

NCAHA NEWS

Your monthly communication from the North Coast Allied Health Association



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Message from the Board



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Occupational Therapist,
Director NCAHA

The NCAHA Board has had a busy month representing Allied Health Professionals (AHPs) on the North Coast of NSW. The recent buzz has been around continuing professional development (CPD) opportunities for AHPs. To this end, the priority has been developing a model for the delivery of CPD to our members.

The Board recently met with the CEO of North Coast Primary Health Network (NCPHN) to discuss learning and development opportunities for AHPs. We were pleased to see an Allied

Health representative (Nathan Lynch, Physiotherapist) on the PHN-initiated Learning and Development Group in Port Macquarie.

The Board is also pleased that our plans for a Telehealth CPD event in Port Macquarie this November are underway thanks to our partnership with the MNC Health Training group. Surveys have shown that Telehealth is seen as a priority area for Allied Health - it is an exciting opportunity for AHPs to provide services to clients while they remain in their own home.

As well as CPD opportunities for AHPs, the NCAHA Board is working to raise awareness of the unique issues facing residents and AHPs living and working in rural and regional areas. At a recent Board meeting, it was agreed that contact should be made with Local, State and Federal politicians to build our network and add our voice

advocating for regional communities and the development of Allied Health capabilities in these areas. We will keep you updated on our progress.

There is a lot going on that is relevant to Allied Health in the region, including a massive \$12m investment in an Allied Health training building at Southern Cross University in Coffs Harbour, and the University Centre for Rural Health is building momentum for its strategy to increase Allied Health training and clinical placements on the NSW North Coast.

In this environment of fast-paced change, the NCAHA Board realises that it has to stay nimble and responsive to opportunities that arise. We will be reviewing our **'Strategic Plan 2014/2017'** to ensure it accurately reflects the needs of our membership and that our goals align with the prevailing health trends that have the potential to affect regional AHPs.

Through our ongoing involvement in Clinical Councils and regular contact with NCPHN, Local Health Districts and universities, NCAHA is continuing in its efforts to be a strong voice for AHPs on the North Coast of NSW.

I hope you enjoy this month's newsletter. We welcome your feedback on all matters at any time - send your comments to enquiries@ncaha.org.au.



SARRAH (Services for Australian Rural and Remote Allied Health) is the peak body representing rural and remote Allied Health professionals working in the public and private sector.

The 2016 SARRAH Conference theme is *“It takes a village to raise a child”*. What if our “child” is rural and remote health outcomes and thriving communities?

In rural and remote life and work, our “village” has never been more important than it is today. We live in a rapidly evolving environment and we are faced with a myriad of challenges and opportunities each day. Navigating these changes can be daunting – collaboration, innovation, partnerships and supports are necessary to prepare our communities for a vibrant, sustainable future.

A village approach implies that there is shared responsibility and that people work together and contribute in ways that are consistent with their strengths, skills and abilities.

It takes a village to have necessary tough conversations, to disagree and to problem solve in ways that are inclusive.

Key topics of discussion will include:

- NDIS
- Allied Health Professional research and evidence base
- Innovative rural Allied Health programs
- e-Health initiatives

Delegates will have the opportunity to explore how this village approach can be applied to rural and remote health outcomes.

Come and participate, share information, meet great people, expand your network and add your voice for better rural Allied Health services.

Register at www.sarrahconference.com. Early registrations close 27 July 2016.



New to HealthPathways - August 2016

The following HealthPathways have recently been published on the Mid and North Coast HealthPathways website.

- **Poisoning and Drug Overdose**
- **Burn Injuries**
- **Healthy Kids Check**
- **Wound Management Nursing**
- **Prostate Cancer - Diagnosis**
- **Prostate Cancer - Established**
- **Prostate Cancer Follow Up**
- **Acute Infectious Diseases Assessment**
- **Skin Tears**
- **Childhood Early Intervention**
- **Cardiac Rehabilitation in General Practice**

- **Sexualised Behaviour in Children**
- **Occupational Therapy Driving Assessment**
- **Non-Acute Immunology Assessment**

<https://manc.healthpathways.org.au/25013.htm>

Username: manchealth

Password: conn3ct3d

For further information about HealthPathways please contact:

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Free Professional Development Courses

North Coast Allied Health professionals can access free online professional development training thanks to a partnership between North Coast Primary Health Network (NCPHN) and the North Coast Allied Health Association.

The short courses, which will be delivered through the TAFE Now website, take around an hour to complete and are worth one CPD (Continuing Professional Development) point per hour. North Coast health professionals will have free access to:

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

All topics are peer-reviewed by industry professionals and endorsed by industry associations. Regular topic reviews are also conducted to ensure they incorporate current policies, legislation and Australia-wide guidelines.

North Coast health professionals can access the NCPHN enrolment key and full course instructions at:

www.healthynorthcoast.org.au/cpd

Please note that this opportunity is being offered at no cost so long as the training remains utilised. If we do not see significant participation, we will be unable to offer it again next year.

Allied Health News

Defining a balanced diet

Leading nutritional scientists are calling for a radical re-think in the way we understand diet that looks at how mixtures of nutrients influence health rather than nutrients in isolation.

Researchers at the University of Sydney have developed a new framework for nutritional health that looks at the links between certain diets, health and disease.

Professor Stephen Simpson said focusing on a single nutrient had worked in the past, such as helping to solve problems like micronutrient deficiency, but this approach did not help with issues such as obesity and diabetes.

Professor Simpson has devised a framework he calls “nutritional geometry” - the culmination of more than 20 years of research with his colleague, Professor David Raubenheimer.

The framework considers how mixtures of nutrients and other components of diet influence health. It has been published in the *Annual Review of Nutrition*.

Study: Meat contributes to obesity as much as sugar

New research at the University of Adelaide suggests that consuming meat contributes just as much as sugar to global obesity.

Scientists found that fats and carbohydrates are digested faster than protein, meaning the energy stored in meat is used later, or if surplus to requirements, is converted and stored as fat in the body.

This means that increased availability of meat may be making a significant contribution to global waist sizes.

Speaking about his research, Mr Wengpeng You said: “There is a dogma that fats and carbohydrates, especially fats, are the major factors contributing to obesity.

“Whether we like it or not, fats and carbohydrates in modern diets are supplying enough energy to meet our daily needs. Because meat protein is digested later than fats and carbohydrates, this makes the energy we receive from protein a surplus, which is then converted and stored as fat in the human body.”

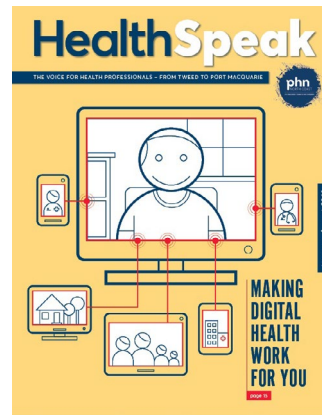
The research has formed the basis of two papers published in *BMC Nutrition* and the *Journal of Nutrition & Food Sciences*.

The 2016 e-Mental Health Support Service Survey is being conducted by the National Institute for Mental Health Research at The Australian National University.

The survey is seeking the views of a wide range of primary care Allied Health service providers and nurses including psychologists, social workers, practice nurses, mental health nurses, counsellors, occupational therapists, community health workers, pharmacists, peer support workers and other Allied Health workers.

If you are engaged in this kind of work in Australia, your participation in this survey would be appreciated. The survey will take approximately 15-20 minutes to complete.

Visit <http://ow.ly/cP0R3037NIO> to access the survey.



Have you read the latest edition of HealthSpeak?

HealthSpeak is essential reading for North Coast health professionals. It is written by those in the primary health care sector and keeps readers up-to-date with innovative services and health practitioners, new clinicians, research and practice support advice. It's a great way for health practitioners to connect and foster collaboration.

Read it at <http://ow.ly/Kfqt303ja55>.

Upcoming Events

Click the event titles to learn more.

22-23 August

Living Well with Dementia Conference, Sydney

23 August

Chronic Pain Management, Port Macquarie

23 August

Red Dust Healing Mental Wellness Forum, Boambee

24 August

Childhood Overweight & Obesity, Lismore

26-27 August

Pedorthic treatment for Varus and Valgus foot deformity, Gold Coast

12 September

National MND Conference 2016, Melbourne

15-16 September

MNCLHD Rural Innovation and Research Symposium, Coffs Harbour

17 September

Parkinson's Disease 2016 Symposium, Lennox Head

6-8 October

Australian Orthotic Prosthetic Association Congress 2016, Melbourne

27-29 October

2016 SARRAH National Conference, Port Lincoln

9-11 November

2016 NSW Rural Health and Research Congress, Tweed Heads

11-12 November

Foot and Ankle Bracing and AFOs, Gold Coast

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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