

# NCAHA NEWS

Your monthly communication from the  
North Coast Allied Health Association



## Message from the Board



**Nick Neville,**  
**Occupational Therapist,**  
**Director NCAHA**

Welcome to the November edition of NCAHA News.

The NCAHA has had another busy month with the Board striving to represent Allied Health Professionals (AHPs) in regional and rural areas. The buzz this month has been around telehealth, networking and representation.

The Board met recently with the University of Newcastle to discuss common ground and how NCAHA can support students studying Allied Health courses. NCAHA is also keen to partner with other universities and institutions.

In the last month, NCAHA sponsored a telehealth workshop with the support of

the Australian Musculoskeletal Network and Mid North Coast Health Training. This workshop gave participants an opportunity to learn how technology may influence the way health care is delivered in the future. NCAHA hopes to deliver this seminar in other regional centres.

A successful multidisciplinary networking event was held in Ballina in partnership with the Ballina/Byron Clinical Society. NCAHA views networking as a key activity for all Allied Health clinicians as such events are well established for medical practitioners. NCAHA has been active in supporting the development of networking events linking GPs and specialists with Allied Health Professionals. To this end, NCAHA is pleased to let members know that a series of multidisciplinary events are planned for 2017. Details will be included in our newsletters when they become available.

Remember that NCAHA is pleased to offer free and unlimited access to online professional development courses through TAFE. Each course takes around an hour to complete and is worth one

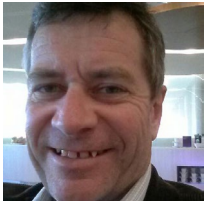
CPD point. You can learn more by visiting [www.ncaha.org.au/online-training](http://www.ncaha.org.au/online-training).

In terms of representation, this month NCAHA Board Member Lindy Swain was nominated to sit on the Board of the Centre for Healthcare, Knowledge and Innovation and Rob Curry has become the President of SARAH. Representation continues in Clinical Councils and regular contacts with the Primary Health Network and LHDs, NCAHA is continuing in its efforts to be a strong voice for AHPs on the North Coast of NSW. Watch this space for regular updates.

And finally, exciting news for NCAHA as this month we welcome Dr Gull Herzberg and Dr Hilton Koppe as advisors to the Board.

We hope you enjoy this month's newsletter.





**Ernie Tye,  
Pedorthist, BFS Pedorthics**

Becoming a Pedorthist - working with treatments involving foot balance alignment and providing a footwear and orthotic solution - is not something a lot of people would consider as a career.

However, Ernie Tye's father had an orthopaedic shoemaking business and so, after leaving school, young Ernie completed a four-year apprenticeship as an orthopaedic shoemaker in Brisbane.

"It was easy for me to go to work with my father after completing my original qualification of a Certificate IV in Orthopaedic Shoemaking. I had no other ambitions at that age and it suited everyone," Ernie said.

Ernie learnt how to make shoes by hand for any shaped feet, creating orthotics and arch supports and braces out of leather and webbing.

"Twenty years ago the Pedorthic Association ran courses for people already in the profession doing Pedorthics but without formal qualifications or health profession training. I went along and obtained a qualification as a Medical Grade Footwear Practitioner Level Three (top level). I later completed more training, becoming a Certified Pedorthist."

Pedorthics has proved to be a great career for Ernie as each day brings a unique problem requiring a unique solution.

"I get to meet many people with mobility and lower limb problems and I am able to provide a solution that not very many are trained to do. Clients need a clinical solution that is also a practical solution - one that covers them for walking, at home, at work, playing sport or going to school.

"My work also involves clients with disabilities who endure footwear discomfort, deformities of the lower limb and stability issues. I also work with people with diabetes and sensation related issues, neuro-muscular conditions as well as gait analysis and performance improvement for sports people," he said.

The biggest thrill in Ernie's line of work is to see the outcome of the process and the enthusiastic response from the client when their problem has been solved. He loves what he does, working as part of a team with mutual respect among colleagues.

"My job involves a lot of practical problem solving. Footwear is an emotional issue for many people. An outward fashion item, footwear choice is a very individual thing.

"My footwear always gets a physical and emotional response from the client. Getting the right balance to achieve an effective and efficient solution satisfactory to the client is the rewarding challenge."

Ernie would recommend Pedorthics as a career to anyone with a passion for footwear who enjoys being hands on with clients, loves technology and is smart at 'out of the square' problem solving.

As a member of the NCAHA, Ernie would like other members to understand more about Pedorthics and what he can offer to clients. But he also thinks Allied Health professionals could listen more to clients to come up with creative solutions to their health challenges.

"Too many times the Allied Health practitioner resorts to the same treatment for the same problem without getting good results. I find clients want practitioners to really listen and discover a unique solution that fits the client's needs. Education on the different approaches available to tackle a similar problem would achieve a better outcome for each individual client," he said.

While Pedorthics is a very young profession from a tertiary education viewpoint, individually designed footwear has been used for centuries to correct and alleviate lower limb problems.

"For many reasons since World War Two in Australasia, Podiatry and Prosthetist/Orthotists have advanced and left Pedorthics behind. These professions along with Physiotherapy and others all had humble beginnings and to me Pedorthics is simply catching up. My field of Pedorthics is just another branch on the same tree."

Southern Cross University offers the only Bachelor Level course in Pedorthics in the Southern Hemisphere and Ernie would like to see this course better supported by other professions on the North Coast.

Contact BFS Pedorthics on (07) 3391 2066.

## New to HealthPathways - November 2016

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

- **ADHD in Children and Youth**
- **Adverse Reaction Reporting**
- **Anaphylaxis**
- **Autism Spectrum Disorder**
- **Behavioural and Psychological Symptoms of Dementia (BPSD)**
- **Behavioural Concerns in Children**
- **Cardiac Rehabilitation in General Practice**
- **Developmental Concerns in Children**
- **Digital Health**
- **Energy Rebates for Medical Equipment and Low Income Households**
- **Gynaecology Assessment**
- **Mental Health E-Therapy**
- **Non-Acute Immunology Assessment**
- **Food Allergy**
- **Temper Tantrums**
- **Wound Management Nursing**
- **Stroke**
- **Transient Ischaemic Attack**
- **Emergency Department (Stroke Units)**
- **Pregnancy Care Services**
- **Antenatal Care - Routine NNSW**
- **Schedule 8 Medicines**
- **Schedule 4 Medicines**
- **Medication Options for Acute Pain**
- **Off-label Prescribing**

## Improvements to referral pages and provider information

You will notice some improvements to the appearance of referral pages over the next few months. To improve usability, the Mid and North Coast Health Pathways program has adopted the HealthPathways Directory. The directory will enable the HealthPathways team to:

- Provide a more streamlined and user-friendly referral page.
- Rapidly update and publish service provider information.

An example of one of the new referral pages can be seen at <https://manc.healthpathways.org.au/86352.htm>.

**Username:** manchealth

**Password:** conn3ct3d

For further information about HealthPathways please contact:

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(02) 6583 3600  
[fryan@ncphn.org.au](mailto:fryan@ncphn.org.au)  
(Mid North Coast)

Kerrie Keyte  
(07) 5523 5507  
[kkeyte@ncphn.org.au](mailto:kkeyte@ncphn.org.au)  
(Northern NSW)

## Are you listed on the National Health Services Directory?

The National Health Services Directory is a joint initiative of all Australian governments, delivered by Healthdirect Australia, to enable health professionals and consumers access to reliable, consistent, location based information about health services.

Healthdirect has been working with State and Territory Governments as well as Primary Health Networks to migrate State service information into one consolidated national directory. These directories provide a range of health services including Allied Health, hospital and community services to support health professionals to coordinate ongoing care for patients with chronic and complex conditions. Health Direct also use the Directory to underpin patient referrals for their after hours GP Help Line service.

To ensure practitioners and patients can find your service quickly and easily, register at [www.nhsd.com.au/register](http://www.nhsd.com.au/register).

For more information or assistance, please contact:

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North Coast Primary Health Network  
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## Telehealth – More than displays on screen

What happened at the telehealth workshop held at Port Macquarie on Saturday 12 November?

This workshop was sponsored by NCAHA in partnership with AMSN (Australian Musculoskeletal Network) and Mid North Coast Health Training. Professor Stuart Smith from Southern Cross University covered several themes including defining the range of telehealth applications of potential benefit to health providers and their clients – it's not just about visual displays on screens, but can be effectively used for monitoring biometrics relating to certain conditions.

Professor Smith demonstrated an application of simulated body movements to assist clients with coordination, balance and limb range of movement.

The participants were part of an intimate group getting specialised attention. The program received a positive evaluation from all participants, with suggestions for future workshop to focus on practical hands-on demonstrations of telehealth applications. NCAHA will work with Professor Smith to further develop this workshop, and will explore opportunities to improve access to effective telehealth applications for Allied Health Professionals on the North Coast. There are great opportunities for improved service delivery models in this area.

NCAHA will also explore further topics of a multidisciplinary nature that might of interest to members and their Allied Health colleagues. It is hoped that a calendar of events will be developed for 2017 for delivery at various locations across the North Coast.

## Allies in health meet in Ballina

### **GPs and Allied Health Professionals get together at Ballina/Byron Clinical Society Dinner**

The Ballina/Byron Clinical Society dinner on 10 November was about bringing the allies of health together. Medical and Allied Health professionals took the time to meet each other and to hear about where and how they worked to get the best results for patients. The GPs were particularly interested to meet Kirily Thomson, a Paediatric Physiotherapist from Ballina Community Health who enthusiastically informed the GPs that treatment for craniosynostosis is best at early age, starting at two months. The GPs were pleased to know that this position is able to take referrals.

NCAHA thanks the Ballina/Byron Clinical Society for hosting this event and we all are very keen to continue connecting and working together.

## Upcoming Events

Click the event titles to learn more.

### **Tuesday 29 November**

Physiotherapy Symposium – Lismore

### **Thursday 1 December**

Transformers Workshop – Byron Bay

### **Wednesday 30 November**

Transformers Workshop – Lismore

### **Friday 2 December**

iCAHE Masterclass – Adelaide

### **Monday 5 December**

Northern NSW Community Engagement Conference 2016 – Ballina

### **Tuesday 6 December**

Cultural Awareness Training – Port Macquarie

### **Wednesday 7 December**

Cultural Awareness Training – Kempsey

### **Wednesday 7 December**

Suicide Prevention Workshop – Ocean Shores

### **Wednesday 7 December**

Rheumatoid Arthritis Update – Coffs Harbour

### **Thursday 8 December**

Suicide Prevention Workshop – Lismore

### **Monday 12 December**

Our Healthy Clarence Workshop – Grafton

### **Monday 12 December**

Interpersonal Psychotherapy for adolescents and adults – Sydney

## More Events

Visit [www.healthynorthcoast.org.au/events](http://www.healthynorthcoast.org.au/events) to view the Healthy North Coast Practitioner Events Calendar.

## Contact NCAHA

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