

NCAHA NEWS

Your monthly communication from the
North Coast Allied Health Association



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Message from the Board

Welcome to the May edition of NCAHA News.

Firstly, a big welcome to the newest member of the NCAHA Board, Lindy Swain, a pharmacist based in Lennox Head. Lindy was officially appointed at our meeting in April. She brings a wealth of experience and knowledge to the table, and is passionate about education, advocacy and health strategy. A profile on Lindy can be found on **page two** of this edition.

NCAHA continues its work to promote Allied Health professions throughout regional NSW and support opportunities for continuing professional development with global appeal and relevance to the whole Allied Health group.

In that regard, NCAHA and the University Centre for Rural Health ran a successful "Allied Health for the Future" event in

Lismore on Tuesday 17 May. There was good attendance both in person and via video conference sites at Murwillumbah, Grafton and Port Macquarie. Thank you to UCRH for co-ordinating this event, and to the presenters. There was a lot of information and stimulating discussion. More information on this event is available at <http://bit.ly/1TgilaD>.

NCAHA encourages all regional Allied Health professionals to get involved by participating in events and "calling out" any issues that affect the delivery of health services or health outcomes for members of the community. Get in touch directly with the NCAHA Board via social media or through your own professional networks. NCAHA can raise these issues at Clinical Council meetings.

NCAHA is representing North Coast Allied Health professionals on all three of North Coast Primary Health Network's

(NCPHN) Clinical Councils (Northern, Mid North Coast and Hastings-Macleay). We can raise your issues and concerns at these meetings. NCAHA continues to strive for broad representation, including the Board of NCPHN.

Have a great day.



Nick Neville,
Director NCAHA



North Coast

Allied Health Association

receives support from North Coast Primary Health Network in developing this newsletter.



Director Profile: Lindy Swain



Lindy Swain is a registered pharmacist who works as an academic at the University Centre for Rural Health in Lismore. Until recently Lindy worked as a clinical pharmacist at Bullinah Aboriginal health service in Ballina and as the Director of Rural Policy for the Pharmaceutical Society of Australia.

In February 2016 Lindy took on a full-time position at the University Centre for Rural Health (UCRH) as the Allied Health Academic Lead, now looking after all Allied Health disciplines, not just pharmacy.

In 2015, UCRH organised and supported clinical placements for over 600 Allied Health students from 22 different universities for over 2,000 weeks per year. UCRH this year will receive extra funding to double clinical placement capacity in the region. Lindy hopes that this funding will enable the establishment of more innovative clinical placements, which may provide student-led services in areas of the Northern Rivers where currently little or no services exist.

Lindy works with students to increase their understanding of rural health and social inequity, improve their communication and patient engagement skills and avail inter-professional learning opportunities. Lindy grew up and studied in Sydney, but in 2001 she and her family moved to the NSW Central West for a couple of years and then to the NSW North Coast. Since leaving Sydney, Lindy has become a tireless advocate for rural and Aboriginal Health.

Lindy's particular area of interest is working with Aboriginal people to assist with medication management, optimising treatment and outcomes. She is a PhD scholar researching "Strategies to Increase Home Medicines Review in Aboriginal communities".

Lindy and her partner Peter have two children aged 19 and 22 who have now flown the coop and are studying in Queensland. As empty nesters, Lindy and Pete have relocated to the beach where they can be found most mornings enjoying the sunrise and walking the dog.



HEALTHPATHWAYS CELEBRATE!

As an ideal example of working together as a whole of healthcare system, doctors, nurses, Allied Health professionals from both hospitals, community and primary care sectors have recently helped the HealthPathways team achieve the localisation of over 200 pathways! Thank you to all contributors. The pathways cover a range of Allied Health specialties such as diabetes, respiratory, child health, community nutrition groups, physical activity support, and audiometry assessment, to name but a few.

Development of the pathways has involved over 16 workgroups; consultation with over 50% of clinicians across the region and held several education events highlighting the latest evidence based best practice and local referral processes through the pathways. Utilisation of the site continues to grow.

Take a look at the latest HealthPathways.

- [Alcohol Withdrawal and Detoxification](#)
- [Alcohol Intervention](#)
- [Cognitive Impairment and Dementia](#)
- [Chronic Kidney Disease - Adult](#)
- [Physical Assault](#)
- [Adult or Adolescent Recent Sexual Assault](#)
- [Police Involvement in Sexual Assault](#)
- [Recurrent UTIs in Women](#)
- [Genetic Services](#)

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.

For further information about HealthPathways please contact:

Fiona Ryan
(02) 6583 3600
fryan@ncphn.org.au
(Mid North Coast)

Kerrie Keyte
(07) 5523 5507
kkeyte@ncphn.org.au
(Northern NSW)



INVITATION

Community service providers,
Clinicians and
Community members

- Get to know your Primary Health Network
- Understand what's next for the Needs Assessment
- Talk about the Mental Health Reform and Commissioning

Register at ncphn.eventbrite.com.au

For more information call 02 6618 5400

South Tweed
Sports Club
TWEED HEADS
Monday
23 May 2016
2pm - 4:30pm

Invercauld House
GOONELLABAH
Tuesday
24 May 2016
9am - 11:30am

Grafton
Community
Centre
GRAFTON
Wednesday
25 May 2016
9:30am - 12pm

Opal Cove Resort
COFFS HARBOUR
Monday
30 May 2016
2pm - 4:45pm

Glasshouse
**PORT
MACQUARIE**
Tuesday
31 May 2016
2pm - 4:45pm

Primary Health Care Excellence Awards

The time has come to celebrate the contribution of the stars of primary health care on the North Coast. On 9 September 2016, NCPHN will host the inaugural Primary Health Care Excellence Awards to honour the partnerships, teams and individuals who are working tirelessly and finding new ways to keep the people in our communities healthy and out of hospital.

NCPHN is working closely with health and community organisations to institute innovative models of integrated care that provide seamless, effective and efficient care reflecting the whole of a person's health needs. As we connect and integrate the services in the region, we are constantly inspired by the enthusiasm and dedication of all those who contribute to quality out-of-hospital care in our communities.

Staff and contractors from health, social services and community organisations falling within the NCPHN area

are encouraged to submit their programs and projects for consideration by the judges. Putting together a submission takes time, but it builds team morale and creates a bank of information for future projects.

More information, including instructions on how to submit a project, can be found at www.ncphn.org.au/excellence/.



Upcoming Events

Click the event titles to learn more.

23 May

Webinar: Surgical Management of the Arthritic Knee

26-28 May

AGPAL and QIP 2016 Conference, Brisbane

6-7 June

NADA Conference 2016, Sydney

7 June

How to make sense of the concept of depression in general practice, Grafton

9 June

Update on Depression for GPs and Allied Mental Health Practitioners, Port Macquarie

18 June

Back Pain Symposium, Sydney

21 June

Exercise interventions for preventing falls, Gosford

24 June

Pulse Oximetry and Home Oxygen Technology, Sydney

1-5 August

Eating Disorders Essentials, Coffs Harbour

If you are aware of health events or activities happening on the NSW North Coast, you can add them to the Healthy North Coast calendar yourself.

Visit <http://healthynorthcoast.org.au/dashboard/signup/>.

More Events

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

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