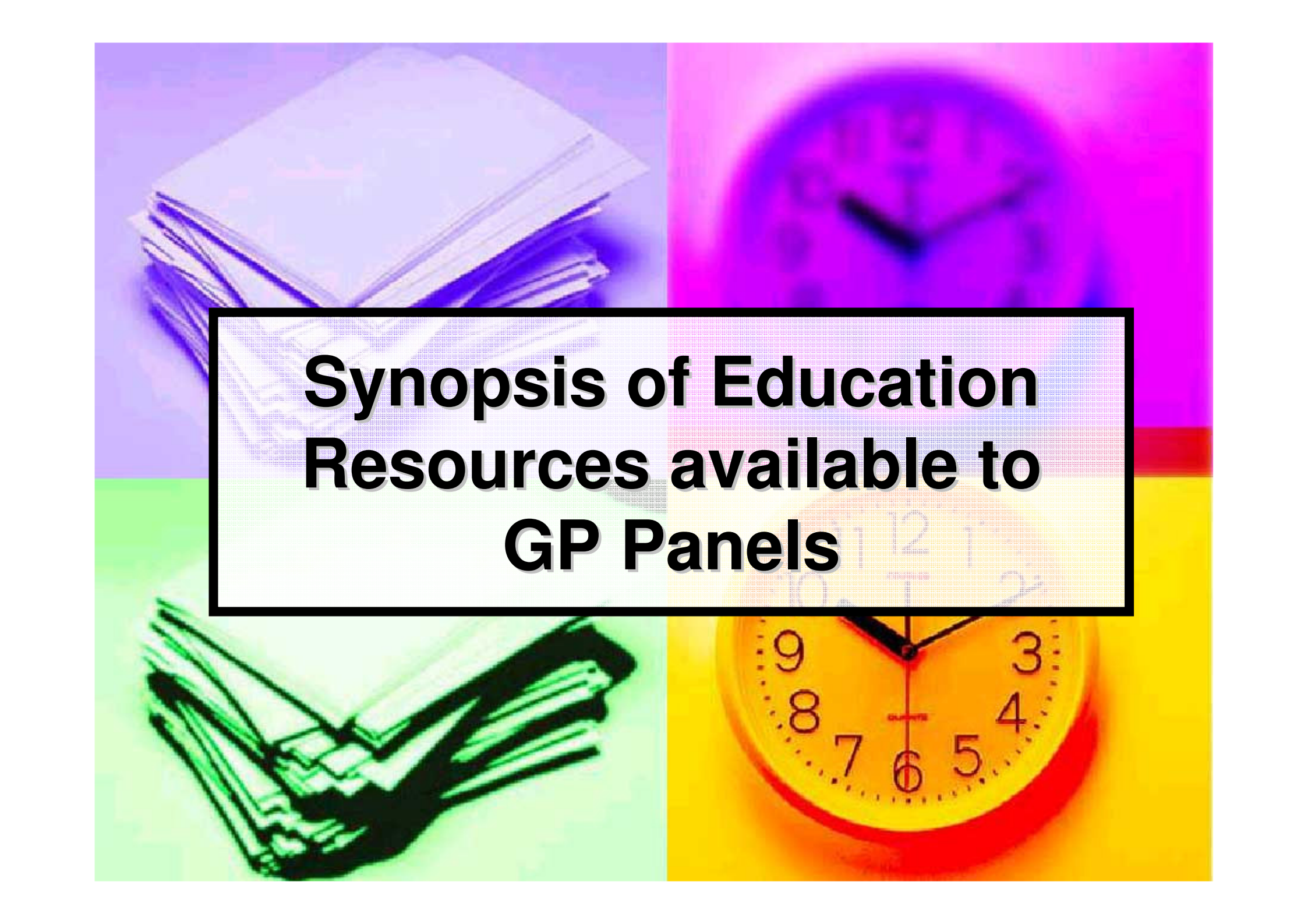




Synopsis of Education Resources available to GP Panels



Well for Life

Improving nutrition and physical activity for residents of aged care facilities

- **Working together for change** - A discussion guide designed to help staff work through the process of solving relevant workplace problems
- **Good practice checklist** - Designed as a self-assessment tool for the facility to identify key areas of nutrition and physical activity practice that could be improved
- **Thirty-two help sheets** - Evidence based guidelines for best practice covering a broad range of topics on nutrition, activity and other areas relevant to best practice
- **Promoting Independence at mealtimes: in-service package**, includes a checklist, presentation resources and case studies designed to assist staff to develop assessment and management skills. An occupational therapist is required to conduct the training
- **Physical activity in aged care facilities: seminar package**, includes both presentation resources and case studies designed to guide staff through the research evidence on the benefits of physical activity.
- **DHS Website**

<http://www.health.vic.gov.au/nutrition/wellforlife.htm>



GP and Residential Aged Care Kit

Partnerships for 'round the clock' medical care

- **Section 1** Describes how to use the kit
- **Section 2** Outlines the service system and partnership approach
- **Section 3** and **Section 4** contain tools that GPs, RACF staff and other services can use
- **Section 5** provides information on Clinical Information Sheets and Reference Cards
 - Advanced Care Planning, Asthma Management, Cardiac chest pain, Diabetes, Falls management & Prevention, Gastrostomy Tube Management, Immunisation, Gastrostomy Tube Management, Medication Management, Pain Assessment & Management, Pneumonia, Subcutaneous Hydration, UTI
- **North West Melbourne Division Website**
<http://www.nwmdgp.org.au/web/doctors/afterhours/>



Surviving the Maze

Carer's Victoria

- Approximately 60 resource sheets
- Information for families and carers
 - Phase 1 – Caring for an older person
 - Phase 2 – Dealing with hospital
 - Section 3 – Considering Residential Care
 - Section 4 – When a family member is in Care
- Wanting GP input for evaluation
 - Click on to a few of the resources
 - 1 max of time
 - 5 – 10 GPs for input would be valued
 - Get back to Rosie with GP contact
- 6 monthly updates
- Web based resources – through Carer's Victoria Website: www.carersvic.org.au



Silver Book (new addition in production)

Royal Australian College of General Practitioners

- Valuable resource for GPs contemplating or working with patients in Residential Aged Care
- 4th Edition is currently in final stages of production and contains substantial new content reflecting
 - Increasing influence of technical developments
 - Changes in RACF organisation
 - Workforce demand
 - Changing population mix
- 3 sections; General Principles, common conditions and organisation of care
- Guide will be in hard copy, CD and on college website www.racgp.org.cau (check under publications)



Guidelines for medication management in RACFs (1999)

- Australian Pharmaceutical Advisory Council
- 14 Recommendations
 - Medication Advisory Committees
 - Medication Charts & Reviews
 - Standing Orders
- Resource Kit is being developed by DHS
 - to assist facilities to implement the recommendation of the Guidelines in a Victorian context.



Guidelines for a Palliative Care Approach

The National Palliative Care Program

- A Palliative Care Approach
 - Dignity & Quality of Life
 - Advanced Care Planning
 - Advanced Dementia
 - Physical Symptoms – assessment & management
 - Psychosocial Support
 - Family support
- Visit National Palliative Care Program Website www.palliativecare.gov.au

Other useful Resources?

