

# NCAHA NEWS

Your monthly communication from the North Coast Allied Health Association



## Inside this edition

- NCAHA Board of Directors Profile: Elizabeth Carr .... p.2
- Free Health Promotion programs ..... p.3
- Allied Health News ..... p.4



Did you know that you can now follow the NCAHA on Facebook?

Visit <http://ow.ly/X5fis>.

## Chair's Welcome

Welcome to the first NCAHA newsletter for 2016. The Board is very excited about the opportunities ahead this year.

First, to recap some of the successes of 2015, our first full calendar year of operation. We welcomed two new board members, Nick Neville, an occupational therapist from Port Macquarie, and Elizabeth Carr, a social worker based in Bellingen. Our breakfast events were well attended, and, based on your feedback, we are planning several more "speed dating" events between Allied Health and GPs in your region during 2016. We also spent time repositioning ourselves alongside the newly formed North Coast Primary Health Network (NCPHN). One important accomplishment for the NCAHA is that we are now one of six member organisations of NCPHN. This means that Allied Health is visible and has a clear strategic voice within NCPHN.

We are now looking ahead to the new opportunities for the NCAHA in 2016. We aim to position ourselves as the peak body representing all Allied Health in the region (public, private, not-for-profit). This will provide you with a voice to have your needs heard at a regional level; to identify your training needs and opportunities; develop interprofessional collaborations; broker services; respond to the NDIS implementation and changes to aged care funding; and, ultimately, to position ourselves to be the most innovative and responsive providers of health services in the country.

Our first big event as an association is our upcoming Forum, which will be held in Coffs Harbour on 5 March. We anticipate that this should be a fun and informative networking event where you can connect with your colleagues and shape the strategic direction for the NCAHA to best

benefit you and your community. We have some excellent speakers and interactive sessions followed by a relaxed dinner and dancing. The Forum is filling up quickly, so make sure you register early to avoid missing out! We look forward to seeing as many of you there as possible.

Don't forget to follow us on our new **Facebook page!**



**Professor Susan Nancarrow, Chair, NCAHA Board**

## NCAHA Board of Directors Profile: Elizabeth Carr

Elizabeth is an experienced Social Worker who has worked across a number of clinical specialties in both inpatient and community settings. She has a nursing background and most recently held clinical roles at Liverpool Hospital (NSW) Acute and Complex Aged Care Unit, the Liverpool/Fairfield Aged Care Assessment Team (rapid response and mental health), Team Leader/Coordinator with the Liverpool/Fairfield Transitional Aged Care Program, and is currently Senior Social Worker in the Bellinger River District Hospital Rehabilitation/Palliative Care Sub Acute Unit.

Her practice and policy interests span a number of areas including person-centred multidisciplinary practice in the context of community based Mental Health clients, multidisciplinary approaches to case work/case management in the treatment of Aged Care clients, motivational interviewing and strengths based therapeutic approaches to Social Work practice in the context of Mental Health case management, rehabilitation, and palliation, and the equitable and inclusive distribution of health services.

Elizabeth feels that her experience in the larger metro setting will be very beneficial in applying ideas and projects to Allied Health on the North Coast. After a number of years working in public health and understanding the need of the client within inpatient and community-settings she sees the value of Allied Health professionals in providing continuity and integrated care and believes the NCAHA is working within this model.

Whilst having good relationships with GPs within the area, Elizabeth can utilise her professional network to enhance the awareness of Allied Health and promote integrated care.

## Carer Gateway

Every day in Australia, millions of people provide care to a family member, loved one, friend or neighbour who needs help to go about their everyday lives. Carer Gateway provides information about services and support available for people who care for someone with a disability, chronic illness, dementia, mental illness or frailty due to age.

Carers can call 1800 422 737, Monday to Friday between 8am and 6pm, and speak to a helpful and professional team who can help with information, and provide links to local services.

Carers can access information to assist them in their caring role, such as practical tips on how to access financial and respite support. Visit [www.carergateway.gov.au](http://www.carergateway.gov.au) to learn more.



## Free Health Promotion programs

NNSW and Mid North Coast Health Promotion Units provide a range of programs across both the Northern NSW and Mid North Coast areas from Tweed in the north to Kempsey in the south. Their aim is to provide evidence-based, sustainable programs that promote and support healthy lifestyles for all.

Whilst the two Health Promotion Units are managed independently, both deliver state-driven initiatives that reflect the key priorities:

- Healthy Weight
- Tobacco
- Falls Prevention
- Risky Drinking

As well, each Unit also runs specific programs tailored to meet the needs of the communities within their individual Local Health Districts. Some programs may support treatment plans you develop for your clients/patients, such as:

Take the weight from your waiting list...



Visit <http://ow.ly/X5iMG> for more information.

Support your clients to breathe easier...



HELPING U 2 QUIT PROGRAM



Visit <http://ow.ly/X5jp1> for more information.



Catch your clients before they fall...



Visit <http://ow.ly/X5kEH> for more information.

Get your clients thinking about their drinking...

Drinkcheck



Drinking requires thinking

Visit <http://ow.ly/X5klq> for more information.

For more information regarding Health Promotion programs on the Mid North Coast region visit <http://ow.ly/X5lnu>.

For practitioners in Northern NSW visit <http://ow.ly/X5mlT>.

You can also follow the Health Promotion team on Facebook:



[www.facebook.com/Go4FunNR](http://www.facebook.com/Go4FunNR)

## Exercise & prostate cancer survival

Exercise training is being examined as a possible treatment for prostate cancer in a pioneering new study. In the UK, a group of men with the illness are being put through their paces with weekly aerobic sessions by researchers to explore possible health benefits.

Previous evidence has suggested that exercise can improve survival chances for those diagnosed with the disease. Backed by Cancer Research UK, it is hoped the year-long study will lead to a full trial, thought to be the first of its kind, to determine if exercise should be used as an NHS treatment. Prostate cancer is the most common form of cancer among men, with 43,400 cases diagnosed each year, claiming around 10,800 lives.

## Short, sharper exercise just as beneficial

Researchers at Curtin University say the benefits of 30 minutes of exercise five times a week – the current government recommendation – could be met in less than half that time.

A study found that doing nine 60-second sprints followed by two minutes of recovery could be as beneficial as 45 minutes of jogging. Associate Professor Cecilie Thogersen-Ntoumani said the benefits of shorter, high-intensity sessions had already been established in laboratory studies.

“Our study was one of the first to look at whether it works in a real-life setting,” she said.

“We implemented a randomised control trial with 90 participants overall taking part in either moderate-intensity training or high-intensity condition training over 10 weeks.”

The researchers found there was similar benefit experienced by both groups — who had been sedentary prior to the training — in terms of fitness outcomes and cardio-metabolic improvement.

One group did moderate exercise for 30 to 45 minutes five times a week, and the high-intensity groups did just three sessions a week of 25 minutes.

“What we found, interestingly, was that there was a better adherence in those who did the high-intensity training. A big barrier to exercise is lack of time, whether perceived or actual. That could explain that difference,” Professor Thogersen-Ntoumani said.

The significance of the research is that it widens the options available to people who are looking to improve their fitness, the professor said. But, she said, there was still more work to be done to understand what motivated people to exercise.

## Vitamin D and falls

Research published online by *Jama Internal Medicine* shows higher monthly doses of vitamin D do not appear to improve the function of lower extremities, but may increase the risk of falls in senior patients.

Vitamin D deficiency has been associated with poor physical performance, while impaired lower extremity function is a major risk factor for falls, injuries and a loss of autonomy.

Vitamin D supplementation has been suggested as one way to prevent functional decline based on evidence that muscle weakness is a feature of clinical vitamin D deficiency. However, there is a lack of evidence proving the usefulness of vitamin D supplementation in preventing functional decline and falls.

To investigate whether high-dose vitamin D could help lower the risk of functional decline, Swiss research Dr. Heike A. Bischoff-Ferrari conducted a 1-year, randomised clinical trial involving 200 men and women aged 70 or older who had previously fallen. At the beginning of the study, 58% of the participants were deficient in Vitamin D.

Sixty-seven of the participants were put into a low-dose control group that received 24,000 IU of vitamin D3 per month, 67 people received 60,000 IU of vitamin D3 per month, and 66 people received 24,000 IU of vitamin D3 plus calcifediol per month.

The study measured improvement in lower extremity function and reported falls. Findings showed that doses of 60,000 IU and 24,000 IU plus calcifediol did not benefit lower extremity function. And during the treatment period, 60.5% of participants experienced a fall. These included 66.9% of those taking 60,000 IU and 66.1% of those taking 24,000 IU plus calcifediol. In contrast, only 47.9% of those taking 24,000 IU experienced a fall.

The researchers concluded that the higher dose conferred “no benefit on the prevention of functional decline and increased falls in seniors 70 years and older with a prior fall event.”





## “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 Kathryn 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

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

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](http://www.amsn.com.au).

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



## **“Let’s Get Connected”**

### **Launch, Seminar and Networking Event for Allied Health Professionals**

5 March, 2016

Opal Cove Resort, Coffs Harbour

#### **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