



MESSAGE FROM THE CHAIRMAN



As we celebrate the end of 2013, GP down south remains an active and viable not-for-profit organisation providing health and wellbeing programs and services throughout the Peel and South West regions.

This edition of the newsletter highlights some of our recent achievements. I am particularly pleased to welcome former Mayor of Mandurah, Paddi Creevey as Ambassador of the Peel Youth Medical Service (PYMS). Paddi's extensive networks, experience and years of community involvement make her perfect for the role and we look forward to working with her to raise the profile of PYMS and identify new funding opportunities for the service.

As we look forward to 2014, we anticipate that many of our programs and services will continue to grow from strength to strength. In Peel, we shall continue to operate Nidjalla Waangan Mia Aboriginal Health and Wellbeing Centre, the Peel Youth Medical Service, the Peel Mobile Health Service and the WA General

Practice Education and Training program. In the South West, we shall provide Down South Aboriginal Health, Mental Health Services, Southern Forests Health (a general practice in Manjimup) in addition to the Coordinated Veterans' Care, Activity Assistants and Community Child Health Programs.

In the South West, we are preparing for significant changes to our Mental Health and Aboriginal Health programs. The South West WA Medicare Local (SWWAML) has announced their intention to become a service provider during 2014. This means that during 2014, SWWAML will take over the service provision of the majority of the Commonwealth Government funded programs that we currently provide. This decision has been made by the Board of SWWAML. GP down south's Board has expressed our opposition to the Medicare Local regarding their decision and the basis of their decision. We have also advised them of our concerns regarding their ability to transition to become a service provider within the stated timeframes without causing disruption to service delivery.

The GP down south Board and Senior Management Team will do everything in our power to ensure continuity of services. We will provide support, encouragement and advice to staff working in the affected programs to enable them to obtain ongoing employment with SWWAML if they wish to do so.

**PLEASE
BE ADVISED
THERE IS A NEW
CONTACT NUMBER
FOR THE PEEL OFFICE
9537 5500**

I would like to take this opportunity to confirm that GP down south will continue operation beyond the transition of the South West Commonwealth funded services to SWWAML. As we receive funding from a range of sources, we will remain viable and will continue providing programs and services throughout the Peel and South West regions. GP down south will continue to seek new service development opportunities and I will keep you informed of progress.

Thank you to the Board and team at GP down south for your commitment and loyalty during 2013. Finally, I wish everyone associated with GP down south a Merry Christmas and Happy New Year. I look forward to working with you in 2014.

Dr Mostyn Hamdorf
Chairman, GP down south



Stress Reduction Day for Mental Health Month

A pamper day was recently held at Roelands Village. Support was provided by Grants for Women, Department of Local Government.

The DSAH Team coordinated the event, with ladies from the towns of Harvey, Collie, Manjimup and Busselton coming to the venue to spend the day together, listen to speakers and enjoy some stress reduction.



Speakers included Les Wallam (Roelands Village) talking about projects there such as the Red Dust Healing and TAFE planting initiatives; Tessa Grimshaw (Statewide Aboriginal Mental Health) held a workshop on self-care strategies; Elsie Penny (Goomburrup Benang Program) talked about suicide prevention and Dr Leanne Abas spoke about women making the time to get a Pap Smear. There was also a Breast Cancer Awareness display.

Ladies enjoyed catching up with each other, having some time out and having a massage.

Fetal Alcohol Spectrum Disorder Information Day

Down South Aboriginal Health Service in Manjimup held a Fetal Alcohol Spectrum Disorder Information Day on 6th November 2013.



Most of the women who attended the FASD workshop had never heard of this condition before and found it very interesting. We had 13 women who attended and were very happy with what they learnt.

This workshop was purely to raise awareness of a disease that not a lot of people have heard of. There was good interaction between the women and Heather Dixon, Manager of Warren Blackwood Community Health/ Health Promotion Coordinator who did a power point presentation on the topic. Heather spoke to the women in a culturally appropriate manner so they understood what the disease is. A crèche was available on the day so the women could attend the session and not be distracted by children who were looked after very well by Robyn and Stasha.

Fetal Alcohol Spectrum Disorder (FASD) is a condition that is not only confined to the Aboriginal communities but to any woman who drinks alcohol during their pregnancy. FASD refers to a group of conditions that can occur in a person whose mother drank alcohol during pregnancy. Problems that may occur in babies exposed to alcohol before birth include low birth weight, distinctive facial features, heart defects, behavioral problems and intellectual disability.

We had a wide range of women of various ages from 17 to 50+ yrs and it was a great day that was enjoyed by all.

MENTAL HEALTH PROGRAM (SOUTH WEST)



FREE Child Mental Health Services

GP down south provides Child Mental Health Services funded through the Commonwealth Government's Access to Allied Psychological Services (ATAPS) in the towns of Harvey, Collie, Busselton, Dunsborough, Margaret River and Pemberton with outreach to surrounding regions.

The service is available without charge via GP referral for children under 12 years of age who have, or are at risk of, developing a mental disorder. The service is not means tested and is offered to any child assessed by a General Practitioner as fulfilling the entry criteria for this program. A child mental health treatment plan or a mental health care plan is required with the referral form. Parents, family members and carers can also attend sessions to support the child.



To aid ready access for children in need, a School Psychologist or School Counsellor, Principal or Deputy Principal may provide a provisional referral to enable therapy to commence. For continued access to ATAPS child mental health services, a GP referral must also be obtained.

Children referred to the ATAPS program for counselling and therapy will be treated by an Allied Health Professional such as a Psychologist, Occupational Therapist, Mental Health Nurse or Social Worker who are qualified and experienced in providing counselling and therapies proven to be effective in child mental wellbeing.

The ATAPS program is funded by the Australian Government Department of Health through the South West WA Medicare Local.

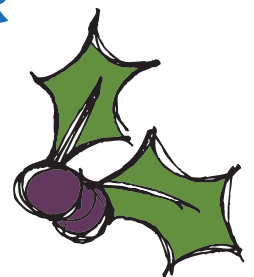
For further information or a copy of the ATAPS Child Mental Health brochure please call Jackie Bowser, Mental Health Program Coordinator at GP down south on 9754 3662.

FESTIVE SEASON OFFICE CLOSURES

**THE BOARD AND STAFF OF GP DOWN SOUTH WISH EVERYONE A
HAPPY CHRISTMAS AND NEW YEAR**



**SPENT WITH THOSE YOU LOVE
DOING THE THINGS YOU MOST ENJOY.**



**OUR BUSSELTON, MANDURAH, COLLIE, HARVEY AND MANJIMUP
OFFICES WILL CLOSE AT 4.30PM ON TUESDAY 24TH DECEMBER 2013
AND REOPEN ON THURSDAY 2ND JANUARY 2014 AT 8.30AM.**

YOUTH COMMUNITY ACTION PLAN (CAP)



Extract from Final Peel Region Youth CAP Report

The Peel Region Youth Community Action Plan (CAP) has been an incredibly successful strategy in both educating and raising the profile of suicide awareness & prevention and mental health issues.

In placing the Youth CAP with GP down south as the host agency the strategy was able to reach the targeted audience effectively via the existing synergies with Peel Youth Medical Service and the Peel Mobile Health Service. Education and awareness raising activities were efficiently delivered across the Peel region to include large numbers of youth and service providers. Networking with key organisations and building strong relationships with local secondary schools have been key to the success of the Youth CAP. It is our belief that future efforts in suicide prevention should focus on presentations to and education of senior secondary students in the region to follow on and strengthen the work that this CAP has achieved to date. This education and preventative work could be delivered via the Peel Youth Medical Service and the Peel Mobile Health Service, but will be dependent upon additional funding becoming available.

RECOMMENDATIONS

- Additional funding is required to continue the invaluable work in Suicide Awareness and Prevention that has been achieved to date by the Peel Youth CAP.
- That a continued focus on education and workshops play an integral role in the prevention and awareness raising of mental health and suicide in the Peel community with a particular emphasis on targeting whole school populations.
- That Peel Youth Medical Service and the Peel Mobile Health Service are well respected in the Peel community and ideally situated to continue the work of the Peel Youth CAP with their ability to target schools and access the outer regions of Peel. This is subject to availability of funding.



LIKE US ON FACEBOOK



Find us on:
facebook®



Ever wondered what happens at Nidjalla Waangan Mia (NWM) on a regular basis? 'Like' us on Facebook and find out! GP down south has recently started a Facebook page for NWM at the request of the local Aboriginal community. To date, we have over 190 likes and have reached over 1000 people. Local organisations have used the page to engage with the programs offered at NWM as well as promote their own programs that are relevant to the Aboriginal community. Local events are advertised with lots of photos showing the community spirit and engagement. Our maternity DVD takes pride of place and is available to view. Constructive feedback is encouraged on the page, and community are given the opportunity to provide us with information on what they would like to see.

Peel Youth Medical Service (PYMS) also has a Facebook page. This page is quite different to our Nidjalla Waangan Mia page. It provides a place for young people to go to access information on support and services that are available to them as well as inspirational quotes and pictures that may help people get through a tough time. The photos on the page promote activities that PYMS has been involved in or activities and services that may benefit the young people of Mandurah.



DSAH recently started an Facebook page on 3 December 2013 following feedback from DSAH team members that this was a suitable way to distribute information. Our aim is to be able to distribute information about our programs and also to advertise our own events and other health related events planned by other agencies that the local Aboriginal communities in Harvey, Collie, Busselton and Manjimup might be interested in. We have had 43 likes so far and have been promoting the Telethon Ear bus school timetable, the Care for Kids Ears Resources

and the upcoming Nyoongar Sports Association (NSA) January School holiday program. The NSA is held in towns across the South West and our team provides healthy lifestyle advice to children about the dangers of smoking & healthy alternatives to energy drinks. We are looking forward to using the Facebook page as way of providing culturally appropriate health related information to the different SW communities.



Coordinated Care for Veterans – Latest Information for General Practices

The Department of Veterans' Affairs (DVA) Coordinated Veterans' Care Program uses a proactive approach to improve the management of participants' chronic diseases. It involves a care team of a general practitioner (GP) plus a nurse coordinator who works with the participant (and their carer if applicable) to manage their ongoing care and provides payments to GPs for initial and ongoing care.

GPs who decide to be involved in the CVC Program are required to:

- prepare for the program
- enrol participants in the program
- provide ongoing care.

Eligibility

The program is aimed at veterans, war widows, war widowers and dependants who are Gold Card holders and are at risk of being admitted or readmitted to hospital.

GPs can enrol participants in the program if they:

- pass an eligibility assessment
- give their informed consent to be involved in the program.

Annual Payments for GPs per Enrolled Patient

By participating in the program, GPs can claim the following payments through existing payment arrangements with Medicare Australia:

- Initial Incentive Payment for enrolling a participant in the program
- Quarterly Care Payments for ongoing care.

	Initial Incentive Payment		Quarterly Care Payments		Total Year 1	Total Year 2
	\$	Item #	\$	Item #		Onward
GP with practice nurse	\$415.80	UP01	\$433.95	UP03	\$2151.60	\$1735.80
GP without practice nurse	\$259.85	UP02	\$194.90	UP04	\$1039.45	\$779.60

Do you need assistance with billing enquiries for the CVC Program?

See the 'How to Claim' section on the DVA website. (www.dva.gov.au) or for further assistance with payment enquiries please phone 1300 550 017 to contact Carolyn Stapleton, National Principal Advisor, AML Alliance.

Regional CVC Care Coordination Workshops planned for 2014

General Practitioners, Practice Nurses, Community Nurses and Aboriginal Health Workers are encouraged to attend.

Saturday 15th February 2014 to be held in Northam

April 2014 to be held in Narrogin (date to be confirmed)

Flyers and invitations will be circulated in the New Year.



For more information call GP down south on 9754 3662





Aboriginal Maternity Group Practice Program: DVD launch

In conjunction with Mandurah Baptist College media class, the Aboriginal Maternity team developed a DVD to promote the maternity program to Aboriginal families in the Peel region.

The 10 minute DVD entitled 'Being Boodjarri' highlights the work of the Aboriginal Grandmother and the Midwife and the whole team at Nidjalla Waangan Mia from conception to 6 weeks after the birth. The DVD promotes awareness in pregnancy for aboriginal women and also the importance of regular check-ups. Families can be referred in from mainstream Practices or they can just pop in to have a yarn.

'Being Boodjarri' will be distributed to relevant organisations as well as to the Aboriginal Community. If you would like a copy, please contact Nidjalla Waangan Mia on 9586 4580.



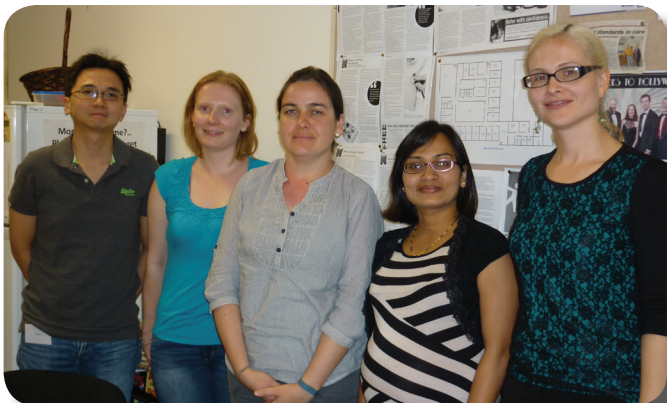
W.A.G.P.E.T

Mock Objective Structured Clinical Examination (OSCE) for Peel GP Registrars

The Peel Regional Advisory Committee (RAC) held a Mock OSCE for GP Registrars in October to familiarise GP Registrars with the different components of the clinical exam in a setting that replicates the time and exam pressures they will face.

It involved a presentation on what to expect during the exam and final preparation tips, an OSCE covering Viva, an examination station, short consultation and long consultations as well as individual feedback session for registrars. The event was successful and the RAC will run the event again in 2014.

The Mock OSCE would not have been possible without the support and involvement of local GPs and GP Supervisors. Dr Eileen Bristol, Chair of the RAC, would like to thank Dr Hugh Connolly, Dr Peter Wallace, Dr Stephen Sun, Dr Sam Fazio and the "patients" who were involved in making the Mock OSCE such a successful event. Murray Medical Centre are thanked for providing use of their rooms to host the Mock OSCE.



OTITIS MEDIA

Guidelines Program Coming to an End

It's the end of an era for the Otitis Media Guidelines program which will be finishing up on 31 December. The program, which started in June 2012, focussed on enhancing the capacity of GPs, nurses in mainstream services and Aboriginal Medical Services, to diagnose and treat otitis media (OM) and give Aboriginal and Torres Strait Islander children regular access to a GP.

GP down south is one of eight Medicare Locals/GP Networks receiving funding to enhance the capacity of GPs and other primary health care providers to provide high quality treatment for otitis media in Aboriginal and Torres Strait Islander children by improving its prevention, early detection and management and ultimately to improve the long term health outcomes for Aboriginal and Torres Strait Islander children.

GP down south planned a three pronged approach to targeting improved prevention, diagnosis and management of Otitis Media.

This was achieved through a planned focus on:

- Improved prevention through community and workforce education;
- Provision of clinical education to general practitioners, general practice staff and local service providers;
- Mapping and promotion of local service provision pathways to ensure Aboriginal children could readily access services.



PYMS Nurse Now Fully Qualified Pap Smear Provider

Congratulations to Shelley Wright for successfully completing the Pap Smear Provider course with Family Planning WA.



This is another feather in the cap to Shelley who has been focusing on improving her knowledge and skill in sexual health and family planning to strengthen the services PYMS offers to marginalised youth in the Peel region. She completed Implanon training earlier this year.

Shelley has been working as Practice Nurse for PYMS since January 2012. She has also been involved in the Peel Region Youth Community Action Plan as part of the OneLife Western Australian Suicide Prevention Strategy. Her contributions to the PYMS team, ability to keep clinics running effectively and nursing support to GPs are invaluable.

Peel Youth Medical Service is now able to provide pap smears for women under the age of 25 to new and existing patients. All services are bulk-billed. To make an appointment with the Practice Nurse for a Pap Smear phone 9583 5435 Monday to Thursday after 12.30pm.

PYMS Outreach Clinic for Homeless Youth

Another great achievement for 2013 has been the establishment of a regular outreach clinic for PYMS at Passages Resource Centre utilising the Peel Mobile Health Service.

Since May, Shelley has been building relationships with young homeless people accessing services of Passages to engage them in taking care of their health and wellbeing. Shelley takes the PHMS to Passages in Mandurah once a week (fortnightly with the GP) and provides a walk-in clinic. Covering opportunistic health promotion, advocacy and nurse and/or GP consultations the service is providing an opportunity to this group of clients to enable regular access to medical services.

PYMS Ambassador Announced

In a move to promote the unique and important work of the Peel Youth Medical Service (PYMS), former City of Mandurah Mayor Paddi Creevey was announced as the Ambassador of PYMS at a recent luncheon.

Ms Creevey recognises the need for Peel Youth Medical Service and acknowledges that the PYMS provides a unique service for youth in a way in which they can relate and respond.

The luncheon also provided the perfect opportunity for GP down south to acknowledge Heath Black, former AFL footballer and ambassador for Headspace and his support for PYMS.

In a passionate plea, Heath stated that PYMS was far more important than people realised. He went on to say that 'it's one thing to educate the youth, but with no service to send them to, the education was pointless'.

Acknowledgment and thanks was given to Mr and Mrs Perry for their financial contribution and to Westpac Bank for their fundraising support to help enable the continuation of PYMS in the provision of vital youth service for the Peel region.



Pictured above: PYMS Ambassador - Paddi Creevey

Pictured below: Headspace Ambassador - Heath Black (left) and PYMS Lead GP - Dr Simone Stubbs (right)



PEEL MOBILE HEALTH SERVICE (PMHS)



PMHS is Loaded with Holiday Spirit

On the 10th December, Mandurah had its annual Christmas pageant. The pageant is an annual street parade that brings the community together to celebrate the festive season.

GP down south proudly took part in the event. We did our best to dress up the Peel Mobile Health Service to resemble Rudolf and headed off to share the Christmas spirit.

The design of Rudolf was a combined GP down south staff effort. A big well done to Eleanor Britton, the coordinator for the Peel Mobile Health Service who designed and produced Rudolph's antlers. They looked spectacular and were a pure feat of designer genius.

Sharon O'Neill and Sharlene Hindmarsh designed and produced Rudolph's nose and eyes, and Sharlene's husband ensured the nose was securely attached to the bus.

Kim Wilkinson and her lovely children as well as Emma from Palmerston walked behind the Mobile Health Service. They put silly hats on and yelled 'Merry Christmas' to whoever looked at them and shared lollies with all the kids.

Sometimes, with all the stress that can consume us on a daily basis, we forget how special Christmas can be. Being a part of the pageant and seeing the faces of the kids as we drove past reminded us all that it is truly a magical time.

GP down south wishes you all a very Merry Christmas, and a safe and happy New Year.



COMMUNITY CHILD HEALTH

Community Child Health Nursing Team

The Community Child Health program has now been running for the last 9 months. Initial work has been around promotion of this new and innovative service with the opportunity to build relationships and contacts with General Practitioners together with a variety of children's service providers in the South West. The intention of the service is to provide greater choice and accessibility to young children and their families.

As part of the grant agreement we are actively working alongside WA Country Health Service (WACHS-SW) to provide the Universal Child Health Schedule in a variety of settings including General Practice, Childcare Centres and Child Health Clinics in the Naturaliste Area. We are in the planning phase for 2014 and have already secured opportunities to deliver services in Augusta, Margaret River and Cowaramup General Practices together with childcare centres in Dunsborough and Busselton.



Childcare providers have been positively engaging this opportunity to have a child health nurse regularly visit their facility. Our goal for 2014 is to reach all Childcare providers including in home care and family day-care and offer them this ongoing access and support from a Child Health Nurse.

Young families form the basis of our client group therefore to engage them more effectively in our program we are developing an online booking system. This will enable parents to book appointments anytime from their smart phone or tablet in the areas our program is available. GP down south's website will soon have a link that leads the parent/carer to a service site and calendar availability.

GP DOWN SOUTH CONTACTS

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