

NCAHA NEWS

Your monthly communication from the North Coast Allied Health Association



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Allied Health for the Future

Information and discussion evening at University Centre for Rural Health in Lismore, 17 May 2016.

[Register here.](#)

Message from the Board

Welcome to the April edition of NCAHA News.

Firstly, a big welcome to the newest members of the NCAHA who have joined up since the NCAHA Forum held in Coffs Harbour in March.

The NCAHA exists to represent and support all Allied Health practitioners and to promote the positive role that they make to the health of our community. We want to encourage as many Allied Health professionals as possible to join the NCAHA to make our collective voice stronger. If anyone else is interested in becoming involved, **get in touch!**

Allied Health practitioners are ideally positioned to support innovative delivery of health services, reduce the length of hospital stays and reduce admission rates, and to help people with disability, injury or illness receive services in their own homes and community.

NCAHA now has representatives on all three of the North Coast Primary Health Network (NCPHN) Clinical Councils. The Clinical Councils were established to provide NCPHN with input and advice on clinical issues. Our representatives are: Susan Nancarrow for the Northern Clinical Council, Luisa Eckhardt for the Mid North Coast Council, and I will be attending the Hastings Macleay Clinical Council.

Another practical way for Allied Health practitioners to influence health practices is to get involved in the development of HealthPathways. HealthPathways provides online health information for GPs to use when consulting with patients. I am currently providing information and advice to Dr Hilton Koppe and his team who are developing a HealthPathway for "Driving Assessment". For more information on HealthPathways, please **see page 3** of this newsletter.

One of the key messages from the Coffs Harbour forum was that we have entered the "decade for Allied Health". To take this message further, we are partnering with the University Centre for Rural Health (UCRH) to continue this discussion. NCAHA will be presenting another Forum in Lismore on 17 May called "Allied Health for the Future". We encourage regional Allied Health professionals to attend this evening seminar or participate via video conference.

Have a great day.



Nick Neville,
Director NCAHA

Allied Health for the Future

An evening of Allied Health information and discussion will take place at the University Centre for Rural Health in Lismore on 17 May 2016.

Video-conferencing will be available from UCRH at:

- Murwillumbah District Hospital
- Grafton Base Hospital

Presentations and discussions will include:

- Allied Health Visions by Prof. Kathryn Refshauge, Dean, Health Sciences, University of Sydney
- Innovations in Clinical Placement Panel Discussion
- NDIS Lessons for the North Coast

Attendance at this event will allow 12 group-2 CPD point (self-recorded). The cost of attendance is only \$15 and includes a light meal served at all locations.

Visit <http://ow.ly/4mill9> to register.

Continuing Professional Development

The North Coast Allied Health Association, in partnership with North Coast Primary Health Network (NCPHN), is pleased to offer Allied Health professionals free and unlimited access to online professional development courses through TAFE.

With the NCPHN enrolment key, users will have free and unlimited access to:

- Allied Health course topics
- Healnet course topics for nurses and other similar medical professionals
- Generic short course topics for small businesses and self-interest

Each course takes about an hour to complete and is worth one CPD point. All courses are peer reviewed by industry professionals and endorsed by industry associations.

Topics include:

- Basic Infection Control in a Health Care Setting
- Communication Skills for Health Professionals
- Drug and Alcohol Assessment
- Immunisation for Health Professionals
- Non-pharmacological Management of Pain
- Opioid Use and Withdrawal

Visit <http://ncaha.org.au/online-training/> to learn more.

Disability Inclusion Action Plan Survey

Councils in northern NSW have developed a survey to identify issues, barriers and solutions to accessibility in our communities. The survey is seeking input from people with a disability, carers and families, disability sector organisations and interested people in the community.

The survey's feedback will assist councils with preparations for improving accessibility in line with changes to the Disability Inclusion Act 2014.

Visit <https://www.surveymonkey.com/r/accessnr2016> to participate.

The survey closes 27 May 2016.

Take a look at the latest HealthPathways.

NEW TO HEALTHPATHWAYS - April 2016

- Cancer Care Services
- Mental Health Assessment
- Urgent Mental Health Assessment
- Zika Virus
- Spirometry Testing and Interpretation
- Non-acute Respiratory Assessment
- Acute Respiratory Assessment
- Iron Deficiency Anaemia
- Chronic Kidney Disease- Adult
- Lung Cancer
- Adult Audiometry Assessment
- Lung Cancer
- Child Audiometry Assessment
- Metatarsal Fractures
- Smoking Cessation Support
- Community Nutrition Programs
- Physical Activity Support

For a list of all localised pathways visit:

<https://manc.healthpathways.org.au/33590.htm>

Username: manchealth

Password: conn3ct3d

We need your feedback!

Your feedback is encouraged and helps us to maintain an accurate and user-friendly website. If your Allied Health service is not listed in any of the referral sections of these new pathways and you would like to be added, please let us know. You can forward your feedback by selecting the 'send feedback' button, which is located on the top right hand corner of the pathway or homepage.



Print Send Feedback

For further information about HealthPathways please contact:

Fiona Ryan
(02) 6583 3600
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(Mid North Coast)

Kerrie Keyte
(07) 5523 5507
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(Northern NSW)

Mid North Coast Therapy Group

Mid North Coast Therapy Group (MNCTG) is a specialist Allied Health practice based in Coffs Harbour.

The Partners, Dr Nell Pegum, DPsych, MAPS, CCN, and Lauren Procter, B.OT., brought their expertise in brain injury and rehabilitation to the area in early 2015. Together they are able to offer multidisciplinary care to clients who have experienced a catastrophic injury (such as brain injury, spinal cord injury, burns or amputations).

The range of services offered includes:

- Clinical Neuropsychology
- Clinical Psychology
- Rehabilitation Psychology
- Challenging Behaviour Support
- Occupational Therapy
- Case Management

Dr Nell Pegum offers Clinical Neuropsychological assessments and Clinical and Rehabilitation Psychology interventions. She has special interests in acquired brain injury, psychological trauma, anxiety conditions and health psychology.

Nell enjoys the challenges of modifying interventions in order to work effectively with clients with a range of cognitive abilities, including those with severe cognitive impairment. She also has expertise in assisting those caring for and working with clients

with challenging behaviours. Nell's interests in psychological trauma and anxiety led her to undertake specialised training in Eye Movement Desensitisation and Reprocessing (EMDR). She is a fully-qualified EMDR practitioner. EMDR is a world-recognised 'treatment of choice' for post-traumatic stress that has been found to offer treatment effects more quickly and with less distress for individuals undergoing treatment than other psychological interventions for trauma.

Lauren Procter offers highly individualised, community-based, functional Occupational Therapy interventions with a driving focus on assisting her clients to achieve the highest level of independence possible. She takes pride in developing novel, creative solutions to barriers to her clients' independence and life goals. It is this drive that led to her special interest in complex equipment prescription and developing effective seating solutions for clients with significant neurological conditions. Lauren is a Lifetime Care and Support approved Case Manager. Her Case Management services are underpinned by the same client-centred, goal-directed approach that drives her Occupational Therapy practice.

Further enquiries are welcome:

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Are you a member of NCAHA?

The North Coast Allied Health Association aims to represent the Allied Health sector on local, regional and state matters of interest. NCAHA provides support for its members, including education, training and knowledge sharing/professional support.

Membership with the North Coast Allied Health Association will enable you to be part of a health reform established to better coordinate primary health care delivery and address local primary health care needs.

You will help to improve patient care and health status on the North Coast of NSW by participating in the activities of a peak body for the various allied health disciplines.

The North Coast Allied Health Association is a company limited by guarantee. There are no shareholders, only Members. Governance is by a skills-based Board comprising of elected Directors.

To learn more about becoming a member of the North Coast Allied Health Association, visit <http://ow.ly/4mImQa>.

Upcoming Events

Click the event titles to learn more.

21 April

Emergency Eye Simulation Workshop, Lismore

28 April

Mindful Self-Compassion, Bangalow

10 May

Anaphylaxis Training, Lismore

12-15 May

Border to Bay Walk, Kingscliff

17 May

MedicalDirector Workshop, Tweed Heads

17 May

Allied Health for the Future, Lismore

18-19 May

Applied Suicide Intervention Skills Training (ASIST), Lismore

26-28 May

AGPAL and QIP 2016 Conference, Brisbane

6-7 June

NADA Conference 2016, Sydney

More Events

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

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