

NCAHA NEWS

Your monthly communication from the North Coast Allied Health Association



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EARLY BIRD SPECIAL!

Register for the North Coast Allied Health Forum by 31 December 2015 and enter the draw to win a night's accommodation at Opal Cove Resort.

Book tickets at: <http://ow.ly/TpRmQ>

Message from the Board

The latest meeting of the North Coast Primary Health Network (NCPHN) Mid North Coast Clinical Council (MNCCC), of which NCAHA is a member, was held on 1st December. The MNCCC was established to provide the NCPHN Executive and Board with clinical advice and input.

One of the issues discussed at this recent meeting was the reintroduction of a regular localised newsletter, which will be distributed to health practitioners on a fortnightly basis. The newsletter will hopefully include an Allied Health section which should introduce any new services for the area. The format of this section is still under negotiation, but it is supported by GPs at the Council.

Another issue raised related to dispensing of repeat scripts. This issue seemed most relevant to the Port Macquarie region, but Coffs Harbour-based pharmacist Tanya Maloney was able to provide feedback and ideas to the group based on successes from the Coffs Harbour region.

Palliative Care networking across the region has been identified by the Council as an area needing further discussion. The discussion recognised the work from a multidisciplinary perspective, and how it also allows for integrated care to flourish between primary health practitioners and specialist teams, located within the MNCLHD, servicing inpatients and the community.

One final piece of news for the year is the announcement that we have officially appointed another new Director to the NCAHA Board. Congratulations to Elizabeth Carr! Elizabeth is a social worker based in Bellingen. Look for a profile on Elizabeth in next month's newsletter.



Luisa Eckhardt,
Company Secretary,
NCAHA Board of Directors

**by Luisa Eckhardt,
Company Secretary,
NCAHA Board of Directors**

This conference for health professionals and students of all disciplines was held on 3rd December in Port Macquarie. I attended as a delegate and a trade stand representative for NCAHA. I was really impressed with the practicality of the proposed and unfolding research.

One highlight was Moriah Resurreccion's presentation on the impact of simply ensuring that our inpatients brush their teeth. Another impressive presentation, by Coffs Harbour Social Workers John Shibu and Sue Selby, explored the need for thorough investigative processes when assessing a confused patient for 'capacity'. This prompted a great deal of discussion from the audience, with many examples provided where patients have been inappropriately assessed as not having capacity during a hospital stay.

Of particular mention, the keynote presentations by Professors Gail Whiteford and Susan Nancarrow (NCAHA Chair) focussed on appropriate and meaningful research by clinicians, and relevant topics for exploring patient care and improving health outcomes.

As a clinician with loads of ideas to explore, but feeling like I don't have the research skills or time, I came away feeling encouraged not to discount my 'inklings' or 'gut feelings'... and to start at a basic clinical level to collect some data. Usually we clinicians are truly patient-focussed and can bring about change effectively for specific issues. Perhaps if more of us trusted our 'gut feelings' and put them out there for other clinicians and researchers to explore, we could bring about changes that will positively impact clinical issues at a local or regional level to improve outcomes for our community.

NCAHA Board of Directors Profile: Nick Neville

Nick Neville is a NSW Registered Occupational Therapist working in private practice. Nick's rooms are based at the Work Life Centre in Port Macquarie. Nick services the North, Mid North and Far North Coast of NSW.

Nick qualified in 1985 from Queen Margaret College in Edinburgh, Scotland. In the early years of his career he worked in multidisciplinary teams in the areas of inpatient and outpatient adult mental health, primary rehabilitation in hospital wards, adult physical and mental disability, and inpatient and community aged care.

Nick immigrated to Australia in 1991, working in commercial occupational health and rehabilitation in South Australia. After moving to Newcastle in 1994, Nick again worked in occupational health and rehabilitation, and in an industrial setting at Tomago Aluminium Company.

Nick completed a Graduate Diploma in Occupational Health and Safety in 1998 and a Master's Degree in Occupational Therapy in 1999. He moved to the Mid North Coast in 2000 and commenced private practice in 2001, offering Occupational Therapy services such as:

- Medico Legal Expert Witness Reports, On Road/Off Road Driver Assessment
- Home Modification and ADL Equipment Assessments, Ergonomic and Workplace Assessments, Case management and Functional Capacity Assessments

In 2015, Nick qualified as a NSW Driving Instructor, a useful qualification in his work as an OT driver assessor.

Nick is keen to promote Occupational Therapy as a fulfilling career and is actively engaged with the profession at a local and national level. He is a member of the Australian and British Associations of Occupational Therapists and a member of the Safety Institute of Australia.

Nick is the Co-Convenor of the OT United Hastings Macleay Network Group and the Rural Liaison Person for the OT NSW Driving Interest Group. Nick is a member of the North Coast Occupational Therapy Driving Assessors Group.

Nick has always enjoyed working in multidisciplinary teams. The opportunity to contribute to the board of the NCAHA was a great chance to influence service provision at a planning level. Nick is concerned about the inadequacy of the current EPC scheme as it applies to the whole Allied Health group, considering it underfunded and unable to meet community expectations. Nick hopes to be able to improve access to Allied Health practitioners and for practitioners to be appropriately recompensed for their services.

Nick is married to Fiona, a local dentist. They have two children aged 20 and 17 years. He enjoys staying active and when he isn't working he is playing squash, camping and walking in his favourite spots in New Zealand.





“Let’s Get Connected”

Launch, Seminar and Networking Event for Allied Health Professionals

5 March, 2016

Opal Cove Resort, Coffs Harbour

Come and hear renowned experts discussing the future direction of Allied Health and health care integration, including Keynote Speaker **Professor Kathyrn Refshauge, Dr Teresa Anderson, Suzanne Punshon (NDIS)** and **Professor Susan Nancarrow**.

NCAHA is establishing itself as a benchmark for regionally-focused Allied Health representation and networking. Even if you’re not from NSW North Coast, this is a great opportunity to help create a shared vision for Allied Health in one of the best holiday destinations on the East Coast.



Tickets

NCAHA Member
\$110

Non-NCAHA member
\$125

Student Enrollment
\$60

Optional Dinner (partners welcome)
\$75

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The Australian Musculoskeletal Network has been contracted to help promote and manage this event.

The AMSN was formed in 2013 in Byron Bay in an effort to promote good-quality local CPD events. The AMSN has run workshops on topics such as inflammatory arthritis, chronic pain and managing obesity. You can join the AMSN free of charge at www.amsn.com.au.

The Australian Musculoskeletal Network
37 Tuckaroo Avenue
Mullumbimby, NSW 2482
Phone: 0428 288 526
Email: info@amsn.com.au



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5 March, 2016

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PRELIMINARY PROGRAM

9.40 – 10.00

Dr Teresa Anderson, CEO Sydney Local Health District

‘Models of care to optimise independence for patients and keep care close to home’

10.00 – 10.20

Professor Katherine Refshauge, University of Sydney

‘Demonstrating the effectiveness of allied health’

10.20 – 10.40

Ms Suzanne Punshon, NDIS Hunter Trial Site

‘NDIS lessons for the North Coast - moving forward into NDIA’

10.40 – 11.00

Launch - North Coast Allied Health Association (led by Prof Susan Nancarrow)

‘Meet the NCAHA Board’

How NCAHA can connect clinicians to improve patient care and practitioner support in our region

11.30 – 1.00

Case Studies on Integration (facilitated by Dr Tony Lembke)

Relevant presentations showcasing local ideas and examples of integration by rotation at each table

- Innovative opportunities with community pharmacy
- Northern Local Health District Co-location
- HealthPathways
- Musculoskeletal model of care
- Public/private partnerships
- Working with allied health assistants
- Engaging with your regional universities

2.00 – 2.15

Delegate Activity - Forever Young (led by Ben Happ)

Exercise Physiologist from Feros Care will demonstrate how he is keeping people young, strong and balanced

2.15 – 3.45

Q&A Panel: Integrating Services for Better Care

A patient’s personal experience

How can we improve patient-centred care regionally?

What’s working, what isn’t?

3.45 – 4.00

Reflection and Wrap

How can you and NCAHA achieve integration?

4:30 - 5:00

Annual General Meeting - all welcome