

NCAHA NEWS

Your monthly communication from the
North Coast Allied Health Association



Message from the Board

**Professor Susan Nancarrow,
Chair, NCAHA Board**



Happy New Year to you all! I trust that, like us, you have a spring in your step and you are ready to tackle 2018 with vigour.

It is an exciting and challenging time for NCAHA, as we are in a period of transition and consolidation. In accordance with our Constitution, the time has come for a change in Directors, which brings new opportunities to NCAHA. The call for nominations is out now and more information is included in this edition.

NCAHA is presently taking stock of its priorities and is revamping its approach to achieving our objectives. In the immediate future, we will focus on the sustainability and viability of the Association and the membership to help improve the provision of Allied Health services on the North Coast.

As we strive to increase our capacity and influence, our likely goals will be concentrating on four main priorities:

- **Building Allied Health careers:** Supporting student placements and supervision and early career development for Allied Health.
- **Building the evidence base for effective integrated health care:** Strengthening our understanding to deliver effective care in priority areas of health challenge (eg. for seniors and people with disabilities).
- **Developing health sector capacity:** Identifying gaps in

- Allied Health access; advocating and forming collaborations to address those gaps.
- **Creating connections:** Supporting and creating Allied Health networks and forums.

As well, we will be considering the membership structure to include corporate membership along with the current individual membership. All members have been retained and you are urged to connect with us in a number of ways:

Like us on Facebook!

<https://www.facebook.com/www.AlliedHealthNorthCoast/>

Become a member if you are not already:
<http://ncaha.org.au/membership-form/>

Join us at our Annual General Meeting on 10 March 2018 as part of the Health Innovations Conference in Kingscliff:
<http://www.seminars.ucrh.edu.au/>

Consider nominating for a position on our Board!
(more details on **page 3**)

Give us feedback. We will be establishing new ways of communicating with you as your input is key to better health care in our region. Facebook is a good place to start.

I look forward to connecting with you in this new year, and I hope to see some of you at the Health Innovations Conference and our AGM at 5:15 pm on 10 March 2018.

Naomi Lane, Dental Therapist, Maven Dental, Tweed Heads



While some health care graduates have a firm career direction in mind, Naomi, as she puts it, 'stumbled' into dental therapy. It was well into her Science Degree when she first heard about the Dental Therapy course.

At the time she was studying in Melbourne in the early 1990s, the School of Dental Therapy was run by the Health Department and trained dental therapists were sent off to work for the School Dental Service. Today Dental Therapists attain a Bachelor of Oral Health and have dual qualifications in dental therapy and dental hygiene.

When Naomi began working for the School Dental Service in Victoria in 1994 the only option for a dental therapist was to work for the government. However, later legislative changes meant therapists could practice privately. Naomi pursued further study as well, which allows her to work in Orthodontics.

The first nine years of Naomi's career was spent in Gippsland, working in mobile dental vans and small fixed clinics on a two year rotation of local schools.

She later worked for a private practice and for an orthodontic clinic in Melbourne, experiencing some welcome changes to her working day.

"To have fully functioning equipment and a choice of materials was a highlight," she said.

Around seven years ago Naomi moved to the Northern Rivers and has worked at Maven Dental in Tweed Heads for more than six years. She has also worked in orthodontic practices. Since working in private practice, her focus has been on preventive dental care.

"This is what you are supposed to focus on as a Dental Therapist, but in the public system we were so busy we mostly ""drilled, filled or extracted"". My current patients and their parents receive education about diet, tooth brushing and dental maintenance, as well as any necessary restorative work."

With this regular care Naomi is confident that patients who leave her at the age of 18 with the knowledge to have a healthy dentition for life.

Having always loved working with kids, Naomi has heard a lot of children's stories. One that she can't forget involved a young boy who when asked about his weekend said matter of factly "Me Dad got shot."

"The staff gathered around in concern but he told us 'He's okay, he's been shot before'."

"Not wanting to pry, but too inquisitive not to ask, we inquired if he knew who had shot his Dad. 'The cops,' he replied."

Naomi's satisfaction as a Dental Therapist comes from seeing a patient improve.

"Whether it's oral hygiene, fewer cavities, less anxiety in the chair or an orthodontic improvement, anything that makes a child really shine with pride is a joy to see. From a strictly clinical perspective finishing a course of treatment is always rewarding. Once the plaque and decay have been eradicated and there's a mouthful of clean healthy teeth I'm happy," she told HealthSpeak.

Naomi is passionate about the impact of good oral health on children and their overall health and wellbeing and the role of a Dental Therapist.

"Often kids are unable to articulate well about pain and could be suffering from a dental abscess, cold sore, ulcer, eruption cyst, mobile tooth, hypo mineralised enamel causing sensitivity, food pack, impacted tooth and so on. "Unfortunately, a poor diet can result in cavities which can cause other medical issues. Parents need to be encouraged to take oral health seriously from the moment their baby arrives. Not sending baby to sleep with a bottle or nursing to sleep, not over using a dummy, cleaning teeth as soon as they erupt and commencing dental visits from one to two years of age."

Pictured: Dental assistant Sophie Hannan with Dental Therapist Naomi Lane

CALL FOR DIRECTORS: NCAHA Governing Board

The North Coast Allied Health Association aims to have a skilled and diverse Board and is seeking applications for Directors from people with a variety of professional experiences, particularly with Allied Health, and a keenness on improving patient care and the health status on the North Coast.

The members will vote on eligible applicants in a ballot to be announced at the **AGM on Saturday 10 March 2018 in Kingscliff.**

Application forms can be obtained by emailing robbyfitz1@hotmail.com or visiting: <http://bit.ly/2o5fUes>

Nominations are due by **Wednesday 24 February 2018.**

Indigenous Allied Health Australia Conference

by Rob Curry

An exciting Indigenous Allied Health (IAHA) Conference was held in Perth from 27-29 November 2017. Over 300 delegates came together for three days of energetic discussion and sharing of ideas and plans for better health care in the Indigenous community.

The general standard of presentations was high and innovative and there were some great keynotes, including:

- June Oscar: Aboriginal Torres Strait Islander Social Justice Commissioner talking of progress in human rights for the Aboriginal community.
- Associate Professor Joseph Keawe'aimoku Kaholokula, Chair of Native Hawaiian Health, who provided great insights into the need for Indigenous voices and perspectives for any health promotion programs to be truly effective.

A key component of the conference was the Student Health Fusion Team Challenge in which multidisciplinary groups of Indigenous Allied Health students came together, on stage and under pressure, to work through team responses to complex case studies put to them. It was inspiring to see these bright young people combine their knowledge and planning skills into highly collaborative action.

A highlight of the program for me was the workshop on Cultural Responsiveness facilitated by Kylie Stothers, social worker from Katherine, and Trevor-Tiritpa Ritchie, occupational therapist from Adelaide. These two took us through a clearer understanding of the issues of culture in health care and of the terms 'cultural safety' and 'responsiveness', and why these domains are so important for effective delivery of health care.

Another highlight was the awards night, a real celebration of Aboriginal culture, youth, and excellence in learning. IAHA really know how to celebrate their Indigenous membership and several awards were made to excellent young Aboriginal Allied Health professionals forging strong professional careers in health right across the country. In fact, the overall ambience of the conference was positive, passionate and confident. It augers well for strong improvement in the Aboriginal workforce in Australian health care and, ultimately, better services for Aboriginal communities.

The conference finished with a poignant session from musician Archie Roach. He took us through his life with a series of stories and some beautiful songs that seemed to perfectly capture his narrative. He ended with a little piece of wise advice for us all – if you love someone, make sure you take the time to tell them every now and then, you may not get another chance. We were all weeping in our seats.

What We Achieved in 2017

- Published 108 new HealthPathways
- Reached a total of 390 localised HealthPathways on the website
- Google Analytics - 4,702 users and 126,748 page views recorded
- 52 HealthPathways reviewed and updated

Check out the top HealthPathways for 2017:

Clinical

- [Antenatal Care - Routine NSW](#)
- [Antenatal Care - Routine MNC](#)
- [Suicide Risk](#)
- [Northern NSW Antenatal Checks Schedule](#)
- [Advance Care Planning](#)
- [Specialist Palliative Care](#)
- [New Palliative Care Patient](#)
- [Acute Back Pain without Leg Symptoms](#)
- [Cognitive Impairment and Dementia](#)
- [Heart Failure](#)
- [Cervical Screening](#)

Referral and Assessment

- [Non-acute Obstetric Assessment](#)
- [Physiotherapy](#)
- [Non-acute Adult Mental Health Assessment](#)
- [Emergency Referrals](#)
- [Mental Health Referrals](#)

- [Allied Health Services](#)
- [Non-acute Paediatric Assessment](#)
- [Non-acute Older Adult Mental Health Assessment](#)
- [Breast Screening Referral](#)
- [Action Plans](#)

If you need information about HealthPathways, please don't hesitate to contact Kerrie Keyte on (07) 5589 0500 or email kkeyte@ncphn.org.au, or contact Fiona Ryan on (02) 6583 3600 or email fryan@ncphn.org.au. We are always on the look out for opportunities to promote HealthPathways and can provide you with information and flyers upon request.

Tell Us What You Think About HealthPathways

We want to ensure that the HealthPathways website continues to contain current and accurate information. If you see something that doesn't look quite right, or would like to add your service information, we would appreciate you letting us know.

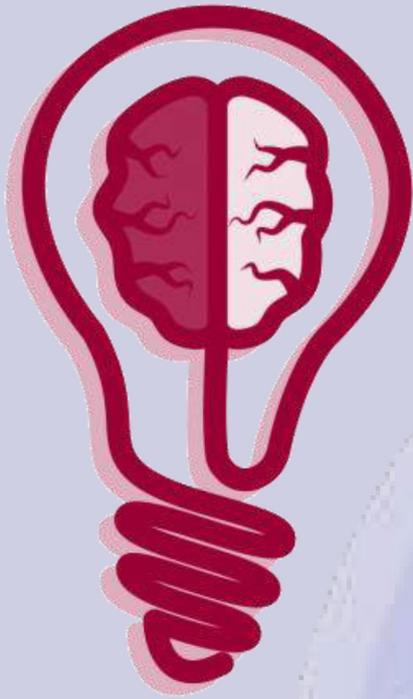
To send us your feedback simply click on the 'Send Feedback' button located at the top right of the Homepage or any HealthPathway.

To view all Mid and North Coast Localise HealthPathways visit:

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

Username: manchealth

Password: conn3ct3d



HEALTH INNOVATIONS CONFERENCE

10-11 March 2018

PEPPERS, SALT BEACH, KINGSCLIFF
GP, AH & NURSING EDUCATION for a
UNIFIED INTEGRATED APPROACH

INTERVENTION

Surgical and Non-Surgical Medicine—Spine, Vascular, Cardiology, Skin

LIFESTYLE MEDICINE

Helping Happiness—Strategies for Increasing Emotional Wellbeing

RESEARCH SHOWCASE

General Practice and Allied Health—North Coast

DIGITAL DISRUPTION

Digital Marketing and Digital Strategy - Implications for your business

CPR UPDATE

Including Basic Life Support

370 + LIVE HEALTHPATHWAYS

Web Based Clinical Information Portal

CPD/PDP POINTS APPROVED

ACRRM—9 Core points (10 Core with CPR)

RACGP—16 Category 2 (2points/hour) or 21 points with CPR

APA - Individual application

CAA/CA/SCA - Certified as informal learning hours

OTHER - Self directed learning claim

EARLY BIRD
02/02/18

DISCOUNTED
SUPERVISOR
RATES

REGISTER NOW

www.seminars.ucrh.edu.au



UNIVERSITY CENTRE FOR RURAL HEALTH
NORTH COAST

education research workforce



UNIVERSITY
OF WOLLONGONG
AUSTRALIA



North Coast
Allied Health Association



Bristol-Myers Squibb



**Don't forget about our
Annual General Meeting
on 10 March 2018 as part
of the Health Innovations
Conference in Kingscliff.**

See you there at 5:15pm!

Upcoming Events

Monday 19 February - Tuesday 20 February 2018
Domestic Violence Response Training - Coffs Harbour

Thursday 22 February 2018
End of Life Legal Matters - Ballina

Wednesday 28 Feb 2018
Palliative Care Breakfast Meeting – Motor Neurone Disease
Update - Port Macquarie

Thursday 1 March 2018
Stroke Management: Before, During and After - Byron Bay

Wednesday 7 March - Wednesday 21 March 2018
Dementia Essentials - Port Macquarie

Saturday 10 March - Sunday 11 March 2018
Health Innovations Conference - Kingscliff

Monday 19 March - Tuesday 20 March 2018
Domestic Violence Response Training - Grafton

Thursday 22 March 2018
Speed Networking - Byron Bay

Saturday 24 March 2018
Region Ready – My Health Record - Ballina

More Events

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



North Coast
Allied Health Association

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