



Caring Across the River

Nursing in the Border Division

Volume 15, February , 2008

Welcome to the first newsletter for 2008.

If anyone has been to an education session or conference or workshop or heard anything interesting for nurses working in general practice, please let me know and I will include it in the next newsletter if possible.

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1. Awards and NiGP

In a previous newsletter I published the APNA Workforce Survey results on wages. Nurses in GP are not obliged to work for the award rates. Individual contracts can be negotiated at each workplace. The awards are the minimum rates and conditions under which nurses can be employed. NSW has recently updated its award.

For nurses working in NSW you can check the *Nurses, Other than in Hospitals (State) Award* at:

http://www.industrialrelations.nsw.gov.au/awards/pdf/Rates_0510.pdf

Victorian Nurses can view the *Nurses (Victorian Medical Centers and Clinics) Award* at:

[http://www.wagenet.gov.au/WageNet/Search/View.ASP?docid=275823&query=\(MEDICAL%20CENTRES\)&quickview=Y&attr=RH](http://www.wagenet.gov.au/WageNet/Search/View.ASP?docid=275823&query=(MEDICAL%20CENTRES)&quickview=Y&attr=RH)

2. Wider Reading / Websites

The Integrated Chronic Disease Management Unit has recently updated its web page. The revised web page can be found on the Primary and Community Health Topics page as well as at <http://www.health.vic.gov.au/communityhealth/cdm/index.htm>

It is intended to not only provide information but also useful links to resources, guidelines and tools.

It is also intended that the page conveys a strong sense of the linkages between the various chronic disease programs across the disease continuum.

From the opening page, entitled 'Chronic Disease Management', it is possible to access a further four sub pages:

- Integrated Chronic Disease Management;
- Early Intervention in Chronic Disease;

- Diabetes Self Management and
- Resources.

These pages link the reader to a comprehensive range of sites including:

- The Aboriginal Health Promotion and Chronic Care (AHPACC) partnerships program,
- Life! and HARP-Chronic Disease Management,
- 31 PCP web pages,
- 18 EliCD (early intervention in chronic disease) sites, relevant chronic disease resources such as the Wagner Chronic Care Model and program guidelines

Thanks to Upper Hume PCP Service Coordination

Article on Arrhythmias and CPR

<http://www.racgp.org.au/Content/NavigationMenu/Publications/AustralianFamilyPhys/2007issues/afp200707/200707grantham.pdf>

Article on pacemakers

<http://www.racgp.org.au/Content/NavigationMenu/Publications/AustralianFamilyPhys/2007issues/afp200707/200707toogood.pdf>

3. Scope of Practice / Professional Practice

Everyone should now be aware of the need to maintain clinical competence in all areas of their designated workloads. It is also vital to keep a record of training attended and qualifications gained to maintain professional standards and in case of audit. Online and hard copy logbooks for training are available from APNA and ANF, or you can just keep your own record. Be aware of scope of practice limitations and check your competence for any advanced or new practice. The General Practice Victoria stats for the last part of 2007 are included below as a point of interest showing the amount of nurses accessing training.

From June to Dec in Victoria 1,534 practice nurses attended training offered through the NiGP in the 6 month period.

- GPV funded 29 different courses offered through the GPV Training Calendar. Of these 61 metro nurses and 183 rural nurses attended courses, in total 252 attended training
- Victorian divisions through the NiGP program hosted 32 events attended by 548 rural nurses and 734 metro nurses. In total 1282 nurses attended local division run training.
- 17 nurses were funded to do Pap test training & 42 for Immunisation. Wound management training (226) Ear Irrigation (196), Software IT/IM (139) courses were popular.

Thanks to GPV

Here in our division over that period we facilitated training for – wound management, sterilisation and infection control, asthma, ECG interpretation and had speakers at the Practice Nurse network on Breast Examination and Women's health and bandaging and strapping.

Thanks to everyone for supporting the program. We await news on budgets as far as further subsidised education goes. I have received requests for education on triage for all practice staff, pandemic influenza, spirometry, foot assessment, immunisation and chronic disease management. Anything further you feel would assist you in carrying out your role please let me know.

4. Five minutes with.....Julie Terrill

1. *Which Practice employs you? And where is it?* CMG, Beechworth Road
2. *How long have you worked in General Practice?* 8 months
3. *What are your main roles in your practice?* Wounds, immunisation, triage, results, ECGs, spirometry, plus plenty of conversations with our clients!
4. *If you were not working in General Practice, what would you be doing?* Still employed as a midwife at Wodonga Hospital. At present also involved in Hospital in the Home (HITH) one day per week and am an army reservist as a nursing officer.
5. *Where did you grow up?* Rutherglen
6. *Could you tell us a little about your family?* Came from a farming family, lived Chislet valley side of Rutherglen. Two brothers, one sister. I am married to an (ex) Holbrook laddie, we live in Wodonga and have four children, ages 16-21 years. Three boys and one girl. Enjoy camping and traveling (when able), soccer and gardening.
7. *If you were stuck on a desert island, what would be the three things you would take?* A cocktail, warm expensive sleeping bag, plus a good book (Probably should take sunscreen with my skin).
8. *If you were stuck on a desert island, what would be the three things you are glad you no longer have to worry about or take care of?* Cleaning showers, cooking and the time.
9. *Who would you MOST like to have to dinner??* Nelson Mandela
10. *What book are you reading at the moment?* "Vietnam" by Peter Ham
11. *What music are you listening to at the moment?* Heavy metal, only because of the adolescent rockers in the house.
12. *What is your ALL time favourite movie?* "Four Seasons" with Alan Alda and Carol Burnett. (Loved the interplay with different personalities and always enjoy a comedy).

QUICK QUIZ

Tea or Coffee?? Coffee

Sweet or Savoury?? Savoury

Sleeping or Football?? Football – soccer, love it!

Reading or TV?? Reading

Walking or Running?? Walking

Snow or Sand?? Sand

5. NiGP updates

The Domestic Violence incentive

From May 2008, a payment of \$1 per SWPE per year will be available to practices that meet the requirements of the new PIP Domestic Violence Incentive (capped at \$4,000 per annum).

To be eligible for the PIP Domestic Violence Incentive, practices will need to:

- participate in the PIP;
- be located in a rural or remote area (RRMA 3-7); and
- ensure that an appropriately trained and qualified Practice Nurse or Aboriginal Health Worker is available for the minimum number of sessions per week to act as a referral point to domestic violence support services for people experiencing domestic violence.

Support payments will be available to eligible practices to assist with travel and accommodation costs associated with attending training for Practice Nurses and Aboriginal Health Worker in RRMA 3-7 locations.

Further information about the Domestic Violence Initiative, including details about recognised domestic violence training, support payments and the PIP incentive will be provided to PIP practices within the February 2008 PIP News Update.

Thanks to Nursing Matters #31

Any nurses interested in participating in the training involved – please contact Jacki.

Immunisation

All Victorian nurses will be aware of the change in the schedule as of March 1st. Kerry Finlay has prepared (another) excellent resource to help in catch ups and to avoid missing doses. It should already be in each Victorian practice. NSW nurses need to be aware of the changes in order to catch up those crossing the border. Note that there is no change to the Rotavirus vaccine schedules for either state. Remember the cut off times for the Rotavirus vaccines (leap year) and check for all kids if they are late presenting for their next dose.

Chronic disease management

CDM systems continue to be a bugbear for some practices, whilst others are doing it really well and in innovative ways. If anyone would like to share how they run preventative and managed care in their practices please drop me an email or give me a ring. I will be attending training on a new data extraction tool for general practice to assist with finding accurate practice populations and enable targeted planning for preventative health within each practice. More to come...

From Health Coaching Australia - "Health Coaching is a practice in which accredited health professionals apply evidence-based psychological, counselling and coaching principles and techniques to assist their patients to achieve positive health and lifestyle outcomes through cognitive and behaviour change. There is a growing recognition that simply telling patients what to do is not effective in bringing about long-term behaviour change. This creates frustration for both patients and health professionals. Health Coaching interventions help health professionals to motivate patients toward readiness to change, assist them to change unhelpful thinking patterns and encourage their self-regulation and self-management of lifestyle risk factors and treatment regimes associated with chronic illnesses."

Health coaching is an important part of chronic disease self management. Health Coaching Australia runs very popular 2 day courses on this skill. The next one with available places is in Melbourne on May 29-30. Check out more at www.healthcoachingaustralia.com

4 yo old health check

Yes the new medicare item number for "Healthy Kids Check" is in draft form and being discussed at a meeting this Friday. Looks like 4 yo vaccination appointments may take considerably longer than they do now.

6. Upcoming Education Events - March/April				
Date	Event	Venue	Presented by	Cost
February 22nd	Ear syringing	UNSW Clinical School	Benchmark	\$267.00
March 19th	Secondary Lymphoedema workshop (evening incl. meal) ** Expression of interest to B. Martin at AWRGPN now	TBC	National Breast Cancer Centre	Nil
April 10 th , 6.30pm	Practice Nurse Network Meeting	AWRGPN Boardroom	AWRGPN	Nil

7. Practice Nurse Network

The network had its first meeting for 2008 on the 14th of Feb. Unfortunately there were quite a few apologies but from those present the discussion was great.

Sue Hill, diabetes educator from WRHS gave a short talk on referral that soon turned into a really informative question and answer session with the result that she will return and do a presentation on insulin for the network.

The minutes will be available on the website.

The next meeting will be in early April, I will give a date as soon as possible.

I am also trying to organise a spirometry day for around early May – this will be a 6 hour course conducted by Asthma Foundation staff and will be at no or minimal cost.

The ear syringing workshop went very well and was felt to be beneficial.

Welcome to Kate Taylor, Jan Washusen, Andrew Jacobs and Nicole Byrne – all nurses new to general practice in our network.

Any one with any ideas or contributions they may wish to make – please contact Jacki as below. Please send a response and let us know what you think of the concept and of the content.

If you do not wish to receive this newsletter please contact Jacki at the GP Network on jeckert@bordergp.org.au or (02) 6049 1906

The contents of this newsletter are derived from various sources and do not necessarily reflect the views of the Albury Wodonga Regional GP Network.