

*Welcome to our latest edition of 'Nursing Network',
the newsletter for Practice Nurses.*

PROFESSIONAL DEVELOPMENT

The area of Practice Nursing is fast becoming "the" focus of government in the world of nursing and primary care. Given our ageing population and escalation of chronic disease General Practice and Practice Nursing are being required to take increasing responsibility to manage the health care of our community.

What does this mean to you as a Practice Nurse?

You are important! Education and awareness of what is happening locally and nationally is also important for your professional development.

There are numerous opportunities for education and professional development via sponsorship and scholarships so I urge you to keep up with current publications and view websites for opportunities:

Websites that are informative include:

- Royal College of Nursing Australia (RCNA) www.rcna.org.au
- Western Australia Practice Nurses Association Inc (WAPNA) www.wapna.org.au
- Australian Practice Nurses Association (APNA) www.apna.asn.au
- Western Australian General Practice Network (WAGPN) www.wagpnetwork.com.au

- The Royal Australian College of General Practitioners (RACGP) www.racgp.org.au/nursing
- Department of Health and Aging (DOHA) www.health.gov.au

Please call me if you require any additional information regarding education, Gae Sawyer 9319 0555 or email gaes@frdgp.com.au

NEW MEDICARE DENTAL ITEMS

From 1 November 2007, new Medicare rebates will be available for dental services. Eligible patients will be able to receive up to \$4,250 in Medicare benefits for dental services over two consecutive calendar years.

The new dental items—85011-87777 will replace the existing Enhanced Primary Care (EPC) dental items -10975-10977.

The new Medicare dental items will be available to people who have a chronic medical condition and complex care needs namely, people being managed under multidisciplinary care plans. A comprehensive range of dental services will be covered.

GPs may wish to establish links with local dental practitioners and check whether dental practices will accept referrals under the new dental items from 1 November 2007.

For further information visit the Medicare Australia website
www.medicare.gov.au



Daniele McGrath
Project Officer for
Mental Health &
Family & Domestic
Violence

Daniele is currently working within the program areas of Mental Health & the new project Family & Domestic Violence.

The Mental Health program includes initiatives such as Better Access and the Referred Counseling Service as well as the new Mental Health Nurse Initiative and other general practice mental health programs.

The Family & Domestic Violence project is currently being rolled out across all the Perth Metropolitan Divisions and will provide education sessions for Practice Nurses, Staff and GPs on Family & Domestic Violence Issues—please see the insert in this edition of Nursing News for further information.

Daniele can be contacted on 9319 0555 or danielem@frdgp.com.au

MYTHS ABOUT BREAST CANCER

Women in Australia have a 1 in 8 chance of developing breast cancer in their lifetime.

Unfortunately, there are some common myths about the risk factors and causes of breast cancer that cause anxiety. Below are some of the myths:

- **Using antiperspirant deodorants**
There is no evidence
- **Wearing a tight bra**
There is no evidence
- **A bump or a knock to the breast**
There is no evidence
- **Stress**
There is no evidence
- **Only your mother's family history of breast cancer can affect your risk of breast cancer**
A history of breast cancer in your mother's or your father's family will influence your risk.
- **If breast cancer does not run in my family I will not get it**
Every woman has some risk of breast cancer. About 90% of women who get breast cancer have no known family history of the disease.
- **Having a mammogram will prevent breast cancer**
Mammograms (breast x-rays) cannot prevent breast cancer. Mammograms can detect breast cancer early, which increases the chances of a successful treatment.
- **Regular self examinations are the best way to detect breast cancer**
A mammogram is the most reliable way to detect breast cancer. But being aware of changes in your breast and having regular breast examinations by a GP are recommended.

FACT: BreastScreen WA is a FREE screening mammography service for all women aged 40 years and above without any breast symptoms. Call 13 20 50 for an appointment.

There are many excellent resources available from Breastscreen WA for use in your treatment room.

For further information or to obtain an order form visit www.breastscreen.health.wa.gov.au

RACGP 'PATIENT ALERT' POSTERS

This waiting room/treatment room poster is designed to raise awareness in patients about the importance of notifying practice staff if the potential for respiratory infection exists, so that staff can then take measures to prevent further transmission of respiratory infections.

To obtain copies of the poster for your practice please contact Leanne Rich at RACGP on 03 8699 0419 or email leanne.rich@racgp.org.au

IMMUNISATION CERTIFICATION COURSE for Nurses in General Practice

As we advised in the previous Nursing Network newsletter the Department of Health and Aging has developed a new Accredited Immunisation Certification Course designed to support rural and remote, general and community nurses in their expanding and demanding practice role.

Therefore, if you;

- are working in General Practice and responsible for immunisation service delivery
- would like to undertake a 5 week study program, but just don't know if you can fit it in
- want to complete the immunisation course before Christmas
- need on-site peer support to assist you during this immunisation course, or
- just want to talk to someone before you enrol

Margie Hegerty can help you

Margie is the new Immunisation Certification Program Officer at Western Australian General Practice Network and is there to answer all your questions.

Please contact Margie Hegerty on 9472 2922 or email: mhegerty@wagpnetwork.com.au

INVITATION TO JOIN RACGP AS A PRACTICE NURSE AFFILIATE MEMBER

Nurses in General Practice are pivotal to the safety of patients, and to the personnel working in general practice. They are also central to the quality of care provided in the practices where they work. You are invited to join the RACGP as a practice nurse affiliate member.

For further information visit www.racgp.org.au/membership/practicenurses

CONGRATULATIONS

We wish to extend our congratulation to

FREMANTLE FAMILY DOCTORS

who have been awarded

The Royal Australian College of General Practitioners' (RACGP) Western Australia General Practice of the Year Award for 2007

AUSTRALIAN PRACTICE NURSES ASSOCIATION APNA E-LEARNING: Understanding the MBS items in General Practice

This on-line course has been developed to provide health professionals and nurses working in general practice with the knowledge and the skill to access, understand and efficiently utilise MBS items.

This one-off course can be purchased at the cost of \$110 or \$80 for APNA members and will attract 3 APNA CPD Points.

For more information or to register for the course, visit the Association's website www.apna.asn.au

HEALTHRIGHT: RESOURCES

The HealthRight Project was developed to address the health inequities for people with mental illness in WA, via multilevel strategies to engage them in visiting their GP and address lifestyle risk factors. The project is facilitated by the UWA School of Community, Culture & Mental Health Unit and funded by the Office of Mental Health.

There are a number of excellent HealthRight resources available for use in your treatment room including referral cards, posters, lapel stickers and balloons.

For supplies please contact Daniele McGrath, FGPN Mental Health Project Officer on 9319 0555 or email danielem@frdgp.com.au for your supplies.

KNOW "YOUR" PRACTICE A FREE seminar for Practice Nurses

The seminar is being presented by the WA General Practice Network on 3 November 2007, at Technology Park Function Centre in Bentley. This is an opportunity for you to update your knowledge of nursing legislation and registration, best practice and education opportunities.

For further information please contact Christine Prosser on 9472 2922 or download a registration form from www.wagpnetwork.com.au

NATIONAL BREAST CANCER CENTRE (NBCC)

The NBCC has released a booklet about the emotional and social impact of cancer. Titled *Cancer—how are you travelling?* The resource has been written for people diagnosed with cancer, as well as their family and friends.

To order copies for your practice visit www.nbcc.org.au or telephone 1800 624 973.

WESTERN AUSTRALIAN PRACTICE NURSE ASSOCIATION

Mental Health and Skin Disorders
Saturday 27 October 12.00pm—5.00pm
F.J. Clarke Lecture Theatre, SCGH, Subiaco
RSVP and payment to be made by Monday 22 October 2007.

Visit the WAPNA website www.wapna.org.au or telephone Rosemarie Winsor 9247 2178 for further information.



NPS Website: www.nps.org.au.

New National Prescribing Service Resource Available now!

The NPS has recently introduced a CD containing electronic copies of patient information leaflets and templates that can be downloaded and stored in prescribing software.

The **leaflets** available (in Adobe pdf files) include:

- Patient information on antidepressants
- Are antibiotics useful for sore throats?
- Are antibiotics useful for troublesome cough?
- Are antibiotics useful in otitis media?

The **templates** available (as rich text format files) include:

- How to import and use templates in Medical Director
- COPD Action Plan: Template for Medical Director
- Symptomatic Management for acute URIs: Template for Medical Director



Lorna Hurst, NPS Facilitator
& Quality Use of Medicines (QUM)
Project Officer

To obtain a copy of the CD, please contact Lorna Hurst on 9319 0555 or email lornah@frdgp.com.au

PRACTICE PROFILE

REYNOLDS ROAD MEDICAL CENTRE

875 Canning Highway, Applecross 6153

Reynolds Road Medical Centre (RRMC) is a privately owned accredited practice, committed to providing quality health care in a caring, professional and friendly atmosphere. The Practice is open 7 days a week (closed Public Holidays) and employs 14 doctors.



The combined experience of the doctors ensures that an extensive range of services is available including; emergency medicine, family planning, seniors health, women's health, men's health, occupational health, travel medicine and medicals.

RRMC also offers a dedicated skin clinic providing removal of skin cancers, moles, cysts and lesions. There are regular sessions from a surgically trained general practitioner who offers eyelid reductions, sclerotherapy, wedge resections and other surgical interventions. A physiotherapist is also on site and pathology services are available adjoining the premises.



The doctors are complemented by 3 practice nurses who triage emergencies, assist with immunisations, dressings, medical assessments and a myriad of other duties associated with a busy practice. Ongoing clinical implementations include home health assessments and the set up of clinics e.g. diabetes and asthma.

In addition to her other responsibilities Rita, the practice manager, along with her 2IC, leads the staff of 10 receptionists and ensures that ongoing training is provided, regular staff meetings are held and RRMC remains a happy and safe workplace.



RRMC is active within FGPN, one well respected doctor, Dr Irene Fruzynski acts as the GP Advisor for Wellness and Workforce, she is a member of the GP Advisory Group and has coordinated and facilitated the Women's Small Learning Group. The RRMC nursing and reception staff attend FGPN education evenings.

If you would like your practice featured in the December edition of Practice Pulse please contact **Suzanne Badham** email sueb@frdgp.com.au or phone 9319 0555.

FGPN EDUCATION EVENTS—2008

The General Practice Development Team are in the process of organising the FGPN education events for Practice Nurses, Practice Managers and Practice Staff for 2008.

We would appreciate your input to ensure that we are delivering education that meets your needs.

Please contact **Gae Sawyer, Kelli Porter, or Suzanne Badham** on 9319 0555 with any requests or suggestions that you have.

FREMANTLE GP NETWORK EVENTS

24 October ASTHMA UPDATE

For GPs, **Practice Nurses**, Pharmacists 6.30-9:30pm, FGPN, 10 Silas Street, East Fremantle FGPN and the National Asthma Council invite you to a workshop which will cover the essentials involved in the *Asthma Cycle of Care* in addition to adult asthma, paediatric asthma and practical tips for dealing with asthma patients.

For further details please contact Jesse Pearse via jessep@frdgp.com.au or phone 9319 0555

27 October A FRESH APPROACH TO CHRONIC DISEASE MANAGEMENT

This workshop is directed at Practice Nurses, GPs and Practice Staff and will be held at Technology Park Function Centre, Saturday 8.45-4.00pm.

For full details please see insert in this newsletter or contact Jesse Pearse on 9319 0555 or jessep@frdgp.com.au.

30 October FAMILY & DOMESTIC VIOLENCE WORKSHOPS FOR PRACTICE NURSES AND PRACTICE STAFF

A series of 3 interactive workshops are being held the first in 2007 and the following two in 2008.

For complete details please see insert in this newsletter or contact Daniele on 9319 0555, email danielem@frdgp.com.au

14 November CHLAMYDIA INTERACTIVE WORKSHOP

For Practice Nurses and Practice Staff, presented by FPWA Sexual Health Services.

For further information please contact Gae Sawyer on 9319 0555 or email gaes@frdgp.com.au

Fremantle GP Network constantly strives to improve the quality and range of services to our practices and welcomes positive feedback and complaints. We invite you to send your comments to reception@frdgp.com.au