

# General Practice Update

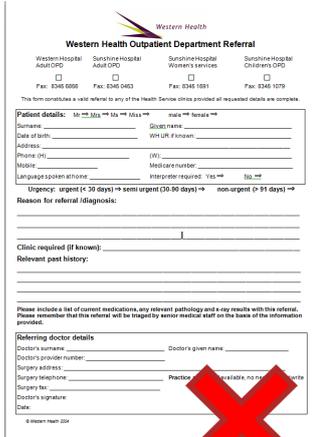
Newsletter of the Western Health General Practice Liaison Unit

Aug-Sept 2016

## Software compatible outpatient referral form

Western Health has updated our general outpatient referral form to assist GPs referring to Western Health. The form is compatible with GP systems and can be uploaded directly into GP software. The form includes up-to-date contact details of Specialist Clinics.

Many practices still have an old referral form in their system with out of date fax numbers which may lead to referrals not being received in the correct area. **We encourage all practices to upload the new referral into your software and to check the contact details for Western Health in your practice address book.**




The updated forms are available to download from <http://www.westernhealth.org.au/HealthProfessionals/ForGPs/Pages/Referrals-to-Western-Health.aspx>

Also available on the website are software compatible versions of the Regional Maternity Referral Form and Neurosurgical Back and Neck Questionnaire

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Please note your privacy is assured. Your details will not be shared and will only be used by the General Practice Liaison Program.

Name: \_\_\_\_\_ Email: \_\_\_\_\_  
 Practice: \_\_\_\_\_ Phone number: \_\_\_\_\_

- Yes, please sign me up to receive the newsletter via email as an individual
- Yes, please sign me up to receive the newsletter for my practice (the practice will no longer receive printed copies)

# Maternity Key Contacts

Colour My Care is the name of Western Health's Antenatal Services re-design concept. Key changes to the service includes the introduction of four maternity teams to provide full team based care, in the antenatal setting. All obstetric, midwifery, medical and allied health staff are aligned with a team.

## Contact for clinical queries

Patients are allocated to teams based on their suburb. For all clinical queries regarding patients, including Shared Maternity Care patients, please contact the relevant team's Associate Midwife Unit Manager as per the numbers below:

### Western Health Maternity Teams



Aberfeldie	Cranbourne North	Heidelberg West	Mount Duneed	St Leonards
Airport West	Cranbourne West	Hillside	Mount Macedon	Strathmore
Albanvale	Creswick	Hopetoun Park	Muskvale	Strathmore Heights
Albion	Culgoa	Hoppers Crossing	New Gisbourne	Sunbury
Altona	Dales Creek	Ivanhoe	Newport	Sunshine
Altona East	Dallas	Jacana	Niddrie	Sunshine North
Altona Green	Dandenong	Kanyapella	Noble Park	Sunshine West
Altona Meadows	Darley	Kealba	Norlane	Swan Hill
Altona North	Darraweit Guim	Keilor	North Melbourne	Sydenham
Ardeer	Daylesford	Keilor Downs	Northcote	Tarneit
Ascot Vale	Deer Park	Keilor East	Northcote South	Taylor's Hill
Attwood	Deer Park East	Keilor Lodge	Oak Park	Taylor's Lakes
Avondale Heights	Deer Park North	Keilor North	Oaklands Junction	Thomastown
Bacchus Marsh	Delahey	Keilor Park	Oakleigh East	Thornbury
Ballan	Denver	Kensington	Ormond	Toolern Vale
Baynton	Derrimut	Kerrie	Pakenham	Tottenham
Bendigo	Diggers Rest	Kew	Pascoe Vale	Truganina
Bentleigh East	Docklands	Keysborough	Pascoe Vale South	Tullamarine
Berwick	Doreen	Kilmore	Plumpton	Tylden
Beveridge	Epping	Kings Park	Point Cook	Wallan
Bolinda	Essendon	Kingsbury	Point Cook Raaf	Wallan East
Braybrook	Essendon North	Kingsville	Preston	Werribee
Braybrook North	Eynesbury	Kingsville South	Ravenhall	Werribee South
Broadford	Fawkner	Kurunjang	Reservoir	Westmeadows
Broadmeadows	Fitzroy	Kyneton	Ridells Creek	Wildwood
Brookfield	Fitzroy North	Lalor	Ringwood East	Williams Landing
Brooklyn	Flemington	Lancefield	Rockbank	Williamstown
Brooklyn	Footscray	Lara	Romsey	Williamstown North
Brunswick	Footscray West	Laverton	Rosanna	Winchelsea
Brunswick West	Frankston South	Laverton	Rowsley	Wollert
Bulla	Geelong	Laverton North	Roxburgh Park	Woodend
Bundoora	Geelong East	Long Forest	Sanctuary lakes	Woodend North
Burnside	Geelong North	Lyonville	Seabrook	Wyndham Vale
Burnside Heights	Geelong West	Macedon	Seaford	Yarraville
Cairnlea	Gisborne	Maddingley	Seaholme	
Campbellfield	Gladstone Park	Maidstone	Seddon	
Canadian	Glen Iris	Malmsbury	South Kingsville	
Caroline Springs	Glenmore	Maribyrnong	South Melbourne	
Chadstone	Glenroy	Meadow Heights	South Morang	
Clayton	Glenroy East	Melbourne	South Yarra	
Clayton South	Gowanbrae	Melton	Southbank	
Clifton Hill	Greendale	Melton South	Spotswood	
Coburg	Greensborough	Melton West	Spring Hill	
Coimadai	Greenvale	Mernda	Springfield	
Collingwood	Hadfield	Mickleham	Springvale	
Coolaroo	Hamlyn Heights	Mill Park	St Albans	
Corio	Hampton Park	Moolap	St Albans Park	
Craigieburn	Hawthorn	Moonee Ponds	St Albans South	
	Heathmont	Mooroopna	St Kilda	
	Heidelberg Heights	Mount Cottrell	St Kilda East	

Team	ANUM	Contact
Orange	Catherine Harrington	8345 1976
Blue	Melinda Mouat	8345 1974
Purple	Bianca Castagna	8345 1973
Yellow	Kim Attard	8345 1975

# Introducing BAMS (Back Pain Assessment and Management Service)

Western Health, in partnership with coHealth a local Community Health Centre, have secured funding from the Department of Health and Human Services to establish a new a new Back Pain Assessment and Management Service (BAMS) to meet the high level of demand for back pain assessment at Western Health. This new service will complement the successful Physiotherapy-Led Neurosurgical Service that has been operating at Western Health since 2010 and will continue to operate throughout the pilot.

The BAMS service is based on a successful trial that was delivered between Royal Melbourne Hospital and Merri Community Services. The West of Melbourne is one of three pilots that were funded as replication sites for this successful program during 2016-2017.

## Back Pain Assessment Service

The Back Pain Assessment and Management Service will be based at the coHealth Braybrook site on Fridays. This service provides early assessment of patients by a Western Health Rheumatologist and/or Western Health Advanced Scope of Practice Physiotherapist, working in conjunction with a coHealth physiotherapist

- Patients assessed in the BAMS clinic at Braybrook will be referred for either conservative management through coHealth, further treatment with rheumatology or will be deemed appropriate for a review with a Western Health Neurosurgeon
- For patients deemed appropriate for review by a Western Health Neurosurgeon, the Back Pain Assessment and Management Service will facilitate this referral, and the urgency of the appointment will be decided following consultation with a Neurosurgeon
- The conservative management delivered at coHealth will involve a mix of group and 1:1 sessions, as well as support from psychology and pain services if required. It is anticipated that treatment in the management arm will take approximately 12 weeks
- At the conclusion of the conservative management, patients will be reviewed again in the BAMS at Braybrook
- Communication will be sent to the referring practitioner following the initial and review assessment in BAMS, as well as upon completion of the management arm if recommended

## Referrals

The introduction of this service will not change the existing referral process for patients with back and neck pain to Western Health. Referrals for these conditions will still need to be directed to the Neurosurgical Clinic and require a referral and a Back and Neck Questionnaire to be completed. This referral form is now available in a Medical Director, Best Practice and Zed Med format and available to download here <http://www.westernhealth.org.au/HealthProfessionals/ForGPs/Pages/Referrals-to-Western-Health.aspx>. Please refer to Melbourne HealthPathways at <http://melbourne.healthpathways.org.au> for guidance in assessing, managing and referring for patient conditions. Referrals that do not include adequate information for triaging, including the **required minimum investigations** that are outlined on HealthPathways and <http://www.westernhealth.org.au/HealthProfessionals/ForGPs/Referrals/Pages/Neurosurgery-Clinic.aspx> will be returned with a request for further information.

## Appointments

Patients who are currently on the waiting list for the Neurosurgical or Physio-led Neurosurgical Clinic who are triaged as appropriate for the BAMS clinic (based on stringent clinical guidelines and protocols) will be moved to the BAMS waiting list. This means that we will be able to offer patients an assessment earlier. Patients and referrers will be sent communication letting them know that they or their patient have been placed on the waitlist for the BAMS clinic and will be notified of an appointment in due course.

## For more information

If you have any questions about the service you can contact Western Health GP Integration on 8345 1735 or [gp@wh.org.au](mailto:gp@wh.org.au).



# New service — Fracture Care & Prevention Program

Western Health is proud to announce a new service that has been implemented for our patients in the West. This service is called the **Fracture Care and Prevention Program** and it includes:

- a Fracture Care and Prevention Nurse Coordinator and
- a new Falls and Fracture Clinic at Sunshine Hospital

Patients aged 65 and over presenting with fragility fracture (lower trauma fracture) have up to three times higher risk of having another fracture, comparing to people of similar age and gender with no history of fracture. Evidence based guidelines show the need to intervene at the time of the first fracture to prevent further fractures and improve quality of life. The **Fracture Care and Prevention Program** have been proven to effectively reduce numbers of fragility fractures, and consequently reduce unnecessary pain and premature deaths.

The aim of this program is to close the treatment gap for osteoporosis in the community while providing our patients with interventions to prevent falls and falls-related injuries. As part of this program we will investigate the cause of fractures and will implement osteoporosis treatment when appropriate and will liaise with GPs for improved patient care.

## Fracture Care and Prevention Nurse Coordinator

The role of the Fracture Care and Prevention Nurse Coordinator is to identify and review patients admitted with fragility fractures, and developing recommendations for assessment, intervention and evaluation of fracture risk. They provide education to patients who have presented with a fragility fracture on the importance of testing and receiving treatment for osteoporosis and recommend adequate vitamin D supplementation. The Coordinator works with the Medical and the Allied Health teams regarding Fracture Risk Assessment and potential interventions to prevent new fractures in patients.

## Falls and Fracture Clinic at Sunshine Hospital

Patients aged 65 and over presenting with fragility fracture can be referred to this clinic for a comprehensive assessment to determine the cause of the fracture. A Geriatrician (Professor Gustavo Duque), the Fracture Care and Prevention Nurse Coordinator and an Exercise Physiologist work together in the clinic. A new Gait and Balance Gym is also available at Sunshine for those patients at high risk of falls in the community

## Referrals

GPs are invited to refer eligible patients to these services. **Please find the referral criteria on the opposite page.**

## For more information

For further information regarding this service please feel free to contact Solange Bernardo, Fracture Care and Prevention Coordinator on the details below

Solange Bernardo, RN  
Fracture Care and Prevention Coordinator  
Western Health

Level 4, WCHRE (Sunshine Hospital)  
176 Furlong Road  
St. Albans, Vic, 3021  
Phone: (03) 8395 8231  
Fax: (03) 8395 8258  
[solange.bernardo@wh.org.au](mailto:solange.bernardo@wh.org.au)

# Introducing the Falls and Fracture Clinic at Sunshine Hospital

The **Falls and Fracture Clinic** is a multidisciplinary, medically led clinic that provides a comprehensive state-of-the-art assessment of patient's risks of falls and fractures. Patients will undergo a comprehensive risk assessment and a care plan will be developed that includes interventions to prevent new or recurrent episode of falls and osteoporotic fractures. Patients will be regularly reviewed at the clinic to monitor their progress.

## Did you know?

- Fall injury is a major cause of injury-related preventable hospitalisation
- Every 8 minutes, someone is admitted to an Australian hospital with an osteoporotic fracture
- 1 in 2 women and 1 in 3 men over 60 years will have an osteoporotic fracture in Australia
- Approximately 50% of people with one fracture due to osteoporosis will have another.

## All patients receive a comprehensive assessment, which includes:

### Clinical assessment

- Identification of risk factors for falls and fractures
- Nutritional and mood (depression) assessment
- Medication review
- Clinical assessment by a Geriatrician (prof. Gustavo Duque), a Nurse, and an Exercise Physiologist.
- Biochemistry profile for osteoporosis and nutritional status

### Balance and Dizziness Assessment

- Assessment using our Balance Rehabilitation Unit, a state-of-the-art 3D virtual reality tool for the assessment of vestibular function
- Patients identified as suffering from either balance disorders and/or significant dizziness will be scheduled for Balance Rehabilitation for 6 weeks

### Gait Assessment

- Assessment using our gait assessment unit (GAITRite). This unit will identify any abnormalities in a patient's gait and will determine their risk of falling within a year
- A care plan will be developed that includes exercise and physiotherapy from gait abnormalities that increase a patient's risk of falls

### Densitometry (DXA) Assessment

- All patients assessed at the clinic will be assessed for their Bone Densitometry (BMD) and body composition using our DXA machine
- If low BMD is found, appropriate treatment for osteoporosis will be prescribed

## Referral criteria

Referrals will be accepted for patients who:

- Are aged 65 years and over
- Have no serious memory issues (i.e. mini-mental >18/30)
- Are able to mobilise with frame or stick(s)
- Are willing to attend the clinic and participate in treatment
- Have any of the following history:

• Multiple faller (more than 2 in last year)	• Single faller with established gait and / or balance problem (e.g. by Get Up and Go Test)
• Fell due to loss of consciousness	• Unexplained fall with apparent complex medical cause (s)
• History of symptomatic or asymptomatic fragility fracture	• Clinical or paraclinical (BMD) risk of fractures

## How to refer

Referrals must include the clinical criteria outlined above, and be addressed to Prof Gustavo Duque. Fax referrals to 8395 8258. In your letter, please specify whether BMD is required.

# Vietnamese Breastfeeding Resource

Western Health launched the Vietnamese Breastfeeding Resource in April.

The resource was informed by an Expert Advisory Group of clinicians and Vietnamese-speaking women to provide information to Vietnamese women and their families to promote and support breastfeeding. It can be a valuable resource during consultations with health professionals.

The DVD and booklet have been produced in both Vietnamese and English languages for ease of use. The topics are presented as modules to assist both the woman and clinician to access information of interest.

## Module 2: Why breastfeeding is important



## Online resources

The film and booklet are available on the Western Health website [http://www.westernhealth.org.au/Services/Womens\\_and\\_Children/MaternityServices/Pages/Vietnamese-Breastfeeding-Resource.aspx](http://www.westernhealth.org.au/Services/Womens_and_Children/MaternityServices/Pages/Vietnamese-Breastfeeding-Resource.aspx)

## Request a copy

To request a copy please email your name and mailing address to [Marieta.Pring@wh.org.au](mailto:Marieta.Pring@wh.org.au).

This resource was made possible by funding from the Macedon Ranges and North Western Melbourne Medicare Local.

## Orthopaedic Hotline 0402 968 483 Mon-Fri 9-5pm



The Orthopaedic GP hotline has been established to make it easier for GPs to access clinical advice about orthopaedics from Western Health.

The service provides GPs with direct access via a dedicated mobile number to the Western Health Orthopaedic team who are able to provide advice and guidance on a range of clinical queries. Please note this service is for clinical queries only. If you have a question regarding an outpatient appointment please contact outpatients directly on 8345 6490, as the medical staff on the hotline will not be able to assist with these queries.

## Reaccreditation for Shared Maternity Care Affiliates: 2017-2019

Shared Maternity Care Affiliates are required to complete the requirements for reaccreditation by 31 December 2016.

This includes Shared Care Affiliates at, Western Health (Sunshine Hospital), the Royal Women's Hospital, Mercy Hospital for Women, Werribee Mercy Hospital and Northern Hospital

Requirements for re-accreditation are:

- Current Medical Registration and Medical Indemnity
- CPD requirements
  - Ten pregnancy related QI & CPD points or,
  - attendance at 2014, 2015 or 2016 annual Shared Maternity Care Workshop or,
  - attendance at a clinical attachment at one of the hospitals (limited availability)
- Practice accreditation only required for GPs accredited in 2014-2016 triennium

Reaccreditation applications will be provided to affiliates by 31 October 2016.

## LOOKING FOR CPD OPTIONS?

The RACGP have an online learning Category 1 activity titled "Antenatal and postnatal shared care" which is accredited for 40 Category 1 points and will meet the CPD requirements for reaccreditation.