

GPPARTNERS' BULLETIN

April 2014
Volume 3, Issue 4

WHAT YOU WILL FIND INSIDE

This edition of GPpartners' Bulletin covers a range of articles including:

- **Our three Education Events coming up in May**
 - o 20th – 'Back & Hip Pain' – Kenmore
 - o 22nd – 'Behavioural Problems in Children' Murrumba Downs
 - o 27th – 'Dermatology – Pesky Rashes' – Chermside
- Notes from our previous Education Event, 'Tiredness, Aches & Pains. The Basics of General Practice', from 27th March at North Lakes Hospital.
- RACGP's Emergency Response Planning Tool
- App of the month – Australian Doctor 'How to Treat' for Ipad
- Advanced Mental Health Training

Accredited Exercise Physiology Week

Keep your eye out for further information about "Accredited Exercise Physiology Week" starting May 26th 2014. This week will see the launch of www.exerciseright.com.au, a new website aimed at engaging the general public with the role of Exercise Physiologists and how they can assist our patients to "Exercise right!". Other activities within clinics and the community in general will highlight the unique role EP's can have in health.

Date Claimers

Upcoming Education Events

20 May 2014

'Back & Hip Pain'

Kenmore Library
register

22 May 2014

'Behavioural Problems in Children'

Murrumba Downs Tavern
register

27 May 2014

'Dermatology - Pesky Rashes'

Bella Cosi, Chermside
register

GPpartners Membership

Join now!

Free until 30 June 2014

Click on the link below to
register

Register here

GPpartners' Education Events in May

'Children's Behaviour Issues'

Date: 22nd May 2014

Time: 6.00pm for 6.30pm

Venue: Murrumba Downs Tavern, Cnr Cohles Rocks & Ogg Rds, Murrumba Downs.

Does your heart sink when a parent comes in to your practice (usually without the child) wanting the child to be “assessed”. The assessment is often initiated from the kindy or school because of concerns from the teacher and parent. There are some basic things the GP can do prior to referral. Then there are the questions which children need referral and who to refer to for further assessment and treatment.

Come and find out more at our education event being held at Murrumba Downs Tavern on 22nd of May. Dr Ian Shellshear Paediatrician who has been involved with the development of the Map of Medicine Pathways for Paediatric Development is presenting along with Mr Hsien Jin Teoh a clinical psychologist with Kids Check a service at Redcliffe Hospital.

This event is being sponsored by the Metro North Brisbane Medicare developer of the Local Pathways for the Map of Medicine.

To RSVP click [here](#) or complete the details on the invitation emailed to you and fax back. This topic will be repeated in June at Arana Hills. Dates and venue to be confirmed.

'Back Pain Challenge your Beliefs'

Date: 20th May 2014

Time: 6.00pm for 6.30pm

Venue: Kenmore Library, Kenmore Village Shopping Centre, Brookfield Rd, Kenmore

GPpartners is repeating the education event held at ACU at Banyo with Dr Neil Hearnden GP and Professor Julie Hides Physiotherapist at Kenmore Library. The causes of Musculoskeletal pain is poorly understood in General Practice. By understanding the cause the treatment is much more effective. Neil re-educates us about the cause of back pain, possible nerve entrapment maybe muscle spasm due to the way we sit, and a look at novel treatments.

Professor Julie Hides has invented a cushion to help treat back pain, come and see how it works. Physio is about muscles re learn some useful anatomy of back muscles.

RSVP online [here](#) or at www.gppartners.com.au or by your personal emailed invitation and fax back.

GPpartners' Education Events in May cont

'Dermatology - Those Pesky Rashes'

Date: 27th May 2014

Time: 6.00pm for 6.30pm

Venue: Bella Cosi Italian Restaurant, 22 Thomas Rd, Chermside

Dr Karl Rodens, Dermatologist, is going to give us some insight into those rashes that aren't so obvious, the drug reactions, some of the viral rashes, the ongoing dermatitis that is not settling with the usual treatments. It will be an interactive evening, so bring your photos (on a USB or email them to contact@gppartners.com.au) of that rash or biopsy results for discussion.

To RSVP click [here](#) or complete the details on the invitation emailed to you and fax back.

NOTES FROM RECENT EDUCATION EVENTS

'Tiredness, Aches and Pains. The Basics of General Practice.'

North Lakes Day Hospital hosted an evening on the 27th of March. Fourteen GPs braved the wild weather to attend. We had three groups for informal presentations and discussion with the visiting specialists to the North Lakes Day Hospital.

Dr Sam Islam Gastroenterologist presented on Irritable Bowel Disease. It is a diagnosis of exclusion and depending on age and symptoms further investigation is warranted to exclude pathology. Treatment needs to be tailored to the individual and includes increasing fibre and using antispasmodic agents such as buscopan and colese. Monash University has developed the FODMaps which help patients eliminate foods which seem to stir up the bowel.

Dr Mukhlesur Rahman Rheumatologist presented about Fibromyalgia another difficult diagnosis. The criteria for diagnosis comes down to the number of trigger points for pain and symptoms. Interestingly of all the treatment methods hydrotherapy seemed to be the best.

Dr Trudi Cullinan (Map of Medicine Clinical Editor) showed the GPs the local pathways for diagnosis and management of Irritable Bowel Syndrome, Rheumatoid Arthritis and Fibromyalgia in the Map of Medicine.

Dr Deepali Shirkhedkar Endocrinologist presented about Thyroid Disease particularly in pregnancy. Iodine deficiency is being recognised as affecting thyroid function and supplements of iodine are recommended in pregnancy. Our main source of iodine is from seafood. GPs should be doing thyroid function tests early in pregnancy as this is the main time the foetus can be affected by high or low thyroid function in the mother. The levels in pregnancy are altered. GPpartners will upload Deepali's presentation.

Dr Jayne Ingham, Chair

Emergency Response Planning Tool

The extreme weather conditions seen recently from Cyclone Ita in QLD, alongside flooding in NSW and Victoria serve as a vital reminder of the importance of an up-to-date emergency response plan for all general practices.

An emergency response plan will ensure your practice is prepared and able to respond to the impacts of disasters and emergencies.

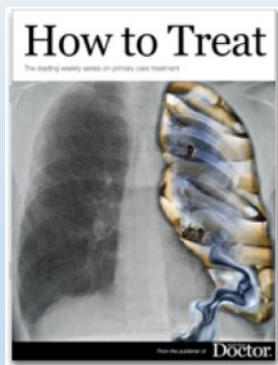
The RACGP's free online Emergency Response Planning Tool (ERPT) has been developed to assist general practices in emergency planning.

The ERPT is a practical tool that guides you through a series of planning templates where critical information about your practice can be entered and saved. This information will be used to create an emergency response plan individually tailored to your general practice. Your customised emergency response plan can be saved online and/or printed as a hard copy resource.

Register your practice now via the ERPT website.

The RACGP's Managing emergencies and pandemics in general practice: A guide for preparation, response and recovery is another vital resource available free of charge to assist GPs in emergency situations.

APP OF THE MONTH - Australian Doctor 'How To Treat' for Ipad



This month we bring you a link to the iPad or iPhone app for "How To Treat". Already a very popular feature of the Australian Doctor Magazine, "How To Treat" is a weekly educational supplement written by expert specialists and edited by GPs, providing GPs with up to date, comprehensive and reliable information on the aetiology, diagnosis and treatment of many important conditions we see and manage on a day to day basis. Access to the Tablet version also allows completion of online clinical quiz's to earn CPD points.

Attention General Practitioners interested in Advanced Mental Health Training

CheckUP invites General Practitioners to their Fresh Approach to Psychological Strategies workshop.

This two day face-to-face workshop will be held on Saturday 24 and Saturday 31 May at our South Brisbane location. Attendance at both days is required. The workshop aims to provide participants with skills in the provision of Focused Psychological Strategies, with a focus on those strategies specifically derived from Interpersonal Therapy (IPT). You will be required to reflect upon your role as the lead Health Professional guiding people through sensitive and critical information. Case studies, role plays and a number of reflective and interactive exercises are used throughout the workshop to solidify learnings and engage participants. Our trainers will be Dr Rick Sapsford and Michelle McBride.

Completion of the training package will allow GPs to claim MBS Item Numbers 2721, 2723, 2725 and 2727 for provision of FPS. Prior completion of Level 1 Mental Health Skills Training is essential to participate in this workshop.

For further information please contact Jenny Curtis at CheckUP on 07 3105 8300 or http://www.checkup.org.au/cms_docs/183971_FPS_Flyer_140524.pdf