

NCAHA NEWS

Your monthly communication from the
North Coast Allied Health Association



Inside this edition

North Coast Primary Health Network	p.2
Centre for Allied Health Evidence	p.3
MNC Musculoskeletal Initiative	p.4
Events	p.6

Message from the Board

The NCAHA Board is about to undertake a series of meetings with specific regional organisations who have been identified as being strategic players in the enhancement of the Association. The purpose of these meetings will be to find ways to work together. Building strong partnerships is a priority for NCAHA and its members.

The Board is also placing a high priority on delivering multi-disciplinary CPD and general training. We have some thoughts on what training our members would appreciate, but we want to be certain. In the coming weeks, you can look forward to being asked about exactly what training is needed, how and where it's best delivered, and who has expertise/experiences they'd like to share. When you receive the survey, we urge you to invest the time so that we can best serve you.

Are you enjoying NCAHA News? There are over 780 of you receiving it now. We would welcome your ideas or suggestions for stories. There is also the chance for quality advertising within the newsletter. Visit www.ncaha.org.au and look under 'Key Documents' for more information.

Keep up the great work you do and we hope you stay as warm as possible during this chilly season. We look forward to hearing from you via our survey.

North Coast Primary Health Network

The North Coast Primary Health Network (NCPHN) began operations on 1 July 2015. The network is one of 32 similar networks established across Australia by the federal government, replacing Medicare Locals.

North Coast Primary Health Network will improve the health of our community by improving access, quality and teamwork in health care.

Chair of the NCPHN Board, Dr Tony Lembke, said that the new organisation would build on the valuable work and partnerships of North Coast Medicare Local.

“The focus of NCPHN will be people in our community at risk of poor health outcomes. We will improve coordination of care to ensure patients receive the right care at the right place by the right team,” Dr Lembke said.

NCPHN will work directly with GPs, specialists, Allied Health practitioners and hospitals to ensure improved health outcomes for patients.

Dr Lembke said the Network would

engage more with clinicians, working with those on the ground treating patients.

“To help this process we will have two Clinical Councils, one in Northern NSW and one on the Mid North Coast.

“These important new bodies will advise the Network on all clinical issues. This includes advice on health integration and health care gaps, professional development and education, general practice support and quality improvement programs. In addition we have two community groups advising us on local health issues and concerns.”

The federal government has set Primary Health Networks six priority areas: mental health, Aboriginal and Torres Strait Islander health, population health, health workforce, eHealth and aged care.

NCPHN’s CEO Vahid Saberi said that the North Coast Primary Health Network would continue to work to keep North Coast residents healthy and out of hospital.

“Our goals are to improve access and reduce inequality in health care; advance

an integrated and complementary health system; improve clinical performance, quality and safety and build a strong Primary Health Network.

“Fortunately we have the benefit of a highly-experienced skills-based Board whose members will ensure a successful transition to the new North Coast Primary Health Network and beyond,” he added.

The organisation will continue to manage a range of programs and services including:

- Bugalwena General Practice, Tweed Heads
- headspace Lismore and Tweed Heads
- Lismore Aboriginal Medical Service
- Mid North Coast Specialist Outreach Clinic Coffs Harbour
- NewAccess – early mental health intervention for adults
- Nimbin Medical Centre
- Tarmons House Mental Health Service
- Medical clinics for homeless people in Tweed Heads, Lismore, Coffs Harbour and Port Macquarie

Visit www.ncphn.org.au to learn more.

Integrated Care Workshop

Over 100 participants gathered at the Ballina Beach Resort on 22 May for the Northern NSW Integrated Care Strategy Planning Workshop. Northern NSW Local Health District CEO Chris Crawford opened a lively and interactive day facilitated by broadcaster and journalist Julie McCrossin.

After the morning’s discussion on “What is integrated care?”, participants worked in small groups to identify local barriers to integrated care. Recurring themes throughout the day were the need for good relationships between health providers, the ability to electronically share up to date patient information and the importance of a seamless and empowering patient journey. A number of consumer representatives shared how vital it was for their health providers to work as a team. The third and final panel for the day gave their thoughts about directions for the future and Vahid Sabieri, CEO NCPHN, summed up a fruitful and energising day, thanking organisers and participants.



Pictured (L-R): Richard Buss, Director Mental Health & Drug and Alcohol, Northern NSW Local Health District; Emma Walke, Senior Program Officer Aboriginal Health, North Coast Primary Health Network & Aboriginal Health Programs Officer/Educator, University Centre for Rural Health, Lismore; Anne Moehead, Nurse Practitioner Psychogeriatrics & Dementia, Northern NSW Local Health District; Dr Tony Lembke, General Practitioner, Alstonville Clinic.

Centre for Allied Health Evidence

The University of South Australia's International Centre for Allied Health Evidence (iCAHE) is a global initiative improving the quality and safety of Allied Health care. Its mission is to contribute to better health and wellbeing through evidence-based Allied Health care.

iCAHE works locally, nationally and globally to create new knowledge and translate evidence into safe, quality health care. It works in partnership with researchers, clinicians, educators, policy makers, government, industry, professional and consumer groups and the broader community.

iCAHE provides a wide range of tools, services and resources to support health practitioners, service managers, policy makers, consumer representatives and researchers translate evidence into policy and practice.

The website offers resources drawn from research projects and links to ongoing resources to promote the continual improvement of quality and safety in allied health care. These resources are designed to meet the needs of clinicians, researchers, students and consumers of health care.

Visit www.unisa.edu.au/cahe to access the iCAHE website.

Australian Health Review

With increasing demands being placed on the health system from patients with complex and chronic diseases, there has been renewed interest in strengthening the Allied Health workforce. This is the focus of the latest edition of the Australian Healthcare and Hospitals Association's (AHHA) peer-reviewed journal, the *Australian Health Review*.

In this special issue of the *Australian Health Review*, a number of perspectives are presented on the nexus between Allied Health workforce policy, practice and research, contributing to an evidence base to inform future Allied Health workforce innovation.

"With growing demand on our healthcare system, the Allied Health workforce has an important role in easing this pressure," said Alison Verhoeven, Chief Executive of the AHHA.

"However, there is a need for clarity about the role and scope of practice of Allied Health professionals to ensure appropriate referral practices and to avoid service duplication," said Ms Verhoeven.

Articles examine the unrealised potential of the Allied Health workforce and their role in leading health reform through active engagement with research activities, in addition to the potential to expand scope of practice and the challenges associated with these advanced and extended roles.

Also considered is the need for increased clinical placement opportunities for students currently undertaking study in an Allied Health discipline, noting this is a barrier to entry into professional practice.

To view the *Australian Health Review* and gain access to a selection of open access articles from this special edition, visit <http://ahha.asn.au/ahr>.



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NewAccess

NewAccess is an early intervention program for Australian adults with mild to moderate depression and anxiety. The program aims to deliver a model of support for people who are not currently accessing existing mental health services. This includes 'hard to reach' groups such as men.

There are several barriers for men when seeking support to improve their mental health. These include stigma against mental illness, difficulty articulating experiences, lack of social support or guilt related to not being 'strong enough'. Often men do not want to speak with their doctor as they don't feel 'sick enough'. Symptoms and behaviours such as feelings of aggression or irritability, risky behaviour and substance use may be masking symptoms of depression and/or anxiety.

With so many barriers to receiving support, NewAccess provides a solution that supports men to take action.

NewAccess is facilitated by North Coast Primary Health Network and is funded by *beyondblue* and the Movember Foundation. NewAccess is a FREE self-guided Low Intensity Cognitive Behavioural Therapy (CBT) program, where trained Coaches support people to develop skills in managing low mood/anxiety and life pressures. Coaches act like personal trainers for your mental wellbeing. They offer education about how the mind and body respond to stress and provide tools and techniques that improve coping with life's challenges. People over the age of 18 can self-refer, or be referred by a health practitioner. The program is offered mainly over the phone and would suit

those who find it difficult to attend face-to-face appointments, or who live in a remote area.

Access Coaches are located from Wauchope to Tweed Heads across the North Coast of NSW. To make a referral or learn more, visit <http://ow.ly/PFCuP> or phone 1300 137 934.

To receive more information, resources or have a presentation about the program at your business, contact Program Manager Jennifer Melsness on 0427 026 276 or email jmelsness@ncphn.org.au.



MNC Musculoskeletal Initiative

The Mid North Coast Musculoskeletal Primary Health Care Initiative (MNC MSK PHCI) is trialling the implementation of three models of care for specific musculoskeletal conditions in a collaborative primary health care environment.

North Coast Primary Health Network and the Mid North Coast Local Health District, together with project support from the NSW Agency for Clinical Innovation (NSW ACI), are working with a number of local general practices and Allied Health practitioners to deliver programs to target the three musculoskeletal conditions responsible for the biggest burden on health:

1. Osteoarthritis Hip and Knee
2. Osteoporotic Re-fracture Prevention
3. Acute Low Back Pain

The MNC MSK PHCI aims to adapt models of care successfully implemented in the hospital sector to the primary care environment to see if the same or better outcomes can be achieved.

This project is being implemented in a staged rollout with the Primary Care Osteoarthritis Program (PCOAP) now underway. GPs from seven different practices throughout the Mid North Coast are working with a variety of Allied Health practitioners including Physiotherapists, Exercise Physiologists and Dietitians to deliver an evidence based conservative care pathway for osteoarthritis of the hip and knee. The initiative

aims to deliver coordinated multidisciplinary management in an upstream primary care environment, focusing on patient-centred care with structured follow up review to monitor clinical outcomes.

The Primary Care Osteoporosis Re-fracture Prevention Program (PCORP) is also now underway with an initial pilot site established to gather baseline data before the model of care will be rolled out to general practice.

To further support implementation, the Improvement Foundation are bringing a new Musculoskeletal Collaborative to the region. The Collaborative is expected to be launched in September and will introduce new acute low back pain models of care for primary care. Information will be sent to practices in the coming weeks.

For further information, please contact:

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NEW TO HEALTHPATHWAYS

- Preoperative Care (Coffs Harbour)
- Immunisation- Adults
- Chronic Hepatitis C
- Weight Management in Children
- Liver Clinic Assessment

PATHWAYS UNDER DEVELOPMENT

- Acute Asthma in Adults
- Acute Ankle Injuries
- Dyspnoea
- Dyspnoea in Palliative Care Patients
- Domestic Family Violence (DVF)

HealthPathways is progressing in the North!

After months of intensive work, there are now 107 Pathways with localised Mid and North Coast content published on the site, with an additional 58 in various stages of development.

Pathways are designed to be used by GPs during consultations but are useful for other clinicians including Medical Officers, Specialists and Allied Health professionals. They contain clinical information, patient resources and details of local services available for referral. Pathways are also a great way of communicating information about Local Health District services including referral criteria and processes, helping services to ensure they see the right patients with the right screening completed. The team consults with clinicians to identify what content is needed and who would like to get involved in developing it.

North Coast Primary Health Network CEO Vahid Saberi said that HealthPathways was an important investment for North Coast health organisations.

“It’s important because it strengthens the links between GPs, other primary care services and the Local Health Districts. By joining up these services and streamlining the patient journey, the people of the North Coast can get the best possible care in the most efficient manner,” he said.

Many Pathways are locally developed by small workgroups, which are facilitated groups consisting of GPs, specialists and other clinicians with knowledge of the topic area. To date, more than 85 clinicians have been involved in Pathway development. This number is growing each week.

Accessing the portal

We encourage you to log into the HealthPathways Website via your Local Health District Desktop Icon or by using the following link:

<http://manc.healthpathways.org.au>

Username: manchealth

Password: conn3ct3d

Once you have logged in you can find all the localised HealthPathways by selecting ‘Mid and North Coast HealthPathways’ from the menu bar on the left hand side of the home page.

To obtain further information or suggest improvements, contact Kerrie Keyte, Project Officer on (07) 5523 5507 or email kkeyte@ncphn.org.au.

Website Tip: Non-localised HealthPathways

Pathways developed in New Zealand by the Canterbury Initiative that are not yet localised for Mid and North Coast have a silver fern background and the warning “This page has not yet been localised for Mid & North Coast.” See below.



Non-localised Pathways may contain useful condition management information. However, use your judgement as to the appropriateness of this information in Mid and North Coast.

Upcoming Events

Click the event titles to learn more.

23 July

Richmond Valley Clinical Society, Lismore

29 July

Youth Workers Taste Tour, Goonellabah

30 July

Youth Workers Taste Tour, Murwillumbah

31 July

PhysAbility Workshop, Sawtell

31 July

Working with Young People, Port Macquarie

31 July

Pedorthic Footwear Modifications, Gold Coast

12 August

16th International Mental Health Conference, Gold Coast

13 August

Experiencing Dementia, Tweed Heads

13 August

Communicating with a Person Living with Dementia, Tweed Heads

19 August

Webinar: Conquering fragmented rural mental health and other specialist medical services

20 August

A Clinician's Guide: Caring for people with gastrostomy tubes and devices, Coffs Harbour

22 August

Perinatal in Practice for GPs, psychologists, midwives and early childhood nurses, Brisbane

25-28 August

2015 TheMHS Conference, Canberra

26 August

Smart Technologies Bootcamp, Tweed Heads

1-4 September

Australian Palliative Care Conference, Melbourne

3-5 September

Australian Wound Management Association 2015 Conference, Brisbane

8 September

Working Therapeutically with Aberrant & Offending Sexual Behaviours, Coffs Harbour

8 September

Ageing, Homelessness and Dementia Seminar, Tweed Heads

10-11 September

ADMA 2015 Annual Conference, Brisbane

11 September

Pedorthic Plantar Pressure Redistribution workshop, Gold Coast

14 September

Working with Young People - Self Harm/Self Injury Behaviours, Lismore

16-18 September

Australasian HIV & AIDS Conference, Brisbane

17-19 September

Pharmacy Business Network 2015, Melbourne

9-11 November

National Allied Health Conference, Melbourne

More Events

Visit www.healthynorthcoast.org.au/events to view the Healthy North Coast Practitioner Events Calendar.

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