



From the Chair

The only guarantee in our Health System is that it will change.

The RACGP have put out a discussion paper on “Working toward a sustainable Healthcare System”.

From the paper it says:

'The RACGP recommends the adoption of a new funding model that is sustainable and better supports the delivery of quality care. In summary the RACGPs draft funding model:

- Supports the provision of quality patient services
- Supports GPs to set fees that ensure practice viability
- Supports prevention and early intervention activities
- Supports chronic disease management
- Supports research, education and training
- Supports quality and safety improvement
- Supports patients navigating the health system
- Is sustainable
- Reduces overall health system costs through efficiencies prevention hospital avoidance and waste

Education

Event

'Diabetes - All the questions you were afraid to ask'

&

'High Risk Foot Clinic'

**6.30pm, Tuesday
24th March**

The Allan Border
Field Pavilion,
Albion

[Register Now](#)

[Invitation](#)

reduction.'

The paper is available when you log in on the RACGP website.

I don't think anyone would disagree with these principals but the difficulty is going to be in how these are implemented and funded.

GPpartners Board met with Metro North Brisbane Medicare Local Board and some of the staff as well as representatives from the RACGP and AMA last Wednesday night. The Medicare Local has put a tender in for the Metro North Primary Health Network and the successful applicants are to be announced on the 1st of April.

Although it is not clear yet what the roles of the PHNs will be it is thought they will link in with the last part of the RACGP model. Reduce overall health system costs through efficiencies (rationalising of services), prevention, (Population Health), hospital avoidance (Service Coordination) and waste reduction. Many of these things the Medicare Local is already doing.

My concern with the Primary Health Networks is the true engagement and involvement of GPs and General Practice. As I have said on many occasions the issues need to be identified by grass root GPs and often the GPs have the solutions. We don't need to reinvent the wheel or spend a lot of money doing it.

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GPpartners Board Members



Dr Jayne Ingham,
Chair

The money needs to go to provision of services.

I have been floating the idea of a Collaborative Database which has the support of the GPs I have spoken to. When a GP starts in a practice often one of the bug bears is finding out about the local health practitioners and who to refer to. I know we have the yellow pages or google but the nuances of who does what well and our personal preferences are harder to elicit. It will take a while but we hope to have a basic database set up once our website is updated so this can be in a members' only area. We hope that GPs will contribute their wealth of knowledge by completing an online form with the details of who they refer to and the particular interests or strengths of the person nominated. The comments could be such things as "has urgent appointments" "specialises in trauma counselling" etc.

I have been fortunate enough to be accepted onto a "Medical Mums Facebook Group". The experiences and knowledge shared provides peer support for these doctors with young families. It is great to have these links with one another.

GPpartners wants to support GPs and if you have any ideas on how we can do this please send us an email at contact@gpartners.com.au

Jayne Ingham
Chair GPpartners



A/Prof Glynn Kelly



Dr Deborah Sambo



Dr Henry Bryan

'Diabetes - All the questions you were afraid to ask'

&

High Risk Foot Clinic

6.30pm, Tuesday 24th March

5 RACGP Category 2 points

Speakers: Dr Gary Deed, GP

Topics:

1. Join Dr Gary Deed, co-editor of the RACGP Diabetes GP Management Guidelines 2014-15 for an in-depth look at the guidelines.
2. The director of the High Risk Foot Clinic will give a rundown about the clinic and who to refer to. Quick access for those difficult to heal ulcers to a vascular surgeon.

When: 6.30pm, Tuesday 24th March

Where: The Allan Border Field Pavilion, Albion

[Register now for 'Diabetes & High Risk Foot Clinic' - 24th Mar 15](#)

Invitation for 'Diabetes & High Risk Foot Clinic' - 24th Mar 15



LCCH Open Night Event

Children's Health Queensland is hosting an information evening at the Lady Cilento Children's Hospital (LCCH) at South Brisbane for interested General Practitioners and Paediatricians.

The Open Night on **Thursday, 26 March (6pm – 8:30pm)**, will provide attendees with an opportunity to meet the medical team for the new hospital and ask them questions. A tour of outpatient and key hospital

areas will also be provided. The event will start at **6:30pm** in the hospital's **Level 7 Auditorium**. On arrival, **please proceed to the Level 2 Reception** where an events team member will provide you with directions.

Canapés and non-alcoholic beverages will be served on the night.

Complimentary parking will be provided at the **Mater Hancock Street car park**. Please do not use the LCCH basement car park. See the registration link below for parking instructions.

[To secure your place, please click here to be taken to the online registration form.](#)

GPpartners Education Summary

'Mental Health Update' Education

9th March 2015

&

'HRT, Varicose Veins & Anal Conditions' Education

11th March 2015

Thank you to Pine Rivers Private Hospital for hosting a great education event on Mental Health Issues on Monday the 9th March. Although we discussed some new advances in treatment I think the evening clarified what us grass root GPs have recognised in our day to day practice.

Dr Chinna Samy talked about Treatment Resistant Depression those patients who have tried several antidepressants and often seen several psychologists but are still of great concern because they are very depressed often struggling to work with cognitive dysfunction so it is a cycle where they are not coping and this further

affects their self esteem and confidence. Relationships are affected and patients drop their leisure activities. Dr Samy also pointed out different cultures express the symptoms in different ways and GPs need to look behind the behaviour. In some cultures the symptoms are more somatic.

Transcranial Magnetic Stimulation is indicated for the non responders. Non responders 70 % have decrease in cognitive function and 80% have had more than 5 episodes of depression. TMS is offered in a Program Trial at Pine Rivers. Patients need to be inpatients for 4 to 6 weeks depending on the response to daily TMS. This is covered by the Health Funds.

Dr Usha Kissoon discussed Challenges in Diagnosing and Managing Bipolar Disorders. Dr Kissoon talked about the difficulty diagnosing bipolar as often patients are seen when they are depressed but not so much when they are manic. To watch the melancholic depressives as often they are the ones who swing to mania. It is often difficult to differentiate between the personality disorders and bipolar but the personality disorders tend to have shorter intervals between mood changes. Dr Kissoon presented much more information particularly about effects of medication in pregnancy as perinatal depression is an area of special interest for her.

Dr Howard Granger had the challenge of decreasing our anxiety with some mindfulness and acceptance commitment therapy ACT. He relieved some of our anxiety by saying sometimes it is OK to prescribe valium for short term use and decreasing the dose if people as so anxious that therapy cannot be undertaken until they calm down. Sleeping tablets are also acceptable in the short term and sometimes zyprexa in the very agitated. St John's Wort can also be used. In the presentation are some links to good resources.

[You will find Dr Granger's presentations here.](#)

Unfortunately I was unable to get to the North Lakes Day Hospital evening about "HRT and new non hormonal treatments for Vaginal Problems", "Common Anal Problems" and "Advances in Varicose Vein treatment and recap on Aneurysms ". Apparently the small group discussions went well. Hopefully we will be able to replicate the topics at one of the other Montserrat facilities.

[A resource I find very useful is The Menopause Toolkit, click here for the pdf.](#)

Dr Jayne Ingham



Skin Academy - Education Event

Wednesday, 27th May

Westside Dermatology is hosting an education event on Wednesday, 27th May from 6-9pm. It attracts 4 points (RACGP Cat 2).

Topics include psoriasis, eczema/dermatitis, alopecia, skin cancer, laser and cosmetics, allergies, hyperhidrosis and nail disorders.

[Click here for the invitation and registration details.](#) Alternatively, email Christian at marketing@westderm.com.au

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