

## GPPARTNERS' BULLETIN

March 2014  
Volume 3, Issue 3

### UPCOMING GPpartners EDUCATION EVENT

**"TIREDNESS, ACHES & PAINS" 27 Mar 2014**

**6pm for 6.30pm start**

North Lakes Hospital - 7 Endeavour Blvd.

**Dinner provided**

Come and learn about thyroid disease, joint pains, Irritable Bowel Disease and Inflammatory Bowel Disease from presenters:

**Dr Deepali Shirkhedkar, Endocrinologist**

**Dr Mukhlesur Rahman, Rheumatologist**

**Dr Sam Islam, Gastroenterologist**

We will have round table discussions following a short presentation.

**REGISTER NOW**

### MORE UPCOMING EDUCATION EVENTS

**'SEXUAL HEALTH' - 2 Apr - 4 Jun 2014**

The University of Queensland is hosting five education sessions on Sexual Health Issues. Details of the topics, dates and location with the registration form are on the GPpartners website under Activities. You do not have to attend all five but if you do and complete the pre and post requirements you will be eligible for Cat 1 CPD points.

GPpartners is hoping to follow up with a composite program covering all the topics in the second half of the year. We understand it is difficult for GPs to attend five sessions.

**CLICK HERE FOR DETAILS**

### Date Claimers

**Upcoming  
Education Events**

**2 Apr 2014**

**"Module One -  
Approaches to Sexual  
Health in Primary Care"**

Brisbane Int Hotel, Virginia

**15 Apr 2014**

**"Paediatric  
Update"**

Wesley Hospital

**30 Apr 2014**

**"Module Two - Sexual  
Health Testing"**

Brisbane Int Hotel, Virginia

**GPpartners  
Membership**

**Join now!**

**Free until 30 June 2014**

Click on the link below to  
register

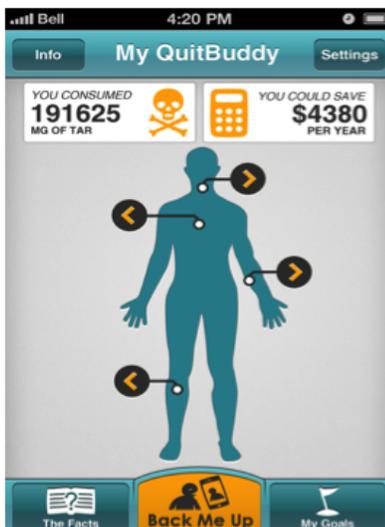
**Register here**

## Medical Apps and Free Online Resources for GPs

Each month we will ask one of our members to recommend and review their favourite medical apps. If you have medical app that you'd like to share, please drop us a line at [contact@gppartners.com.au](mailto:contact@gppartners.com.au)

This month Dr Sarah Cavanagh highlights a couple of Medical Apps that might help your patients in their battle to lose weight and quite smoking.

I think every GP I know struggles to keep their patients motivated to do the hard job of changing their lifestyle. Weight loss and smoking cessation are not easy for patients, and they need a lot of support. The following two medical apps (available for both Apple and Android devices) can be very helpful tools for patients to help keep them motivated and on track between visits to the GP. For the patient who is never far from their smart phone, these Apps can provide a great way to keep their personal health goals at the forefront.



### 1. My QuitBuddy (Free)

It provides a countdown to your patient's quit attempt and stats to track their quitting progress, such as days smoke-free, cigarettes avoided and dollars saved.

Patients can record personal goals and motivation using pictures, words and audio messages. There is a community board where those quitting cigarettes can gain motivation and support from thousands of other people quitting.



### 2. My Fitness Pal (Free)

My Fitness Pal is an online food and exercise diary, with a built in searchable calorie counter. It has the largest online database of food available, so if you have set a calorie-restricted diet for your patient, this app can make it easier for them to learn how much energy each of their meals is delivering. Users can also directly scan the barcode of thousands of Australian products to download them to their profile. It is very simple to use and allows the patient to easily track their energy in versus their energy out. Patients can see their results graphically, and can bring their smart phone in to consults for review of diet and exercise goals.

## Avian Influenza A (H7N9) Surveillance Update

Please find below an update for circulation to GPs. GPs should consider avian influenza (H7N9) in cases that present with influenza-like illness and a recent travel history to China.

The WHO has reported 370 human infections including 116 deaths with onset since February 2013. There are still no signs of ongoing, efficient, or sustained human transmission of this virus.

[Click here](#) for the Australian Government's Department of Health Important Information for GPs on H7N9 Avian Influenza.

[Click here](#) for Avian Influenza Surveillance Update resleased on 6 March 2014.

## LOCAL AREA GROUP MEETINGS UPDATE

### "Back and Hip Pain - ACU Health Clinic Education event

As well as a great education session from Dr Neil Hearnden and Prof Julie Hide we were able to have a look around the brand new Health Centre on the campus of the Australian Catholic University at Banyo. The clinic will have GPs and cater for the education of allied health students as well as nursing students. It will be a great opportunity for a GP interested in working in general practice and also assisting with the education of students. It is a great team environment.

Neil challenged our preconceived ideas about back pain. When patient's point to their pain being over the sacroiliac joint that is often referred pain from the thoracolumbar area and sometimes injecting that area with some local anaesthetic into the muscle helps the pain. For more information about Neil's presentation we will be putting the presentation on the GPpartners website. Julie refreshed some of our knowledge on anatomy of muscles so we could understand the causes of back pain more. Sometimes overactive or underactive muscles can cause pain and our local physiotherapist who understand muscles very well can treat our patients. Julie has invited us back to ACU for a visit to the anatomy lab so we will let you know when that is happening.

If you missed this education session Neil and Julie will be repeating their presentations on Tuesday the 20th of May at the Kenmore library. We will put more information in the newsletter and send out invitations closer to the time.

**Dr Jayne Ingham, Chair**

## QLD HEALTH HOSPITAL SPECIALIST CRISIS - Dr Sarah Cavanagh

I am sure most GPs in Brisbane, and indeed your patients, will be aware of the crisis brewing in the public health system with regards to the current State Government's plan to drastically change the contracts of medical specialists in QLD public hospitals. Whilst GPs are not directly affected by these industrial relation disputes, the outcomes could have widespread implications for how our referrals and patient needs are met in the coming months, even years.

I would like to present the following letter from a colleague I trained with, whom I think sums things up very well. If you feel that this issue deserves a louder voice, as Dr Shane George says "Write to your local MP and express your concern. Attend our protest meetings. Write to your local paper"

*Dear Friends,*

*You may have noticed that the majority of my Facebook posts recently have been about the Newman government's push to move senior doctors onto unfair employment contracts. The government seems intent on trying to destroy the public health system in Queensland, so I thought I would give you my perspective.*

*I choose to work in public hospitals, and I love my job. I could choose to work in a private hospital, I would earn a lot more than what I earn in the public system, and I would probably still love my job. This is not about money - that is just what the government want you to believe.*

*Mr Newman has stated that if we choose to leave the public system as a result of these contracts, he will replace us with interstate or internationally trained specialists. I am one of 3 Children's Emergency Specialists on the Gold Coast. There are only about 20 of us in the entire state of Queensland. We have tried to get more from interstate and overseas – there aren't any. Last time the government tried to fill gaps in the health system without proper screening and assessment, we had a health disaster. Let's not repeat that.*

*So what's wrong with the contracts? First of all, to make the contracts possible (i.e. legal) the government had to change the legislation in the Industrial Relations Act. They removed any provision for unfair dismissal, they removed the clauses that protect employees against disadvantage from the new employment process and legislated that the director general could alter the contract AFTER it is has been signed by issuing a health employment directive.*

*So after I sign this so-called contract, the government can change my location of work, my hours of work and how much I get paid all without my agreement – so realistically we are signing a blank contract where everything can be changed with 4 weeks notice of any change. Who would sign such a contract???*

*To add insult to injury, the government specifically legislated that if we don't sign the contracts my income will be cut by at least 30% effective from 7 July 2014.*

## **QLD HEALTH HOSPITAL SPECIALIST CRISIS - Dr Sarah Cavanagh (cont)**

*The contract also gives hospital managers the ability to influence patient care. They allow for managers to direct doctors NOT to provide a treatment to a patient if they deem that it is not value for money. Who do you want deciding on your treatment plan – doctors or bureaucrats?*

*You will see advertisements in all the major press this weekend from the government, they are trying to discredit the profession and portray doctors as money hungry and that we are rorting the public health system. I ask you to ignore them – they are untrue.*

*What can you do? Show your support - share this amongst your friends. Write to your local MP and express your concern. Attend our protest meetings. Write to your local paper.*

*I don't want to leave. It took me a long time to get here. Don't let them destroy our public hospital system.*

*Dr Shane George*