

Welcome to the Practice Pulse, the newsletter for Practice Managers and Practice Staff; we are here to support you. Rebecca Walker has written the following article on the Lifescripts Initiative; please contact Rebecca if you require Lifescript resources or information on the integration of Lifescripts to improve patient care and increase your practice income.

ARE GPs DISCUSSING PHYSICAL ACTIVITY WITH PATIENTS?

Approximately 80% of the Australian population visits their GP annually, and most report their GP as the preferred source of physical activity (PA) advice. Therefore, even small gestures of encouragement and advice on PA from a GP can be enough to initiate behaviour change in patients.

The importance of physical activity in the prevention of chronic disease has been extensively and exhaustingly documented, and most GPs are aware of the integral role they play as primary health care providers in the promotion of PA. But - is this awareness and knowledge being translated to everyday practice?

A study¹ recently published in the Australian Family Physician has indicated that the answer to this question is "no". The pre and post survey over a 3-year period of GPs knowledge, confidence, perceived role and frequency of talking to patients about PA indicated that whilst GPs had significantly improved in the first three areas, there was no correlating improvement in the number of patients that GPs were actually discussing PA issues with. It seems that whilst GPs know they play an important role in improving PA levels in their patients, barriers such as lack of time, limited counselling skills and the absence of reimbursement for the services, are preventing GPs from addressing PA issues with their patients.

Given the crippling impact physical inactivity is having on the Australian community, it is a priority of Fremantle GP Network to support GPs in this area of primary care. The Lifescripts resources have been developed to assist General Practice in discussing chronic disease risk factors (eg. physical inactivity) with patients and helping them to set lifestyle change goals.

Fremantle GP Network is here to provide that support to GPs and their staff. Rebecca Walker is the dedicated Healthy Lifestyles Program Officer and is able to provide assistance in areas including:

- **Obtaining the Lifescripts resources**
- **Information on how to integrate Lifescripts with MBS items, such as the 45 Year Old Health Check, so as to make using Lifescripts financially viable**
- **Brief-intervention/counselling training courses**
- **A Lifescripts referral guide for your practice area. e.g. physical activity providers, nutritionists, weight-loss clinics, smoking cessation support groups, alcohol and drug addiction support services etc.**

¹Van der Ploeg, HP, Smith, BJ, Stubbs, T, Vita, P, Holford, R, & Bauman, AE 2007. Physical activity promotion: Are GPs getting the message? *Australian Family Physician*, vol. 36, No. 10, pg. 871-874.

INTRODUCING Rebecca Walker

Healthy Lifestyles Program Officer



Rebecca joined the FGPN team as the Healthy Lifestyles Program Officer in early February, however she was not a completely new face, as she had previously been at the Network in July 2007 completing the work-placement component of her Postgraduate Diploma in Health Promotion. During her 4-week placement Rebecca assisted with the coordination and promotion of the Lifescripts initiative through her work on the City to Surf Challenge and the integration of Lifescripts with the MBS item 45 Year Old Health Checks. With a prominent focus on healthy lifestyles in her studies and work-placement, it was a very natural and very welcomed move for Rebecca into the Healthy Lifestyles Project Officer role! Rebecca completed her undergraduate degree in Psychology.

As the Healthy Lifestyles Program Officer, Rebecca is available to assist you with all your Workforce and Wellness queries. Areas include the Workforce Manual; accreditation; practice vacancy advertising; PIP incentives; MBS items; workforce education workshops; GPs for Doctors program; Journal Club; and Lifescripts. Please feel free to contact Rebecca via phone 08 9319 0555 or email rebeccaw@fremantlegpnetwork.com.au

INTRODUCING headspace

headspace is a new service being set up from the Quarry Street Centre. Fremantle **headspace** will provide assistance to young people (aged 12-25) in the greater Fremantle area who experience a mental health and/or alcohol and other drug issues, with a focus on promotion, prevention & early intervention. The Quarry Street Centre is well known among young people in the greater Fremantle area and already established as a site for the provision of a variety of services for young people. The centre will be refurbished in order to improve the use of space and to enable more agencies to provide services at the site.

headspace will offer support covering a range of issues including health, education, mental health and drug and alcohol and will be staffed by GPs, Allied Health, and workers with specific expertise in Mental Health, Youth work and Drug and Alcohol work. The services will be confidential and either low cost or free service, depending on the situation.

It will be a service where young people and their families will be encouraged to become involved in their own wellbeing. Support will be provided by local organisations which have a good understanding of the needs of the youth in the community.

Consortium members who make up Fremantle **headspace** are:

Fremantle GP Network (FGPN) (Lead Agency)

The Family Planning Association of Western Australia Inc. (FPWA)

City of Fremantle (Fremantle Community Youth Services (FCYS)

South Metro Youth Link (SMYL)

South Metropolitan Area Mental Health:

Youth Reach South (YRS)

Fremantle Child & Adolescent Mental Health (CAMHS)

Adult Mental Health Services

Mental Health Carers ARAFMI WA (ARAFMI)

Australia's National Youth Mental Health Foundation is known as **headspace** and its mission is to deliver improvements in the mental health, social wellbeing and economic participation of young Australian's aged 12-25. It does this by raising awareness about the need to seek help early if mental health and drug and alcohol issues emerge and providing clear information about how and where to get help. There are 30 youth friendly and accessible **headspace** services being established across the country, Fremantle being one of the most recent.

MEDICARE SAFETY NET THRESHOLDS AS AT JANUARY 2008

NB: * These amounts are adjusted annually

For further information view the Medicare Australia website: www.medicareaustralia.gov.au

	Threshold	Who is it for?	How is it calculated?	Benefit
Concession & Family Tax Benefit FTB (A)	\$529.30*	Commonwealth concession card holders Families eligible for FBT (A)	Out-of-pocket costs	80% of out-of-pocket costs for out-of-hospital services
Gap	\$365.70*	All Medicare card holders	Based on gap amount	100% of Schedule fee for out-of hospital services
General	\$1058.70*	All Medicare card holders	Out-of-pocket costs	80% of out-of-pocket costs for out-of-hospital services

headspace cont..

Mental health is biggest health issue facing young Australians yet the current mental health system is not resourced to deal with young people who have mild to moderate mental health issues. This often means that young people do not obtain timely treatment or they have difficulty finding a service that can respond to their needs. **headspace** services will be responsive and able to offer early treatment.

KEY STATISTICS

- Approximately 14% of 12-17 year olds and 27% of 18-25 year olds experience mental health problems each year.
- 75% of mental health problems among adults commence before age 25 years, and up to 50% of substance use problems are preceded by mental health problems in youth.
- High suicide rates in early to mid adulthood typically follow on from untreated mental health problems in the late teenage and early adult years.
- Overall, mental health and substance use disorders account for 60-70% of the burden of disease among 15-24 year olds.
- Currently only one in four young people experiencing mental health problems actually receive professional help.
- Even among young people with the most severe mental health problems only 50% receive professional help (Source: www.headspace.org.au)

For more information please contact Fremantle GP Network or visit the website www.headspace.org.au

2008—2010 TRIENNIUM

Royal Australian College of General Practitioners (RACGP) - Quality Assurance and Continuing Professional Development (QA & CPD)

The new triennium officially began on 1 January 2008. Please ensure that your GPs are aware that a minimum of 130 points are required for this triennium.

- 2 category 1 activities, and;
- Completion of a basic cardiopulmonary resuscitation (CPR) course.

An online version of the 2008-2010 RACGP QA & CPD Program Handbook is available on the college website: www.racgp.org.au

STAFF IMMUNISATION REQUIREMENTS

In line with the RACGP infection control standards (4th Ed.) and the 8th edition Immunisation handbook the following vaccines are recommended for healthcare workers.

Hepatitis B

Hepatitis B levels should be measured in all practice staff members with direct clinical contact or who manage clinical waste, process dirty instruments or body fluids.

Diphtheria, tetanus and pertussis

Adult dTpa (e.g. Boostrix) should be considered if the staff member has not received a booster in the last 5 years as some may have poor immunity.

Measles, mumps and rubella

Rubella vaccines should be offered to all potentially fertile female staff members whose immune status is unknown or negative. The MMR vaccine is generally used instead of the individual components.

Polio

Polio vaccine should be offered to staff who have not received a booster in the last 10 years.

Varicella

Immunisation or serology is recommended with staff members in direct clinical contact.

Influenza

Influenza vaccination annually is recommended to prevent transmission.

Hepatitis A

Hepatitis A may be considered in communities where it is endemic e.g. some indigenous populations.

If you have any questions please contact Palee Kaur our Practice Nurse on 9319 0555 or email paleek@fremantlegpnetwork.com.au

PROFILE



Palee Kaur

**Practice Nurse and Immunisation Program Officer
Fremantle GP Network, 9319 0555**

How long have you worked at Fremantle GP Network?
Three months.

What is your role at Fremantle GP Network?
Practice nurse and Immunisation Program Officer.

What is your next planned project at Fremantle GP Network?
A structured, practical model for immunisation education for practice nurses.

How do you intend to celebrate the successful completion of this project? Swim to Rotto, walk the Bibbulmun Track?
NO!! A relaxing weekend away.

Where would you like to go on your next holiday?
India or Africa.

Where are you actually going on your next holiday?
Singapore.

What/who is your favourite?

Car	Volkswagen Bora
Author	L.M. Montgomery
Shop	Bookstores
Drink	Vodka sunrise

And finally, if you were shipwrecked on a deserted island name what/who you would like with you?

3 people	John Travolta, my sister and John Travolta (just making sure!!)
2 foods	Wine (grape's a food isn't it?) and beautiful cheeses
2 books	"Pride and prejudice" and "Q&A".

Thank You Palee

To nominate someone from your Practice please contact Suzanne Badham, or Palee Kaur on 9319 0555 or email sueb@fremantlegpnetwork.com.au.
paleek@fremantlegpnetwork.com.au

FGPN EDUCATION EVENTS FOR 2008

April 2

Information Management

A networking and education workshop for Practice Managers, Practice Nurses and Practice Staff
6.30pm - 8.30pm
FGPN, 10 Silas Street, East Fremantle

June 17

"Mind your Mind"

An interactive workshop on Dementia for Practice Managers, Practice Nurses and Practice Staff
6.30pm - 8.30pm
FGPN, 10 Silas Street, East Fremantle

August 20

Legal Issues

An interactive workshop on legal matters for Practice Managers, Practice Nurses and Practice Staff
6.30pm - 8.30pm
FGPN, 10 Silas Street, East Fremantle

November

Networking and Education Dinner for Practice Managers and Practice Nurses
Venue to be advised

For further information or to request specific education please contact Palee Kaur or Suzanne Badham on 9319 0555.



Fremantle GP Network is about to undertake an exciting new project supporting general practice working towards better chronic disease management and prevention. The program will also have a focus on assisting general practices improve their information management systems to better management chronic disease patients.

Although still in development, this program aims to be innovative and proactive in **assisting general practice improve practice systems to increase chronic disease patient outcomes, practice incomes and build efficient practices.**

Please watch this space—more information will be available soon.