

BORDER NURSES

General Practice Nursing along the border in the



Albury Wodonga Regional GP Network

Volume 28, January 2010

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1. Heatwave Information

Heatwave preparation

Last summer Victoria experienced its worst heatwave for 100 years. This year, the Department of Health has developed 'Heat Health Alerts' to help community members and practice staff prepare for and cope with extreme temperatures. The alerts (state-wide or regional) will notify clinicians of weather changes that are likely to have an impact on the health of community members. These alerts will help practices to prepare for an increase of heat related illness and possible power outages that are often associated with high temperatures. (Practices should have a back-up plan for vaccine fridges during power outages and procedures in place for notifying cold chain breaches.)

Visit the [Department of Health website](http://www.health.vic.gov.au) for more information on prevention and treatment of heat related illness.

The department's website also contains information on how to prevent heat-related illness, with downloadable fact sheets in multiple languages.

http://www.health.vic.gov.au/environment/emergency_mgmnt/heat_stress.htm

2. Wider Reading/ Websites

Australian Disease Management Association: lots of documents and information for and about chronic disease management.

http://clearinghouse.adma.org.au/browse-resources/doc_diseases.html

Stand up Australia

This research into sedentary behaviour in Australian Workers is suggesting that the amount of time you sit during the day contributes to your health risk and may have a strong relationship with medical conditions such as type 2 diabetes, cardiovascular disease, risk factors for the metabolic syndrome and obesity.

The report makes for interesting reading and is available at

<http://search.medibank.com.au/search/search.cgi?query=stand%20up%20australia&collection=medibank>

Benchmark Education opportunities 2010

<http://www.benchmarkgroup.com.au>

Online Resource for those working with children and young people –HandsOnScotland Toolkit

This website is designed to help you make a difference to children and young people's lives, by giving you tools to respond helpfully when they are troubled.

It is a one-stop shop for practical information and techniques on how to respond helpfully to children and young people's troubling behaviour, build up their self-esteem and promote their positive mental wellbeing.

This website was developed by Playfield Institute (NHS Fife) in partnership with Barnardo's and the University of Dundee. It was commissioned by HeadsUpScotland, the national project for children and young people's mental health. <http://www.handsonscotland.co.uk/index.html>

It is a useful resource for families - it has fact sheets and videos on many common topics which might affect a child's emotional well-being. *From Prof. Mike South, RCH*

Presentations from 2009 APNA Conference

Copies of all presentations given and some additional information. Some really good info here on running consultations, exercises for those with chronic illness, practice nursing in context and much, much more.

<http://www.apna.asn.au/displaycommon.cfm?an=1&subarticlenbr=286>

The Heart Foundation

The Heart Foundation's heart attack action plan/facts sheet for patients and health professionals can now be downloaded from the Foundation's website as part of the "Warning Signs for Heart Attack" campaign.

The Campaign will be expanded in 2010 to include translation of these resources into six other languages, ongoing dissemination of this information and evaluation of the resources.

<http://www.heartattackfacts.org.au/Home.aspx>.

yourHealth

To keep updated on the government's health reform visit the your health website. The site contains a variety of information including various fact sheets on health reform areas.

<http://www.yourhealth.gov.au/internet/yourhealth/publishing.nsf/content/home>.

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3. Professional Practice

National Nurses Award 2010

The below links relate to the Nurses Award which came into force on Jan 1st. It is your responsibility to know the award, know where you fit in the new pay scales, and be aware of your employment contract as it relates to the Award and your job description. If you don't know or don't have a job description and have not signed a contract, you need to discuss it all with your employer as soon as possible.

<http://www.apna.asn.au/displayindustryarticle.cfm?articlenbr=39088>

http://www.accounting.eknowhow.com/HealthandLife/files/EYM26G35LF/The_New_National_Nurses_Award_General_Award_Update_Best_Practice_News_Alert_No_165.pdf

How does the Fair Work Act Affect You? Wangaratta

The Australian Nursing Federation (Victorian Branch), with support from the Australian Government and the ACTU Organising Centre, is conducting FREE seminars in Melbourne and across regional Victoria from October 2009 to help nurses, midwives and personal care workers understand how the new workplace relations laws will affect you

The new national workplace relations system commenced, in part, on 1 July 2009, with the remainder effective from 1 January 2010. There are significant changes that will affect all employees in nursing and midwifery.

The six hour information seminars will cover the following aspects of the new laws:

- ❖ The new National Employment Standard that applies to all employees;
- ❖ Unfair dismissal laws, including how networks, hospitals and aged care facilities must comply;
- ❖ New arrangements for enterprise bargaining;
- ❖ Application of modern awards in the our industry;
- ❖ Understanding the new structures of Fair Work Australia and the Fair Work Ombudsman; and
- ❖ Impacts of industrial relations referral of powers by State Governments.

The FREE seminars will be presented by Australian Nursing Federation (Victorian Branch) Assistant Secretary Paul Gilbert and will provide an opportunity to consider the workplace relations changes in an industry specific setting.

The closest one to the border is in Wangaratta on Feb 10th at the Gateway Hotel in Ryley St. from 11.00-3.00pm, registration from 10.30. The seminar is free but you must book a place.

To register go to <https://anf.vic.wufoo.com/forms/fair-work-seminars>

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National Registration

Stay informed about the transition to the Registration and Accreditation Scheme, due to commence on 1 July 2010.

What is the National Registration and Accreditation Scheme?

The Scheme will for the first time, create a single registration and accreditation system for ten health professions, including chiropractors; dentists (including dental hygienists, dental prosthetists and dental therapists); medical practitioners; nurses and midwives; optometrists; osteopaths; pharmacists; physiotherapists; podiatrists; and psychologists. Aboriginal and Torres Strait Islander health workers, Chinese medicine practitioners, medical radiation practitioners, and occupational therapists will also be included in the Scheme from 1 July 2012.

The Scheme will enable health professionals to practice in any jurisdiction and help to promote greater flexibility and efficiency of the health workforce. The Scheme aims to improve management of practitioners and will also aid in the detection of those engaged in misconduct, unacceptable practice or impairment issues.

So what will be the benefits for Nurses?

The new national registration scheme will have quite a few positives for Nurses. On the practical side, the scheme will allow for you to renew your registration online, there will be a single national fee for your annual registration (no more doubling up on registration fees if you work across state borders) and you will be able to practice anywhere in Australia with this license. (*Hooray for us on the border!*)

It is proposed that there will be 4 types of registration available to each profession Board: general, specific (for endorsements or conditions on practice), non-practicing, and student. All health professionals with general registration will need to maintain annual registration, provide evidence of their ongoing professional development and competence annually, provide evidence that they have professional indemnity, and be accountable to their Board for their professional practice.

How will the Scheme affect you?

Details around the specific requirements for nurses and midwives under the Scheme are yet to be determined. RCNA will provide any new information and updates on these requirements as they become available.

Compulsory CPD - All health professionals, including nurses and midwives, will be required to participate in an approved Continuing Professional Development (CPD) program from their

national board in order to renew registration. The professions of nursing and midwifery, while represented by one national board, will be regarded as separate under the Scheme.

Professional Indemnity requirement-

There are currently laws in every state and territory requiring health professionals to have professional indemnity insurance. The national registration scheme will have this requirement to.

The difference will be that meeting this requirement will be built into the re-registration process.

Other requirements - Mandatory reporting, student registration, criminal history and identity checks, strong community member representation on national boards, ombudsman arrangements and easier public access to make complaints, are some key aspects that will be provided for under the Scheme.

So what will happen in 2010?

The detailed arrangements for the transition to the new national register from 1 July 2010 are still being worked out. The National Nursing and Midwifery Board of Australia comes into existence this year to assist with setting up all of the arrangements that will be needed to ensure a smooth hand over from the state and territory Nursing and Midwifery Boards to the new national Board.

For more information:

http://www.rcna.org.au/policy/national_registration

<http://www.nhwt.gov.au/natreg.asp>

(Thanks to Brisbane South Division)

Information on continuing professional development:

<http://nurseinfo.com.au/current/contprodev>

ANMC Continuing Competency Framework:

[click here](#)

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RCNA Update - A primary health care focus

It's like primary health care (PHC) has been rediscovered recently. First there was the first RCNA Primary Health Care Conference in Adelaide on 9 and 10 November. Then Professor Helen Kelleher spoke on this topic for the 8th Vivian Bullwinkel lecture at the Nurses Memorial Centre in Melbourne on 18 November. And then of course there is RCNA's new Community and Primary Health Care Faculty, not to mention the release of the Draft National Primary Health Care strategy earlier in the year.

The importance of the key features of PHC, such as the social determinants of health, prevention of illness and promotion of health, equity of access cannot be underestimated. While the journey from the Alma Ata declaration of 1978 has been notable for its delays and missed opportunities, it is good to see that energy and resources are once more being directed to these vital aspects of health.

Nursing has from its earliest beginnings been associated with providing care for those who are disadvantaged by poverty and geography. Nurses should therefore be significant contributors to the PHC agenda. A number of speakers at the RCNA PHC conference noted that nurses need to assume leadership roles in the PHC debate, and ensure that nursing and nurses are properly represented in all aspects of planning and implementing the necessary changes, and that the momentum is not lost by being sidetracked into discussions on primary care, which is different from PHC. We should also be working to make sure that our pre-registration nursing programs are preparing students for practice in PHC careers.

Given the cost of health care is not going to decrease in the short term, we will also need to be advocates for funding models that enable additional spending on PHC while at the same time maintaining the levels of acute and rehabilitative care that Australians expect. These ideas will be further progressed at RCNA's National Summit to be held in Canberra on Thursday, 27 and Friday, 28 May 2010.

From GPV; Primary Care Update Dec 2009

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Changes to the Regulation of Nurse Immunisers (Vic)

Following a review of the regulation of Nurse Immunisers in Victoria, the Minister for Health has approved under section 27A of the Health Professions Registration Act 2005 Immunisation as an area of approved practice. This approval enables the Nurses Board of Victoria (NBV) to endorse Nurse Immunisers effective from the 1st January 2010.

Nurses who currently have recognition of additional qualifications as a Nurse Immuniser with the NBV will be individually notified of these changes. There will be no fees applied for the transition from recognition of additional qualifications to endorsement by current registrants. Nurse immunisers with recognition of additional qualifications who have not reaccredited will need to complete an NBV approved return to practice course in immunisation to be eligible for endorsement. Nurse Immunisers practicing without recognition of additional qualifications on their practicing certificate must make an application for endorsement to be eligible to practice as a nurse immuniser in Victoria.

As a result of these changes initiated by the NBV, Nurse Immunisers will no longer be required to reaccredit every three years, this will also be effective from the 1st January 2010. The Drugs, Poisons and Controlled Substances Regulations 2006 have also been amended to reflect the changes in regulation for Nurse Immunisers. It is the professional responsibility for all practicing nurses and midwives to maintain their competence in their chosen area of practice.

For further information in relation to this matter, please telephone on 03 8635 1259.

From GPV; Primary Care Update Dec 2009

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Graduate Certificate in Nursing (General Practice)

The Graduate Certificate in Nursing (General Practice) is a collaborative joint venture of the University of the Sunshine Coast and the Australian General Practice Network (AGPN), which works closely with the University in facilitating its delivery. The Graduate Certificate is designed specifically for Practice Nurses to develop knowledge and skills to assist them to practice competently within the challenging and constantly evolving general practice environment.

In the first phase of the program students complete three courses (36 units) that emphasise practice within the general practice environment and that are delivered via on-line distance education by USC adjunct staff. The second phase, the elective course, is delivered via on-line distance education by the University of the Sunshine Coast.

Australian General Practice Network and the University of the Sunshine Coast invite registered nurses to enrol in Course 1 in Semester 1, 2010.

An outstanding feature of the Graduate Certificate in Nursing (General Practice) is that it provides a supportive learning environment, particularly for those who have not studied at the tertiary level before.

Course Content:

All course material and readings will be provided for Course 1 by the national coordinator at AGPN.

In addition to the provision of this information on CD, all course materials, additional reading and information is provided for all registered students on the USC website which also provides an interaction discussion forum for all students and tutors. There is also access to the USC on-line library. Details on USC website access will be provided on enrolment. To visit The University of the Sunshine Coast web site go to <http://www.usc.edu.au>.

Course Fees

To support practice nurses to access graduate studies, this program is offered through the AGPN at \$650.00 per course, per semester for the first three courses. The elective course delivered online through the University of the Sunshine Coast will cost approximately \$1,600. Practice nurses can apply through the Australian Government nursing scholarship scheme to assist with the cost of the elective course.

Enrolment

To enrol in the Graduate Certificate in Nursing (General Practice) complete the enrolment form on the AGPN website and return to Toni Rice, National Coordinator Graduate Certificate Program.

To enrol in the Graduate Certificate in Nursing (General Practice), you must be employed as a practice nurse.

Key dates

19 November 2009 Enrolments open

Friday, 15 January 2010 Enrolments close

Monday, 1 February 2010 Course content CD distributed

Monday, 22 February 2010 Semester 1 commences

Further information

For further information on the Graduate Certificate in Nursing (General Practice) contact Toni Rice, National Coordinator Graduate Certificate Program, at trice@agpn.com.au

4. National E-Health Transition Authority

A growing need for healthcare reform has been recognised to prepare Australia for the future, to make the system sustainable and maintain the high standards we have to meet new demands. Drivers include an ageing population, an increase in the prevalence of chronic diseases, advances in medical technology and knowledge, better informed health consumers, and a need to strengthen the safety and quality of healthcare.

To ensure a sustainable future Australia's governments have promoted healthcare reform. Integral to this is e-health – for the system, the individuals who will use it and those who work within it. That's one of the reasons why the National E-Health Transition Authority (NEHTA) was established - to develop a national approach to better collect and securely exchange health information electronically. Australian Health Ministers, through the Australian Health Ministers' Advisory Council (AHMAC), commissioned 'The National E-Health Strategy', presented in December 2008, which provides a guide to the further development of e-health in Australia. In addition, the recent National Health and Hospitals Reform Commission (NHHRC) report provided the governments of Australia with a practical national plan for health reform with e-health seen as a real driver of change that will benefit all Australians.

The benefits of implementation of a national e-health system apply to all sections of the healthcare community. They stem from the safer, more accurate, timely and reliable transfer of clinical information from known 'trusted' sources which health providers can access and use for care with certainty - securely and encompassing the confidentiality and privacy principles which remain central to care. Understanding how e-health can address patient safety is key to NEHTA's work.

E-health systems are already in use across Australia. But so that we have a truly national system operating to the highest standards of safety and security, NEHTAs work focuses on developing the essential foundations for e-health i.e. healthcare identifiers, secure messaging and authentication, and a clinical terminology and information service. These will form the backbone of Australia's e-health systems. NEHTA is also working with the medical software industry to develop specifications and standards for secure messaging for healthcare providers. This work is associated with the Australian government's Practice Incentives Program.

As technology continues to emerge, practices will be able to securely exchange information such as discharge summaries, pathology reports and specialist reports electronically and send electronic referrals, pathology orders and participate in electronic prescribing. The PIP is administered by Medicare Australia on behalf of the Australian Government's Department of Health and Ageing.

NEHTA's work as the lead organisation supporting the national vision for e-health in Australia is positioned to help overcome the challenges facing our healthcare system. This will be accomplished through understanding the factors affecting patient care, the safety and quality agenda and by realising the benefits of e-health and the value that the electronic exchange of information can provide.

For further information on NEHTA's work go to www.nehta.gov.au

From Melbourne General Practice Network.

What do you know about the e-health systems in your practice? Do any of the following sound familiar?

- ❖ Medical Objects
- ❖ E-referral
- ❖ Encryption
- ❖ Connectingcare
- ❖ HL7 format (for pathology results)
- ❖ Clinical audit tool
- ❖ Data extraction
- ❖ Data cleansing
- ❖ Free text (a no no!)

- ❖ Doctors Control Panel
- ❖ Effective use of your clinical software – data input
- ❖ Database searching
- ❖ Disease registers

If not – let me know and I can help to broaden your horizons and embrace the technological future!

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5. NiGP Updates - Diabetes

Diabetes Prevention at Christmas!! *(with thanks to Melbourne General Practice Network)*

Santa Claus has lost 4.5kgs and 5cms from his waist since starting the Life! Taking Action on Diabetes (Life!) course in late 2008. He now walks every day, pays close attention to the amount of fat in his diet, and enjoys more fruit and vegetables. Mr. Claus was eligible for the program because he was at high risk of type 2 diabetes, scoring over 15 on the AUSDRISK test. He is also aged over 40 years, and had type 2 diabetes excluded in the past 12 months.

The course has been shown to delay or prevent the onset of new cases of type 2 diabetes in participants by 58%. The six session course assists participants to set small, achievable goals to improve their lifestyle. Life! courses are run by qualified health professionals.

If you think that the Life! Program could help your patients, refer them today. To be eligible, they must:

- ❖ be aged over 40
- ❖ score 15 or over on the AUSDRISK tool
- ❖ have diabetes excluded in the past 12 months (by pathology)

Download a referral form from www.diabeteslife.org.au - GP & Health Professional - Life! Program referral form.

Item 713 can be claimed in general practice and the patient referred to the LIFE! program run through Albury Wodonga Health – Wodonga Campus. Contact Helen Still at the Community Rehab Centre on 60517406.

For more information on the item number see:

<http://www9.health.gov.au/mbs/fullDisplay.cfm?type=note&qt=NoteID&q=A29>

New DVD for type 2 diabetes patients

The National Prescribing Service (NPS) and Diabetes TASMANIA have launched a new educational DVD aimed at people with type 2 diabetes, which addresses medicines use issues. The DVD is designed to be used by health professionals and community organisations when discussing the management of type 2 diabetes with newly diagnosed patients.

The DVD comprises 11 segments which cover issues including the types of medicines used to manage type 2 diabetes, the best ways to manage medicines, and what patients should discuss with their healthcare providers. It is also being produced in Cantonese, Mandarin and German. Order the DVD by phoning Diabetes TASMANIA on 03 6215 9000.

People with diabetes (Vic residents)

People referred to AWH - Wodonga Community Rehab Centre (CRC) for diabetes education, dietetics, physio or podiatry are triaged and prioritised through central intake. Referrals can be made electronically through Connectingcare or by fax. Please include recent pathology. AWH – Wodonga CRC also run the My Health My Life program for people with chronic disease to teach self management skills (contact Glenda Chapman on 6051 7615) and the Hospital Admissions Risk Program (HARP) - contact Liz Freeman for further information on 6051 7615. The HARP team can be included in a TCA as can the publicly funded diabetes clinicians.

People with diabetes (NSW residents)

Can be referred to Albury Community Health Centre diabetes educator and dietitian by phone 6058 1811 or fax 6058 1801. Referrals go directly to the clinicians and they request that recent pathology be included. Reports will be sent to the referring practice when a referral letter is sent.

Newly diagnosed Type II diabetics are seen in group sessions. ACH can be part of a TCA, please discuss with clinicians their role in the care plan and reporting requirements.

Diabetes Models of Care

How are people with diabetes cared for in your practice? Do you have systems in place to ensure follow up, completion of annual cycle of care, claiming appropriate item numbers, use of item 10997 for motivational interviewing/monitoring/education? Do you regularly use the diabetes clinical record? What is your practice record of HbA1c in the past 12 months? When did your patient with diabetes have their last BP? The PEN Clinical Audit Tool can help find the data but the whole practice needs to input data correctly; in the diabetes clinical record box.

Some models for care are at the below links:

http://clearinghouse.adma.org.au/browse-resources/search_result-4.html - Look especially at the Loddon Mallee pathway and the Integrated Model of Diabetes Type II patient care document.

http://www.dcgpa.com.au/_cms/CMS_images/resources/Timeline%20for%20Diabetes%20care_web.815.pdf

<http://www.megpn.com.au/Docs/ChronicIllness/ChronicIllness/NurseLedFINAL.pdf>

http://www.apcc.org.au/Documents/Setting_up_a_Nurse_Led_Clinic1.pdf

<http://www.nrgpn.org.au/index.php?element=The%20nuts%20and%20bolts%20of%20Nurse%20led%20clinics>

<http://mail.seagp.org.au:8081/Services-Programs/Diabetes/PathwayDocs/Nurse%20Led%20Diabetes%20Clinics.pdf>

Pre Diabetes

Don't forget the people at risk of diabetes. They can be assessed and educated within general practice under item 713 and then referred to a lifestyle management program such as LIFE! which is run through AWH – Wodonga hospital. Eligibility criteria can be found at MBS Online – <http://www9.health.gov.au/mbs/search.cfm?q=713&sopt=!> For information on referral contact Kerry Finlay at the Network on 02 6049 1900 or Helen Still at AWH – Wodonga on 60517406. AUSDRISK tool and other resources available from [here](#)

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6. Upcoming Education Events ~				
Date	Event	Venue	Presented by	Cost
February 3 rd , 6.30pm start	Care planning and MBS Numbers are limited to 14	TBC	AWRGPN and WalkerEvans RSVP to Jacki by Jan 25th	Nil
February 3 rd 2.00pm	Hume Regional Wound Management Group - Lymphoedema	Margaret Boyd Building North East Health, Wangaratta	Hume Regional Wound Management Group RSVP: scilla@a1.com.au	Nil
12,13,26 th February	Introduction to Counselling – short course Application form (sections A&D only) here http://www.turningpoint.org.au	Melbourne	Turning Point Marion Brophy - 03 8413 8726 Closing date for applications – Jan 29 th 2010	\$300
March 1 st 9.00am-3.00pm	Wound Management Update www.worldofwounds.com	UNSW Rural Clinical School	World of Wounds, Jan Rice	\$130

	Numbers are limited to 30		RSVP to Jacki by Feb 12th	
March 9 th – 10 th	Preventing and Managing Childhood Obesity www.ausmed.com.au	Hotel Ibis, Melbourne	Ausmed Conferences	\$451
March 18 th & 19 th .	Orientation for nurses new to general practice GPV - Orientation Program for Nurses New to General Practice	Arrow on Swanston, Melbourne	GPV – Nicole Toon (03) 9341 5243 AGPN	\$120 (course only)
May 6 th & 7 th	Orientation for nurses new to general practice GPV - Orientation Program for Nurses New to General Practice	Arrow on Swanston, Melbourne	GPV – Nicole Toon (03) 9341 5243 AGPN	\$120 (course only)
May 6 th - 8 th	APNA Golden Opportunities conference www.apna.asn.au	Royal Pines Resort, Gold Coast	APNA	\$445 – (early bird member) - \$895 (non member)
May or June	Mental Health First Aid Expressions of interest invited Fax Marc Williams 6049 1999	AWRGPN	AWRGPN	Nil
July 19 th - 20 th	Wound Management “The Next Step” www.ausmed.com.au	Jika Conference Centre, Melbourne	Ausmed Conferences	\$451
October 18 th	Wound Care Essentials www.worldofwounds.com	Albury / Wodonga	WorldofWounds Jan Rice	\$160 - \$190

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7. Practice Nurse Network

The first PN network meeting this year on Wed Feb 3rd will consist of a presentation from Lynne Evans and Judy Walker (WalkerEvans) on care planning and the MBS for GPNs. This is a great opportunity to talk to your peers about what they do and develop some ideas for your own practice. Numbers are limited for this event due to space and cost, light refreshments will be provided. RSVP now.

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