

GPPARTNERS' BULLETIN

February 2014
Volume 3, Issue 2

From the Editor

2014 is off to an exciting start with some fantastic educational events held in the last couple of weeks. These events were very well attended and the feedback from those of you who came along was very positive. I hope many of you will be able to attend the great musculoskeletal session we have coming up on February 27th. You can register for the event online at www.gppartners.com.au

You will see a new section in our newsletter this month on Medical Apps for your mobile devices. Each month we will be bringing you information and reviews for Apps for your smartphone or tablet relevant to your practice. In time we hope you will help us compile a list of trusted and useful Medical Apps and Free Online resources that we can share amongst our members.

Dr Sarah Cavanagh, Editor

LOCAL AREA GROUP MEETINGS UPDATE

"BACK AND HIP PAIN" 27 Feb 2014

6pm for 6.30pm start

ACU Health Clinic, 8 Approach Street, Banyo

Ample free parking and dinner provided

Come and hear all the current thinking about the prevention, diagnosis and management of back and hip pain. It is not all about the back many of the structures around the lower back and pelvis can cause pain. Think about those patients who have had back surgery but it hasn't helped their pain. The correct diagnosis and subsequent treatment is so important. Come along to this GPpartners Education Event to find out more.

Date Claimers

Upcoming Education Sessions

27 Feb 2014

"Back and Hip Pain – New Ideas on Diagnosis and Management"

ACU Health Clinic, Banyo

REGISTER HERE

18 Mar 2014

"Gastroenterology Update"

Wesley Hospital

25 Mar 2014

"Update on Osteoporosis"

Iceworks, Paddington

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

This month Dr Glynn Kelly, board member at GP Partners, has outlined a couple of his “go to” Apps.

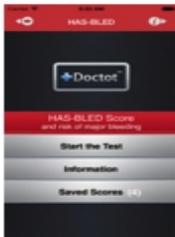
In our ever changing world - our computers, ipads and smart phones are becoming increasingly useful – both for ourselves and our patients.

We need however to use (or recommend apps to our patients) that are both useful and accurate, many of them either free or minimal cost

Two of these are listed below, which I use regularly.



EPOCRATES – a prescribing/drug database, which although American is still generally applicable to Australia. It also has a drug interaction facility, which can be useful when consulting away from the surgery – e.g. aged care facilities.



HAS-BLED Calculator – for calculating risk of CVA in patients without anticoagulation – which can then be used calculating a risk-benefit ratio and then recommending – or not – appropriate anticoagulation.

Both of these are available on either the Apple App store or the Google Play store.

In addition to setting up a database of useful medical apps for your mobile devices, we are compiling a list of free online resources for GPs in Australia. A couple of our favourites to get things started are linked below. Please email us with the sites you trust and frequent most in your general practice.

MEDLINE at PubMed

www.ncbi.nlm.nih.gov/pubmed

PubMed comprises more than 23 million citations for biomedical literature from MEDLINE, life science journals, and online books.

The Cochrane Collaboration

www.cochrane.org

International not-for-profit organisation preparing, maintaining and promoting the accessibility of systematic reviews of the effects of health care.

Medical Apps and Free Online Resources for GPs (cont)

Diagnostic Imaging Pathways

www.imagingpathways.health.wa.gov.au

A clinical imaging support tool for diagnostic imaging. The goals are to reduce the incidence of unnecessary examinations which may expose risk without benefit and increased the incidence of appropriate examinations which will result in cost-effective diagnosis.

Australian Doctor

www.australiandoctor.com.au

Australian Doctor online offers authoritative news, opinion and analysis on a wide range of clinical and political issues relevant to Australian general practice.

6 Minutes

www.6minutes.com.au

6minutes is a daily pdf newsletter sent to Australian GPs and other healthcare professionals. Our aim is to provide a daily update of interesting online medical content for Australian doctors.

LOCAL AREA GROUP MEETINGS UPDATE

“Getting to the Bottom of it All” at North Lakes Day Hospital.

The GPs who attended the education event at North Lakes Day Hospital appreciated the chance in small groups to ask questions of the specialists in the areas of Gynaecology, Urology and General Surgery. Dr Archana Saraswat updated us on the approach to Gynaecology from adolescence to menopause, current thinking about medical and surgical treatments.

Dr Daniel Mehanna updated us about the approach to Haemorrhoids. The thinking about haemorrhoids has changed and rather than being prolapsed veins though the anus are thought of more as a vascular cushion so the treatment when needed is to pull the vascular cushion back into the rectum as well as stitching the arteries to deprive the haemorrhoids of a blood supply. It is a much less painful procedure than the old haemorrhoidectomy as the surgery is above the dentate line. Below the dentate line there is sensation. There was also the discussion of whether a thrombosed haemorrhoid is really a haemorrhoid! Dr Jo Schoeman has a special interest in incontinence both male and female. He told us about sacro-neuromodulation for bladder control for patients with severe urinary incontinence which hasn't responded to other therapies. An implant is sited to stimulate the sacral nerves to help control bladder continence. If you are interested in any of these presentations we will be uploading them to our website www.gppartners.com.au

I am looking forward to the Education Session on “Back and Hip Pain” on the 27th of February at the Australian Catholic University Campus. Dr Neil Hearndon will be giving us some very practical information about differentiating back and hip pain as well as the management of the pain. Professor Julie Hides will be telling us about the current physiotherapy treatments for back pain. This will be a great opportunity to hear of the current thinking about back pain diagnosis and management. Register on line at www.gppartners.com.au

Dr Jayne Ingham, Chair

PRESCRIBING NEWS

With the recent changes effective 1st February 2014, the Australian Medical Association has issued the following statement regarding implementation of the authority requirements for ongoing prescribing of Alprazolam.

General practitioners have been seeking clarification for patients on long term Alprazolam of what information from specialists the DDU would like to receive with the authority to prescribe Alprazolam.

The Drug of Dependence Unit has confirmed that a recent letter from a specialist supporting the ongoing prescribing should be sent with the application addressing any continuation in the context of the present evidence suggesting alternative medications and past treatment options for the patient.

This advice may mean that some patients will need to see the appropriate specialist prior to 1 February 2014, or their doctor will need to provide confirmation in the application that an appointment has been booked as soon as possible after that date with a specialist letter indicating interim support for continuance to be sent in with the authority application to the DDU.

Medical practitioners wanting to discuss specific patient issues should contact the Drug of Dependence Unit on

1300 652 584

VR GPs WANTED!

We are a new and very modern Health Clinic located 12 kms north of the Brisbane CBD in beautiful park like surrounds. We are looking for a VR GPs to complement our team of Allied Health Professionals serving our University delegation of staff and students and our local community.

As a clinic we have a strong emphasis on patient care, patient outcomes, research, training, team and work life balance. A fantastic opportunity to start at the beginning of this exciting new project and build a successful practice.

If you are looking for a brand new location, brand new building, state of the art equipment, working with Internationally recognized colleagues, highly regarded University and working in a great collaborative environment please call me on the below contact details. We would certainly like to hear from you.

Please call Darren Siemsen on 0437 126 237 or email me on darren.siemsen@acu.edu.au