube channel to publish video content. Don't worry if you are not a YouTube user; everything we post will also be embedded onto our website via the News page and also linked through Facebook and Twitter.



Facebook

www.facebook.com/cssaml



Twitter

www.twitter.com/cssaml



Website

www.cssaml.org.au/news

Country Health SA finds second GP for Penola

A second new full-time resident GP has been recruited to work at the Penola Medical Clinic.

Dr Naif Saigol will join Dr Wasif Baig, whose appointment was announced in October, to provide GP services as well as emergency and inpatient services at Penola War Memorial Hospital.

Jayne Downs, South East Regional Director for Country Health SA, said both GPs will start in January and provide GP services at both the Penola and Nangwarry clinics.

"I am delighted that we can now announce the appointment of a second GP to provide GP services to residents in Penola and Nangwarry," she said.

"Dr Saigol will come to Penola from NSW where he has been working as a Resident Medical Officer since 2011.

"I want to thank the locum doctors who have provided a great service to the Penola community while this recruitment process has been on-going.

"I also want to thank the Rural Doctors Workforce Agency who carried out this recruitment process on the behalf of CHSA."

Dr Baig will start on 13 January while Dr Saigol will start the following week.

They will also provide 24/7 on call, inpatient and emergency services at the hospital.

The Practice Nurse will continue to be available to see residents at the Penola Clinic.

Anyone needing a GP for urgent medical issues between this period can contact the hospital on 8737 2311.

For more information

Call the SA Health Media Line on 8226 6488

Calling for improved care for patients with Cardiovascular and Chronic Kidney Disease

Delivered by the Improvement Foundation (IF), this Australian Primary Care Collaboratives (APCC) Program provides general practices and Aboriginal Medical Services with an opportunity to achieve improved patient care for those living with cardiovascular disease (CVD) and chronic kidney disease (CKD). In addition, it will feature processes to create and maintain accurate patient information for eHealth records to improve chronic disease management and the coordination of care.

This program commences in March 2014 and consists of three national (face-to-face) learning workshops and three virtual learning workshops. The learning workshops provide an opportunity to learn and network with leading experts and peers. Between workshops are 'activity periods' where participants take what they've learned and adapt and test improvements locally.

Participating general practices and Aboriginal Medical Services will receive hands-on support and resources through their Medicare Local and IF.

For full details including information on dates and how to register your interest visit www.cssaml.org.au/health-professionals/cvdckd/

Tool to help calculate the risk of cardiovascular disease

The Absolute Cardiovascular Disease (CVD) Risk Calculator uses probability to determine whether an individual is likely to develop cardiovascular disease within a five-year period.

The calculation method uses a combination of identified risk factors, rather than the traditional method of considering risk factors such as high cholesterol or high blood pressure in isolation.

The evidence behind this approach allows for effective change in modifiable risk factors via lifestyle and medication (where applicable) – such as changes to smoking status, blood pressure and waist circumference.

The National Vascular Disease Prevention Alliance evidence-based practice guidelines recommend that any adult 45 years and over (35 years and over for Aboriginal and Torres Strait Islander adults) who think they may be at risk of heart attack or stroke should:

- Visit a doctor to find out their personal heart and stroke risk score
- Follow their doctor's advice and modify their lifestyle to decrease their risk
- Develop and follow a heart health action plan

For further information go to the Heart Foundation Australia website here.

Working together for better services for new settlers

Country South SA Medicare Local (CSSAML) and the Migrant Resource Centre SA (MRCSA) are working together to provide better services for new migrants to the region.

The south east of South Australia is receiving new settlers of different cultural backgrounds who are currently working in food processing, viticulture, farming, human service and other industries. CSSAML and the MRCSA intend to hold a forum in April or May 2014 to support open discussion for frontline health staff, primary health workers and other interested service providers who are supporting these new settlers in the community.

The learning aims of the forum will be to discuss:

- Who are the current new settlers?
- Why are they settling in the region?
- Where do they come from?
- What are their needs?
- How can we work together to make services responsive and culturally appropriate?

To register your interest in attending this proposed one day forum in April or May 2014 please contact admin@cssaml.org.au.

Information about the Migrant Resource Centre of South Australia can be found on their website at www.mrcsa.com.au/

CSSAML appoints four new eHealth Registration Officers

Spurred on by the overwhelming success of our recent practice based assisted registration sessions carried out by our eHealth team, CSSAML has appointed four new eHealth Registration Officers (EROs). Over the coming weeks, the EROs will be helping us to reach even more of our community members, by visiting not only general practices, but other health care service locations such as pharmacies and immunisation clinics. Being a new initiative, our EROs are currently available for you to book whenever you need them, however get in fast, as we will be commencing a targeted booking system very soon.

If you would like to host one of our EROs, please call our eHealth team on 08 8531 0471 to find out more or email ehhealth@cssaml.org.au.

10 PCEHR Tips for GPs (click here to download pdf version)

1. Information being uploaded to the PCEHR is only a summary - not detailed clinical notes.
2. Patients give consent for providers to upload summaries when they sign up for a PCEHR unless they choose to block a provider. You do not need written consent from the patient to upload a health summary, however you may choose to request this depending on your practice's policy.
3. BOTH you and the patient have control over the information being uploaded
 - A patient can request you not to upload a summary or certain information. You must not upload information if requested not to by a patient.
 - You have the right to refuse to upload a summary, particularly if you have been asked not to include information you feel will adversely influence the clinical decisions of other parties.
4. Take a "no surprises" approach when uploading to the PCEHR, by ensuring your patients are with you and know exactly what information is uploaded.
5. Making sure the patient record is accurate and relevant before uploading a summary will make the process easier and quicker at the upload stage.
 - Ensure past history is accurate and clinically relevant
 - Ensure current scripts are accurate, don't include old medications and the reasons for prescribing are recorded
 - Ensure recent basic measures (height, weight, waist, BMI, blood pressure etc, are entered into the record)
6. You can charge for the time it takes to upload a health summary. For example, if preparing and uploading a summary turns a standard consult into an extended consult, you may charge the extended item number.
7. Your medical software will indicate if a patient has a PCEHR. If no PCEHR is evident the patient will need to register before a shared health summary can be uploaded.
8. A patient can block you from seeing all, or parts of their eHealth Record, just the same as they can choose not to verbally disclose information during a consultation.
9. Unless a dependant takes control of his/her record after they turn 14, the parent/guardian will maintain access and control over their child's PCEHR until the age of 18.
10. Your practice has policies and procedures in place to guide usage of the PCEHR system. We recommend you familiarise yourself with these and speak to your practice manager if you have questions.

**Do you have questions or need help?
Contact our eHealth team on 8531 0471**



NEHTA eHealth Clinicians Desktop User Guide

The eHealth Clinicians User Guide supports medical practices in navigating the complexities of eHealth (including the national eHealth record system) from planning, preparation, registration and implementation through to meaningful use.

It includes material that is relevant to both general practices and private specialist practices, however other health care professionals, e.g. allied health and in aged and community care, may also find this guide useful.

It covers key eHealth topics of interest to medical practices (including quality improvement) and focuses on the foundation products (e.g. Healthcare Identifiers, NASH, Secure Message Delivery), the national eHealth record system and other functionality currently available and being released by software vendors. Importantly it includes practical step-by-step implementation advice.

Through use of this guide you should reasonably expect to understand the benefits to your practice associated with adopting eHealth, as well as some of the Organisational and Governance changes required.

It also outlines some of the prerequisites for implementation and use of the eHealth features. It includes practical quick reference checklists for practice staff and links to additional education and support resources.

You can download the guide in PDF from here www.cssaml.org.au/download/nehta-ehealth-clinicians-user-guide/

Recruitment commences for more prostate cancer specialist nurses

Prostate Cancer Foundation of Australia (PCFA) is encouraging health service providers to submit an Expression of Interest (EOI) to become a host employer for a second wave of specialist nurses who will be recruited for the Prostate Cancer Specialist Nursing Program.

PCFA is aiming to recruit 13 nurses into the program by August 2014. The new recruits will join the existing 12 specialist nurses who are currently working in hospitals across the country.

PCFA is seeking EOI from health service providers who meet the following criteria to apply to be a host employer of a Prostate Cancer Specialist Nurse:

- Secondary or Tertiary hospital or Medicare Locals
- Public or private provider
- Direct provider of or linked into a service which provides multidisciplinary prostate cancer care
- Metropolitan or regional/rural setting

If you are a health service provider interested in applying for funding to host a Prostate Cancer Specialist Nurse, please download the forms from PCFA's website by clicking on the nursing program link, www.pcfa.org.au

Send all completed forms to suzanne.flynn@pcfa.org.au

Complete applications should be submitted by 17th January 2014.

For further information about the Prostate Cancer Specialist Nursing program contact Suzanne Flynn, Coordinator of Nursing, on 02 9438 7000.

Search the National Health Services Directory

The NHSD search tool makes it quick and easy for consumers and health care providers to search for services in the NHSD such as general practice, pharmacy, physiotherapy, podiatry and specialist services, all in the one place. This will be expanded as new information on services in allied health is gathered.

Benefits of using the NHSD for consumers:

- Provides the ability to find and choose the right health service for their needs at the right time.
- Access to free, consistent and accurate information about health services across Australia.
- Easy to use search tools – NHSD website, widget and mobile app for iPhone and Android.
- Services are listed and are viewable on a Google map, making it easier for consumers to locate the services closest to them and see how to get there.

To access the NHSD visit the 'find a service' page of our website from a computer or mobile device www.cssaml.org.au/find-service or download the app to your smartphone.

In addition to the NHSD search tool, the CSSAML website has a new page for patient support services which can be accessed via the resources page.

BeAWARE Pharmacy: learn the warning signs of heart attack

Each year around 55,000 Australians have a heart attack and tragically, almost 10,000 do not survive. Too many people are dying or living with permanent disability because they delay calling Triple Zero.

The BeAWARE Pharmacy online module has been developed to support pharmacists and pharmacy assistants to promptly identify and educate the warning signs of heart attack to customers with coronary heart disease (CHD). The module highlights the important role of the pharmacy in educating about the warning signs with patient resources including an action plan wallet card (provided to the pharmacy free of charge).

The module is accredited by the Australian Pharmacy Council for 1 hour and 2.0 Group 2 CPD credits. Pharmacists and pharmacy assistants can register at

www.heartfoundation.org.au/beaware-pharmacy.

For more information call the Heart Foundation's Health Information Service on 1300 36 27 87.



Emergency Response Plan for General Practice

As Australia moves into the hottest part of summer and the time when parts of Australia are at highest risk of severe bushfires, it is a timely reminder for our general practices to develop their own Emergency Response Plans to ensure they are fully prepared for any emergencies that may occur and have an impact upon their practice.

RACGP has developed a FREE online tool (ERPT), which provides general practices with a series of templates in which to construct their own Emergency Response Plan. This is especially important for practices in bushfire prone areas.

The ERPT provides contingency measures for staff so that, in the event of an emergency they will know how to respond to:

- Loss of power supply to the practice
- Disruption to water and gas supplies
- Disruption to telecommunications systems
- Loss of IT systems or data
- Loss of business records
- Complete or partial loss of practice premises
- Loss of medical supplies, equipment and furniture
- Loss or non-availability of key staff.

The ERPT has revolutionised emergency response planning for general practices. The ERPT is tool available at <http://erpt.racgp.org.au>

The first 700 practices to use the tool will receive free access for an 18 month period, a further 700 practices will receive 12 months free access and the next 700 practices will receive 6 months free access.

For all enquiries regarding the use of ERPT, please email erpt@racgp.org.au.

Ski for Life - 500km in 5 days

Ski for Life aims to raise awareness and funds to prevent male suicide and train communities to support men at risk of suicide. Skiers and their support crews will be travelling up river this year from Wellington to Renmark from March 5th to March 9th.

Menswatch and Ski for Life are community driven initiatives at a grass roots level and rely on the hard work of volunteers.

Ski for Life is sponsored by Club Marine and Clare Medical Centre.

The Australian Institute of Male Health & Studies actively supports this initiative and is a key auspicing organisation for the ongoing implementation of Menswatch across South Australia and beyond.

Visit www.menshealthsa.com.au or call Bill on 0417 820 074 to get involved or find out how to donate to the cause.

Problem gambling resources

Problem Gambling was recognised as an addiction in the latest Diagnostic Statistical Manual V (DSMV), released in May 2013. Statistically in Australia, the prevalence of problem gambling exceeds that of stroke and coronary heart disease, and is comparable with the estimated prevalence of type 2 diabetes.

Between five to seven people, often children, will be affected by one problem gambler's behaviour, and we are not reaching enough of them. Given that about 80% of Australians go to their GP each year, and that problem gamblers suffer many co-morbidities, GPs are ideally placed to screen people for gambling problems.

AMA's Position Statement, 'The Health Effects of Problem Gambling', 2013

"Many patients registered with the Statewide Gambling Therapy Service have had gambling problems for years that remained undetected. Early detection by medical practitioners can lead to effective treatments to reduce the urge to gamble and improvements in mental and physical health. Given the shame and stigma attached to problem gambling, it is rare for patients to volunteer this information. A conversation with a trusted GP who introduces the topic for them might be the breakthrough they need to seek help."

Screening a patient for problem gambling involves a simple, quick question and does not take a lot of time.

"Have you or anyone in your family ever had an issue with your gambling?"

If the patient or client answers yes then ASSESS and TREAT within general practice or REFER to a Gambling Help Service.

The Gambling Helpline 1800 858 858 is available 24/7 and is an excellent first step to access free, confidential and non-judgemental gambling treatment and counselling services. Interpreters are available.

More information, resources and fact sheets for medical professionals can be found here www.problemgambling.sa.gov.au/professionals/gps



Free come-and-try exercise classes in the region

As part of the Country Health SA's, South East Regional Community Health Service (SERCHS) initiative to increase the community's physical activity levels, free sessions including the new Chi Ball Gentle Moves, Fitness and Wellbeing Program, Tai Chi, Qigong and Easy Moves for Active Ageing are available.

The first session is free!

ChiBall Gentle Moves is a modified class, for those who wish to improve their overall health yet seek a less strenuous program. It combines Tai Chi, Pilates, Yoga, Feldenkrais, Meditation and Dance. Chiball Gentle Moves can improve posture, strength, flexibility and cardiovascular fitness.

The Fitness and Wellbeing program is designed to increase strength, flexibility and balance through group exercise.

Tai Chi and Qigong consist of fluid, graceful and circular movements which strengthen and mobilise joints and muscles resulting in improved physical fitness, balance and mental relaxation. It is especially suitable as a therapy for arthritis because its movements are slow and gentle.

The Easy Moves for Active Ageing (EMAA) program is designed to increase strength, flexibility and balance through gentle exercise for the ageing population along with assisting in falls prevention.

For full details including class dates and locations, as well as full details about the content of the classes visit

www.cssaml.org.au/free-come-try-exercise-classes/

Fellow in survivorship

An opportunity exists for a highly motivated medical practitioner to undertake a PhD in Cancer Survivorship at FMC.

The position would offer an opportunity to develop research skills in the area of clinical research relevant to cancer survivorship including cancer and chronic illness, late effects, cancer rehabilitation, cancer and behaviour, fertility and menopause and related areas.

The Flinders Centre for Innovation in Cancer has outstanding track record or innovation in care delivery and research in survivorship in Australia. The Flinders Medical Centre survivorship service was established in 2009 as one of the first dedicated survivorship programs in Australia.

Since then they have conducted the Inaugural Survivorship Conference in 2013 which has brought together clinicians, researchers, policy makers and survivors interested in survivorship to join forces in care and research in this field.

The Conference led to the development and signing of the Flinders Charter <http://www.fcic.org.au/survivorship/charter/default.aspx> – which serves as a framework of approach to survivorship care and research.

The team at Flinders have established multidisciplinary collaborations in the area of lifestyle interventions, work rehabilitation, self-management and chronic disease management both nationally and internationally.

A position is suitable for either a junior specialist in cancer discipline like medical oncology or a general practitioner with the interest in cancer.

For further information contact Professor Bogda Koczwara

Bogda.koczwara@flinders.edu.au or

Phone 82048997

Taste of the Highlands recipe book

Central Highlands Regional Council's Hi Health program and the CQ Medicare Local have teamed up to run Central Highland's very first healthy recipe competition.

From this competition the best of the best have been chosen to feature in the official 'Taste of the Highlands' recipe book. This 32 page recipe book includes 18 healthy, fresh and fast recipes that the whole family will enjoy. In addition to the recipes, there are also some handy nutritional tips from CQML's resident Dietician and Preventative Health Officer, Kaitlyn Bruschi. All profits from the sale of this recipe book will be re-invested into the community to fund more preventative health activities.

The book costs \$12.99 and that includes free postage to anywhere in Australia. It can be ordered from www.cqmedicarelocal.com/#!/cqml-shop/c1a1b



Get healthy in 2014

Are you thinking of having a healthy 2014? Swap it don't stop it... Go to www.swapit.gov.au or www.shapeup.gov.au for practical information and resources on healthy lifestyles.

Critical shortage of rabies immunoglobulin

People who handle bats in Australia or overseas, and people who come into contact with wild or domestic land dwelling mammals (especially dogs, cats and monkeys) in a country where there is a rabies virus risk, are at increased risk of rabies. Rabies virus and Australian Bat Lyssavirus (ABLV) belong to a group of viruses all causing a similar illness known as rabies, which affects the central nervous system and is usually fatal.

The incubation period is usually three to eight weeks but may be as short as one week. The risk of dying from rabies after an untreated bite from a rabid animal is estimated to be 15–80%. Scratches are associated with a risk of dying of rabies of 2-5%. Animal behaviour is an unreliable method of determining whether or not a mammal is rabid. If potentially exposed to rabies or ABLV, it is extremely important that appropriate treatment commences immediately. Incorrect or incomplete treatment can be fatal.

Read full details here www.cssaml.org.au/health-alert-critical-shortage-rabies-immunoglobulin/

External News

CHSALHN fall prevention

Country Health SA Local Health Network (CHSALHN) is making an impact with the number of falls incidents resulting in harm dropping over the last two years.

Safety Learning System SAC 1 & SAC 2 data demonstrates a clear downward trend, for example numbers dropped from a high of 12 in June 2011 to five in June 2013.

CHSALHN's Falls and Falls Injury Prevention Strategy and Action Plan aims to enhance the independence and wellbeing of older South Australians through reducing preventable falls.

There are effective strategies that community members and health care professionals can do to reduce risk of falls in the elderly

Country Health's high proportion of aged care beds combined with the ageing population mean that falls and falls injury prevention is a major focus for the organisation. Professor Paddy Phillips, SA Chief Medical Officer said that in 2012 more than 9,000 older South Australians were admitted to public hospitals due to falls and it is estimated a further 9,000 are treated in the emergency department and discharged home.

Sites currently achieving best practice in falls prevention demonstrate:

- Clear local governance structure i.e. dedicated 'regional' Falls Committee
- Management support for key workforce to implement SA Health Policy
- Use of regular audits and review of SLS data to inform clinical practice
- Evidence of working relationships across care continuum e.g. referral pathways
- Evidence of planning and evaluation of best practice falls and fall injury prevention strategies.

Falls prevention resources can be viewed at www.sahealth.sa.gov.au/safetyandquality

What doctors need to know about using electronic communications in practice

Electronic communications are an increasingly useful tool for doctors, but the AMA has warned that they need to be employed with care. Doctors have been warned to be alert to limitations and risks involved in using information technology to communicate with patients and other practitioners. It has prepared a detailed guide alerting practitioners to potential traps and pitfalls, and how to avoid them.

Visit <https://ama.com.au/ausmed/youve-got-mail>

Mental health workers call for action to help youth overcome internet and gaming addictions

Smart phones and tablets have made it easy to get online anytime and anywhere, but for some, going offline is getting harder.

Experts say there are growing numbers of people addicted to their screens, leading to calls for more treatment services, especially in regional and rural areas.

Young people who report online addictions are sleep deprived and face problems at school.

They have really low self-esteem, stress, anxiety, not wanting to go to school for fear of what might happen. This can cause a range of social and mental health issues.

Sometimes the screen addictions are combined with other problems like cyber bullying and gambling addictions.

Read more here.

Country patients benefit from new bariatric equipment

Bariatric patients in country South Australia are benefiting from new equipment totalling \$335,000 in Country Health SA's regional hospitals.

Forty-nine country hospitals have received new bariatric equipment, including electric beds, mattresses, wheelchairs, exam couches, hoists, floor to bed lifters, scales and waiting room chairs.

The new equipment will support existing services in country hospitals, benefiting bariatric patients who require general medical care as well as those awaiting transfer for higher levels of treatment.

Bariatric equipment makes it easier for staff to transfer to different parts of the hospital and in and out of their beds, which in turn makes it more comfortable and safer for patients.

Health information night in Mount Gambier

The Lions Club of Mt Gambier hosted a health information night that was attended by 150 South East residents.

A number of local and visiting Specialists including Dr Matthias Wichmann (MGH, Surgeon), Dr Tim Price (TQEH, Medical Oncologist) and Dr Scott Carruthers (RAH, Radiation Oncologist) gave the audience an insight into the latest techniques deployed in the management of various cancers.

Tony Siebert spoke on the facilities offered by the Cancer Lodges that support country people requiring accommodation in Adelaide whilst having treatment.

Breakthrough in the hunt for a dementia drug

Major progress has been made in recent years in understanding the pathology of dementia and scientists say the groundwork has now been laid for major drug breakthroughs in the next few years.

Read more

Education

This is a summary of upcoming education. For full information about these events visit www.cssaml.org.au and click on the relevant session or date in the education calendar

As part of our new website, CSSAML has an education and events calendar on our website showing both our own events and also those run by other organisations.

Visit www.cssaml.org.au/online-learning

New online learning added this month

To access online learning, visit www.cssaml.org.au/online-learning

- ThinkGP Management of incontinence in General Practice

Pain Management Workshop

The workshop aims to build on the previous roundtable held in April and will delve further into access of tools and support for Medicare Locals, examples of integration between Medicare Locals and Local Hospital Networks, some of the latest research and examples from other chronic disease models and addressing pain in vulnerable populations. The workshop will also engage with a multi-disciplinary panel for expert discussion.

www.cssaml.org.au/event/pain-management-prevention-workshop/

DASSA - Opioid Dependency Prescriber Training

Problems with chronic pain patients with medications getting out of control?

www.cssaml.org.au/event/dassa-medication-assisted-treatment-opioid-dependency-matod-prescriber-training-course/

Wesley LifeForce Suicide Prevention Skills Training

Suicide Prevention Training for General Practitioners and Practice Nurses – 40 category 1 points for GPs and 6 CPD hours for Practice Nurses (6 hour duration and this workshop will require the help of a General Practitioner or Psychiatrist co-facilitator for the second half).

Suicide Prevention Training for General Practice Managers and their staff (2 hour seminar about recognising the signs and responding appropriately)

[GP-3158] Berri SA

www.cssaml.org.au/event/wesley-lifeforce-suicide-prevention-skills-training-berri-sa-gpnurse/

[PS-3158] Berri SA

www.cssaml.org.au/event/wesley-lifeforce-suicide-prevention-skills-training-berri-sa-staff/

[GP-3158] Mt Gambier SA

www.cssaml.org.au/event/wesley-lifeforce-suicide-prevention-skills-training-mtg-sa-gpnurse/

[PS-3158] Mount Gambier SA

www.cssaml.org.au/event/wesley-lifeforce-suicide-prevention-skills-training-mtg-sa-staff/

[GP-3158] Murray Bridge SA

www.cssaml.org.au/event/wesley-lifeforce-suicide-prevention-skills-training-murray-bridge-sa-gpnurse/

[PS-3158] Murray Bridge SA

www.cssaml.org.au/event/wesley-lifeforce-suicide-prevention-workshop-murray-bridge-sa-staff/

Additional GP education

The Cancer Services Project Team at Country Health SA are planning another round of education sessions for country General Practitioners.

Some suggestions made for the topic of education include: managing comorbidities in cancer patients, oncological emergencies and General Cancer information.

The last round of education saw Dr Jacqui Adams present in 15 locations across country South Australia to over 100 attendees. Additionally sessions were designed so that attendees could also receive professional development points.

Contact alexis.nicholson@health.sa.gov.au

Supporting healthy pregnancies in overweight women

This is a unique opportunity to hear some of Australia's finest practitioners and researchers present the latest research on 'Supporting healthy pregnancies in overweight women'.

www.cssaml.org.au/event/supporting-healthy-pregnancies-overweight-women/

BeAWARE Pharmacy

BeAWARE of warning signs of heart attack is a support package for pharmacy developed by the Heart Foundation.

'BeAWARE' is free to all pharmacy's.

<http://www.heartfoundation.org.au/information-for-professionals/online-learning/Pages/BeAWARE-Pharmacy.aspx>

Master of Family Medicine Online Course

Flexible, part-time degree that will significantly develop your ability to access information, assess new concepts and critically analyse literature, while improving your clinical practice skills and opening the door to a career as a general practice/ family medicine/primary healthcare academic, teacher and researcher. This course is open to all health care professionals.

www.med.monash.edu.au/general-practice/teaching/masterfammed.html

heather.grusauskas@monash.edu
Phone 03 9905 0059

Transformational Chairwork

Drawing on the clinical wisdom and practice of a wide range of Gestalt and integrative psychotherapists, the Transformational Chairwork Workshop is designed to introduce therapists to the art and science of Chairwork or psychotherapeutic dialogues in an active, creative, and clinically-useful manner.

Date: 21-Jul-2014 . Location: Adelaide, University of South Australia, Magill Campus.

[Click here for full details.](#)

Osteoarthritis and Hip and Knee Replacement

www.changechampions.com.au/seminar/osteoarthritis-and-hip-and-knee-replacement-masterclass_474

New Resources

Visit the **NEW** resource pages on the **CSSAML** website for more...

Using technology based electronic communications in general practice

Electronic communications are an increasingly useful tool for doctors, but the AMA has warned that they need to be employed with care. It has prepared a detailed guide alerting practitioners to potential traps and pitfalls, and how to avoid them. <https://ama.com.au/ausmed/youve-got-mail>

What GPs should know about gambling

How to recognise problem gambling in your patients and provide help.
<http://www.problemgambling.sa.gov.au/professionals/gps>

New service finder app from NACCHO for iOS systems

<https://itunes.apple.com/us/app/naccho-aboriginal-health-in/id722565694>

Cardiovascular resources for ATSI patients

A new set of Heart Foundation information sheets on cardiovascular disease and its risk factors for Aboriginal and Torres Strait Islander people
<http://www.cssaml.org.au/download/cardiovascular-disease-and-risk-factors-for-atsi-patients/>

New 'support services' and 'links' page on CSSAML website

We now have new pages under resources on our website featuring links to patient support services and also links of interest.. We will be continually adding to these pages. Visit www.cssaml.org.au

NPS Medicinewise clinical tools

Decision and management tools www.cssaml.org.au/download/nps-decision-and-management-tools/
NPS Medication Management in Aged Care www.cssaml.org.au/download/nps-medication-management-in-aged-care/

Aboriginal women and breast cancer

A new, illustrated booklet to inform and support Aboriginal and Torres Strait Islander women through the breast cancer journey. [Click here.](#)

Palliative Care

Residential aged care palliative care toolkit.
Palliative care information flyers and resources.

Guidelines to Preventive Activities in General Practice (The 'Red Book')

RACGP has released an interactive version of the latest Guidelines to Preventive Activities in General Practice (The 'Red Book') which can be accessed here www.racgp.org.au/your-practice/guidelines/redbook/

Catch SA Website

New pages, resources and education session are being added.
Visit www.catchsa.com.au

To sign up to our mailing list visit www.cssaml.org.au

