

NCAHA NEWS

Your monthly communication from the
North Coast Allied Health Association



Message from the Board



Rob Curry,
Director NCAHA

Welcome to another edition of NCAHA News. As usual, there are plenty of activities and events for health care practitioners happening across the North Coast.

NCAHA is a partner for Sean Tonnent's upcoming workshop *The Art and Science of Relationships: How Attachment, Neurobiology and Emotions impact our retention and service outcomes with clients*. Sean's talk will explore the intersection between client attachment styles, neurobiology and emotions and the benefits in understanding this relationship to the clinical practice of Allied Health Professionals. The workshop will take place on 23 September at the Byron Bay Services Club- please refer to **page 5** for further information.

For those in the Ballina/Byron area, you are invited to be part of the Ballina/Byron Clinical Society. The society brings together a range of health practitioners with shared interests at five meetings each year. Meetings rotate between Ballina and Byron Bay and feature local speakers who present clinical topics and discuss referral pathways and local services. Enjoy a meal together to network and ask questions.

To receive invitations from the Ballina/Byron Clinical Society, please email achircop@ncphn.org.au.

We'd greatly appreciate it if you could 'like' our Facebook page: <https://www.facebook.com/www.AlliedHealthNorthCoast>. Keep up to date with all of the latest events and information.

Kylie Everman, Exercise Physiologist, Lismore Base Hospital

Since she was a young girl, Kylie Everman's ambitions involved working in the health sector. And of course in those days, young women were encouraged to become nurses. However Kylie's early ambitions changed in her teen years.



"I became interested in exercise and health because I was a big sports lover. I really didn't know what an Exercise Physiologist was when I was choosing degrees to study at university. We were an extremely small profession 20 years ago, with most practitioners involved in sporting groups.

"So I chose my degree based on what I enjoyed learning about and was interested in. It wasn't until I was at university that I realised I wanted to be an Exercise Physiologist and work with people with chronic disease rather than athletes or sporting groups."

Kylie completed a Bachelor of Exercise Science and Nutrition at Southern Cross University in Lismore and went on to complete a Graduate Diploma in Clinical Rehabilitation from Flinders University by correspondence in 2004. She became an Accredited Exercise Physiologist in 2007.

After leaving university, Kylie did some casual work for a small private practice in Port Macquarie. However, for most of her career she's worked at Lismore Base Hospital (LBH), starting as a Physiotherapy Assistant.

"When I applied for that role I was finding it difficult to get work as an Exercise Physiologist. I thought it would be a good chance to look at what other Allied Health professionals did as I was thinking of going back to university to do further study. However, I came to see that Exercise Physiology had an important role to play in health services."

In 2008 Exercise Physiology was included as part of the NSW Health Allied Health Professional Award, an important step that meant that Exercise Physiologists were recognised as part of the Allied Health team with the same pay scale and professional privileges as other disciplines such as physiotherapists and dietitians.

It was in 2008 that Kylie was employed as an Exercise Physiologist. Since that time her role has changed a lot.

"Since 2008 I've worked in cardiac rehabilitation and the fracture clinic at Lismore Base Hospital and now I work exclusively with acute inpatients at the hospital."

Kylie describes her role at LBH as unique.

"There are more than 75 Exercise Physiologists working in NSW Health, but my role is currently the only one in the acute hospital inpatient setting," she said.

Exercise Physiology services at Lismore Base Hospital have increased from providing two hours of cardiac rehabilitation a week to two days a week, as well as providing a three-day service to acute inpatients.

For Kylie, transitioning to her acute inpatient role was a big personal achievement as she'd always seen the value and potential of Exercise Physiology services in the acute care setting.

She also has some memorable career highlights.

"I have a few stand out cases, from doing leg stretches every day with a patient with Guillain-Barre Syndrome in ICU, to helping a patient build strength in their legs due to deconditioning after a long illness.

"Also, just recently we were able to conduct a 10-week exercise program for haemodialysis patients during treatment, something I have been wanting to do since 2008. We had fantastic results ranging from an average 35-66% increase in functional tests and everyone really enjoyed the program."

Her current role at LBH provides Kylie with lots of variety to keep her days interesting.

"In one day I can see patients with cancer undergoing treatment or respiratory illness, those just having undergone major abdominal or vascular surgery and those that may have had a heart attack or a recent fall.

"It is rewarding to be able to provide someone with a simple exercise program and education to help them recover both physically and mentally. I enjoy being able to offer them some positive help and motivation during what can be a sad or frightening time."

Kylie appreciates the flexibility that Exercise Physiology provides as a profession.

"There is always some different avenue that you can pursue. You can work in the private sector, in the health sector with chronic diseases, in the occupational health sector and the sporting sector just to name a few.

"There is still much untapped potential for Exercise Physiologists to be involved in health services both locally and state wide. There is increasing evidence about the benefits and there are now correct prescriptions of exercise for acute mental health, cancer, renal and other chronic diseases. It's an exciting time for Exercise Physiology and the future looks really bright."

Participate in the Workforce Profile Project

Are you interested in the Primary Health Care Workforce?

North Coast Primary Health Network (NCPHN) is seeking interested clinicians to be part of the North Coast Primary Health Care Workforce Profile Project Steering Committee (June – October 2017).

NCPHN wants four primary care clinicians to participate in the committee with other key representatives. Compensation will be made available to non-salaried Steering Committee members.

Are you a clinician of one of these disciplines?

- Aboriginal and Torres Strait Islander Health Practice
- Allied Health Assistant
- Audiology
- Case Work
- Chiropractor
- Counselling
- Dietetics and Nutrition
- Oral Health
- Exercise Physiology
- Medicine
- Mental Health and D&A Peer Workforce
- Nursing
- Occupational Therapy

- Optometry
- Orthotics
- Orthotics
- Osteopathy
- Pharmacy
- Physiotherapy
- Podiatry
- Psychology
- Speech Pathology
- Social Work

Are you available to attend these meetings?

(Please call even if you can't make all three meetings)

12 - 2pm, Wednesday 2 August 2017

Discuss and finalise survey questions for 'in-scope' clinicians.

1 - 3pm, Tuesday 5 September 2017

Discuss and finalise phase two outcomes and deliverables.

1 - 3pm, Tuesday 31 October 2017

Presentation of workforce profile, summary of strengths, challenges and trends, options for workforce planning models.

For more information or to nominate your interest, please contact Monika Wheeler, Clinician Engagement Coordinator at mwheeler@ncphn.org.au or 02 6618 5400.



Osteoarthritis Chronic Care Clinics

The **Osteoarthritis Chronic Care HealthPathway** is now live and contains all the information you need to refer chronic osteoarthritis patients to clinics for treatment.

The pathway provides the referrer with a step-by-step guide on how to refer their patients to clinics in the Mid North Coast and Tweed Heads. Referrals can be made by GPs, specialists and Allied Health Professionals. Information contained within each clinic service listing provides:

- Specific service information
- Referral criteria and how to refer
- Clinic operating times
- Location and contact details

The recently opened 'SOS' Clinic (Specialised Osteoarthritis Screening Clinic) is operating out of The Tweed Hospital. Referrals are accepted for patients not on the wait list but requiring chronic care interventions for their osteoarthritis. Patients are provided with a thorough whole-of-health report and care recommendations based on their musculoskeletal assessment.

The Osteoarthritis Chronic Care Program clinics in the Mid North Coast are located at Coffs Harbour, Laurieton, Port Macquarie and Kempsey. To access the clinics, patients must be diagnosed with osteoarthritis of the hip or knee joints. The clinics provide a multidisciplinary approach to chronic disease management involving assessments and reviews.

The **Knee Osteoarthritis (OA)** and **Hip Osteoarthritis (OA)** HealthPathways provide best practice guidance in the assessment and management sections and links to the clinics and other relevant services in the referral section.

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

Username: manchealth

Password: conn3ct3d

For further information about HealthPathways please contact:

Kerrie Keyte
(07) 5589 0500
kkeyte@ncphn.org.au
(Northern NSW)

Health literacy helps people to access, understand and act on health information and services. Over 60% of Australian adults are at risk of low health literacy. This means more than half of the people we see every day may not have the level of health literacy needed to read and understand everyday health information. We also know that health literacy is lower when people are anxious, stressed or in pain.

The Northern NSW Health Literacy Project supports health professionals to improve how we communicate about health. This includes written and spoken communication, access and navigation of health systems and services. Ongoing conditions or more than one health issue can be very difficult to juggle. Improving health communication can influence how people use services, manage medication or exercise and look after their health.

Here are some easy ways to include health literacy best practice in your communication:

- Prioritise key points.
- Chunk information into main points and then check for understanding before moving on.
- Use plain language instead of medical terms.
- Use visual images to support spoken words.
- Encourage people to ask questions about their health or condition.
- Check that you have explained things well enough for people to follow your instructions.

For more on health literacy visit:

<http://healthliteracy.nswlhd.health.nsw.gov.au>.

You can also book a free health literacy workshop for your health service!

To learn more, email:

HealthLiteracy@ncahs.health.nsw.gov.au



The Art and Science of Client Relationships: How Attachment, Neurobiology and Emotions impact our retention and service outcomes with clients



23 September 2017 1pm - 5pm
Byron Bay Services Club

The synergy of attachment theory, neurobiology and emotion is frequently becoming part of the context in which many Allied Health Professionals support their clients. These three critical components, deepen understanding around a clients presenting issues, providing another lens for assessment, interventions and positive health outcomes.

Sean Tonnet's talk will explore the intersection between client attachment styles, neurobiology and emotions and the benefits in understanding this relationship to the clinical practice of Allied Health Professionals.

The workshop will support an understanding on:

- The Synergy of Attachment theory, Neurobiology and Emotion
- Attachments Wounds and Patterns – The impacts for clients and on Clinical Practice?
- Affect Regulation and Emotional Sequence – Neurowiring in action
- Working with Clients Through a Trauma Informed Lens
- Repair, Recovery and Presence – Holding and Care for Clients
- A Holistic Perspective – A Multi disciplined Approach
- Challenges, Struggles and Referring Appropriately

This training is suitable for all professionals in the Allied Health professions.

About the Presenter:



Sean Tonnet (MGest) has been working with people for over 25 years and as a full time therapist, clinical supervisor and group facilitator for the past decade. His reputed and respected practice reflects his comprehensive training and clinical excellence in therapy and facilitation. Specialising in relationships, Sean has over 4,000 case hours working with couples and exceptional experience in workshop development and delivery.

He melds creative, relational Gestalt methods and contemporary psychotherapy, neurobiology and mindfulness practices within a safe and learning environment. His work has been reviewed on radio (Melbourne and Sydney), television (Channel 7 Sunrise Program) and in print (My Child & NR Family Magazines), making him a highly sort after trainer within the Northern Rivers and Brisbane.

Don't miss this opportunity to work with a local and leading psychotherapist!

REGISTER NOW: <http://www.amsn.com.au/events/attachmenttheory/>

The 'Big Five' Reasons Parents Choose Not to Vaccinate

Recently, Dr Nina Berry from the Sydney School of Public Health at the University of Sydney gave a presentation at an Immunisation Update evening at Kingscliff run by NCPHN and NNSWLHD.



Q: Why do you think there is a strong presence of immunisation hesitancy on the North Coast?

A: The North Coast is a really special place and people come up here often because they want to get away from lots of the assumptions they've been living with and the ideas and the lifestyles that they've been taking for granted. So when people move up here they are looking to think about lots of decisions around having kids. They want to question and think about those decisions and vaccination is just one of them.

Why do parents resist vaccination? Is there a knowledge gap about vaccine preventable disease in the community?

The best evidence we have is that parents who resist vaccination or delay or maybe select out some of the vaccines are the ones who have the best and most accurate knowledge about vaccination. When we do knowledge tests they know all about the disease and which vaccines protect against which diseases and what the complications of those diseases can be.

So it's not really a knowledge problem, it's something else. And that something else could be trust, it could be a different set of values, it could be that they disagree what counts as evidence. So that's why we're doing lots of research to try to understand the problem and the parents better. Because clearly, throwing information at them isn't working or isn't convincing them that vaccines are safe and are necessary.

What are the common immunisation concerns among parents?

While there are a lot of concerns held by a few people, the surveys in Australia have over the last 20 years suggested there are a 'big five'. The big five are:

- **What's in vaccines?** What are the ingredients?
- **Are vaccines safe?** How do we know that they are safe? How are they tested and monitored? How do they come into use, especially newer ones or new combinations of vaccines?
- And among people who have migrated from other jurisdictions they will often ask: **Why is the schedule different here from where I was back home?**
- There are still **some lingering concerns that vaccinations might be associated with autism** even though there's lots and lots of evidence that kids who are unvaccinated are no less likely to become autistic than kids who are vaccinated.
- And the other one is: **Can having that many vaccines that young overwhelm the immune system?** They are worried that an increasingly crowded vaccine schedule might be too much for little babies' bodies.

Has No Job, No Pay made an impact on immunisation rates?

Since the introduction of the No Job, No Pay policy there have been increases in coverage. And it's important to know whether the kids who have been caught up or started on a catch up schedule are kids whose parents just haven't really had access or haven't understood the schedule. The difficulty I have with answering that question is that now there is no requirement for people to register their conscientious objection, we don't have any data any more. We don't have any way of knowing whether the parents who once would have registered as Conscientious Objectors have just gone underground or have decided to change their minds and vaccinate.

I suspect that most parents who have made a really active decision will find ways around the financial cost, but we don't know. The best evidence we have about what improves coverage and what reduces that access gap is the recall, pre-call and reminder.

So sending out a reminder either by letter or text or a phone call to say 'in two weeks' time your child will be due for their first or next dose of vaccines. We have appointments available on this day or that day...' And then setting up the next appointment and sending them a reminder for that next appointment.

What resources are available to help clinicians have respectful and productive conversations about immunisations?

Around the world lots of people are researching what works best. In my group we're developing a suite of communication tools to be used by GPs in collaboration with parents and by practice nurses in collaboration with parents to help support parents who have questions or have a vague sense about the danger of vaccines to work out to provide some structure to their concerns and work out whether choosing not to vaccinate really is consistent with their values and goals as parents. And also to provide information when it's asked for and to help vac providers feeling more comfortable about being asked and answering questions about vaccinations.

In our research when we spoke to parents we found that even parents who accept vaccination as routine and important have questions and often have unanswered questions about vaccination. And many of them have stories about feeling dismissed by a health care professional. The professional didn't know the answer to their questions or their questions weren't welcome or that if they asked a question they were labelled as anti vax as if that was a bad thing or they were a bad person.

And every parent wants to be a good parent and every parent I've spoken to about vaccination is doing the very best they can to make a good decision for their kids. We know that among parents who change their minds and decide to vaccinate their kids, it's almost always the result of a conversation they've had with a health care professional. So health care professionals are key and we need to keep the lines of communication open between parents and professionals.

Allied Health Opinions Sought on Care at Home Reforms

The Turnbull Government has released a public discussion paper to help inform future care at home reforms. Minister for Aged Care, Ken Wyatt AM, said older Australians wanted better choices and improved access to services to help them continue to live active and healthy lives in their own homes and communities.

“The reforms the Australian Government has introduced in recent years aim to put consumers in control of their care.

“In February this year, the Federal Government introduced Increasing Choice in Home Care reforms to give consumers more choice and control in selecting a home care provider.

“For the first time, funding for home care follows the consumer, not the provider. There is now also a consistent, national process for prioritising the provision of home care to ensure fairer and more equitable access, regardless of where people live.”

Minister Wyatt said that before making decisions on further reforms, the Turnbull Government wanted to hear the views of the sector and the community.

Consultation will be open until 21 August 2017.

The discussion paper can be accessed through the Department of Health’s Consultation Hub:

<http://bit.ly/2ufVQLk>

Upcoming Events

Thursday 3 August

The Iceman Cometh: Substance Abuse & Schizophrenia – Coffs Harbour

Thursday 3 August - Friday 4 August

National Health Innovation and Research Symposium – Coffs Harbour

Monday 7 August

Human Factors, Complexity and Accountability in Healthcare – Coffs Harbour

Saturday 6 August - Wednesday 9 August

HIC 2017 – Brisbane

Wednesday 9 August

Annual Immunisation Update 2017 – Coffs Harbour

Wednesday 9 August

Women in Medicine – Port Macquarie

Monday 28 August - Tuesday 29 August

Advanced Life Support – Lismore

Thursday 31 August

Clarence Valley Antenatal Shared Care Forum – Grafton

Thursday 14 September

Speed Networking – Casino

Friday 15 September

Safeguarding Yourself – Recognising and Responding to Vicarious Trauma – Ballina

Saturday 23 September

The Art and Science of Client Relationships – Byron Bay

More Events

Visit www.ncphn.org.au/events to view the North Coast Primary Health Network Events Calendar.

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