



Caring Across the River

Nursing in the Albury Wodonga GP Network

Volume 13, November, 2007

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1. Online Learning

APNA offers an increasing range of online learning opportunities. Some are qualifications at certificate level and therefore have an assessment component. Some are self directed refresher or information courses, with no qualification attached. Most, if not all will attract either APNA continuing education or RCNA continuing education points. There is currently a 2 part mental health workshop that is free until June 2008; other courses may attract a charge. You do not have to be an APNA member to access these, but they are cheaper if you are.

A diabetes course is being offered now.

This course covers a broad range of topics and issues surrounding the management of diabetes in a general care setting including, but not limited to, the following topics:

- Introduction to Diabetes
- Lifestyle issues
- Diabetes Medication
- Chronic Complications

It is anticipated that PNs will take between 2 -3 hours to complete each module, plus up to four weeks to complete the formal assessment component. Each module weighs 10% to contribute to the final result.

- Module 1 - Introduction to Diabetes
- Module 2 - Lifestyle Issues
- Module 3 - Diabetes Medications
- Module 4 - Self Monitoring of Diabetes Mellitus
- Module 5 - Acute Complications of Diabetes
- Module 6 - Chronic Complications of Diabetes Mellitus
- Module 7 - Support Services and Self Management
- Module 8 - Groups with Special Needs
- Module 9 - Diabetes Management in General Practice
- Formal Assessment: module currently under development.

For more information, go to:

<http://www.learningseat.com/servlet/ShopFrontPage?companyId=APNA> or www.apna.asn.au

Understanding the Medicare Benefits Schedule

APNA has just launched this new online learning course that may be of interest to practice nurses:

The course will provide you with an understanding of the Medicare benefits schedule and its application to nursing in general practice.

Nursing in general practice is very different to nursing in most other sectors not only due to the different work settings but also due to the relationship with the employers as general practice largely operates as a private business. In these settings nurses have hazy pay scales and job descriptions in which nurses are expected to directly contribute not only to the delivery of clinical services but also to the financial income of their place of employment. Nurses in general practice are a 'business' decision as much as a 'quality of care' decision for the practice principals.

Understanding how the Medicare Benefits Schedule works will help nurses not only be more confident with this funding schedule but also understand how they can positively impact on the revenue streams of these practices.

The aim of the course is to provide:

1. The broad underpinnings of general practice financing in Australia including the Medicare system, the Practice Incentive Payment Program, as well as the non-Medicare rebate able services.
2. Knowledge on how nurses can contribute to general practice income through both the Medicare and PIP systems.
3. Comprehensive support information includes; guidance material, related resources, and fee schedules that assist nurses claiming timely and adequately.

The course is 2 hours (nominal) long and costs \$110.00 (Member Price: \$80.00) and can be accessed through the APNA website.

Thanks to GPDV Primary Care Update November, 2007

Australian Journal of Advanced Nursing

The ANF (Australian Nursing Federation) publishes the Australian Journal of Advanced Nursing. It is an international quarterly peer reviewed journal of nursing research and practice and is celebrating 25 years of publication. The journal will now be available free online at <http://www.ajan.com.au>

2. Wider Reading / Websites

The Graduate Certificate of Health (Self-Management)
The Graduate Diploma in Chronic Condition Management
More information available at Flinders University website:
<http://www.flinders.edu.au/courses/postgrad/self.htm> .

The below issue of the BMJ contains five research articles on diabetes which were chosen from the 100 articles submitted after a call for abstracts. Articles include a debate on the pros and cons of screening for diabetes in general practice.
<http://www.bmj.com/cgi/content/full/335/7618/0>

CareSearch is an online palliative care resource for those providing palliative care and those receiving palliative care. www.caresearch.com.au

What is the impact of advanced primary care nursing roles on patients, nurses and their colleagues? A literature review by Bonsall K, Cheater FM. Int J Nurs Stud. 2007 Sep 28; [Epub ahead of print]

Internationally, nurses' roles continue to expand in response to doctor shortages and policy drives to provide effective and efficient health services. A body of research exists from which to evaluate the impact of advanced nursing roles on various dimensions of healthcare delivery and organisation. [Abstract precis by PHC RIS]

See: <http://dx.doi.org/10.1016/j.ijnurstu.2007.07.013>

3. Professional Practice... Research and Further Study

Research is playing a major role in defining what it is that practice nurses do, how they do it, how they are paid for what they do and how the role is changing and expanding to advanced practice for many nurses. It also gives evidence to inform the development of education around nursing in general practice as a specialty in nursing, making it attractive to more nurses and to undergraduates. Evidence of nurses' contribution to patient outcomes will also have an effect on medicare item numbers and their worth, and (heaven forbid) provider numbers for nurses working in primary care.

Dr Catherine Joyce at Monash Uni in Melbourne is still looking for nurses to participate in her project which is similar to the BEACH report. The BEACH report basically describes what GPs do in an average practice across the country by getting them to transcribe details of 100 consecutive consultations. The last one reported on PN activity but only from a GP perspective, which, as they are not present during a PN consult makes the data inaccurate. Information on PN roles has a major influence on government funding for across many areas for general practice and also for nursing education and the development our role and the public perception the role the nurse plays in a general practice team. Catherine's project requires some basic info about the nurse for comparison across the country and then requires you to write down minimal details of 45 consecutive patient visits. I've done it; it takes about 1 minute at the end of each appointment. If you would like to participate (please do) contact Catherine at catherine.joyce@med.monash.edu.au

Dr Jane Mills also from Monash has research funding and is looking at a project on evidence based practice for rural practice nurses. That's us! More details will come out next year, but it apparently will only require filling out a questionnaire. In return for nurses participating she is prepared to do presentations on law and ethics and give us access to teachers from Monash nursing to come and present locally. This is a great opportunity to contribute and get something back, so again I urge people to participate when the time comes.

Current Post Grad qualifications in Practice Nursing or related areas:

Course	Organisation
Graduate Certificate in Nursing (General Practice)	Sunshine Coast University/ Divisions of General Practice
Graduate Certificate in Health (General Practice Nursing)	Flinders University www.nursing.flinders.edu.au
Graduate Certificate in Wound Care	Monash University
Graduate Diploma in Wound Care	Monash University
Graduate Certificate in Diabetes Education and Management	University of Technology, Sydney www.nmh.uts.edu.au
Graduate Certificate Nursing (Mental Health)	University of Western Sydney www.uws.edu.au/about/acadorg/schools/nursing

Graduate Certificate in Practice Nursing	University of Wollongong www.uow.edu.au/health/nursing
Graduate Certificate in Community and Primary Health Care	Griffith University www.griffith.edu.au/schools/nrs
- Graduate Certificate Nursing - Graduate Certificate in Nursing (General Practice)	The University of Queensland www.nursing.uq.edu.au
Graduate Diploma in Nursing Science (Community Health & Primary Care)	The University of Adelaide www.health.adelaide.edu.au/nursing
Professional Certificate: - Wound Care - Immunisation	University of South Australia www.unisa.edu.au/nur
- Graduate Certificate in Diabetes Education - Master of Diabetes Education	Curtin University of Technology www.nursingandmidwifery.curtin.edu.au
- Bachelor of Nursing (Postregistration) Non-award program:- - Re-entry program for Division 1 Registered Nurse s (RPRN) - Pre-registration for Overseas Qualified Nurse s (PPPOQN)	University of Ballarat www.ballarat.edu.au/nursing

Nursing Matters #28

4. Five minutes with.....Jenny Power

1. Which practice employs you, and where is it? David St Clinic, David St. Albury.
2. How long have you worked in general practice? Seven years
3. What are your main roles in your practice? Wound care, immunisation, pre employment medicals, spirometry, and audiometry.
4. If you were not working in general practice, what would you be doing? If I had a choice, full time mum with a great social life, although that would require more money.
5. Where did you grow up? Howlong
6. Could you tell us a little about your family? Simon and I got married in March, we have Isabella 3 and Josh 1 year.
7. If you were stuck on a desert island what would be the three things you would take? A cook as I don't enjoy that and my 2 dear friends, together it would be great.
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? The time, selling the house, building a house.
9. Who would you MOST like to have to dinner? The Dalai Lama, so much wisdom.
10. What book are you reading at the moment? Len Deighton spy book, although if there was something else on the bookshelf I would probably put it down.
11. What music are you listening to at the moment? Michael Buble
12. What is your ALL time favourite movie? Baraka, I have seen it twice out doors, I really recommend it.

QICK QUIZ

Tea or coffee? Coffee

Sweet or savoury? Sweet

Sleeping or football? Sleeping
Reading or TV? Reading
Walking or running? Walking
Snow or sand? Sand

5. NiGP Updates

Immunisation – evidence based practice

Vaccine related pain: Randomized controlled trial of two injection techniques

Arch Dis Child. Published Online First: 8 August 2007. doi:10.1136/adc.2007.118695

Moshe Ipp 1, Anna Taddio PhD1, Jonathan Sam BSc2, Morton Goldbach 1 and Patricia C Parkin 1*

1 Hospital for Sick Children, Toronto, Canada

2 University of Toronto, Canada

The full article (if you have access) is at:

<http://adc.bmj.com/cgi/content/abstract/adc.2007.118695v1?paper=1>

Objective: To compare acute pain response during immunisation in infants using a slow standard of care injection technique versus a rapid pragmatic technique.

Design: Randomized controlled trial.

Setting: Single-center, urban paediatric primary care practice.

Subjects: Healthy infants 4 – 6 months of age receiving their routine DPTaP-Hib immunisation.

Interventions: Standard of care group; slow aspiration prior to injection, slow injection and slow withdrawal. Pragmatic group; no aspiration, rapid injection and rapid withdrawal.

Main outcome measures: Immediate infant pain measured by Modified Behavior Pain Scale (MBPS), crying, and parent/paediatrician Visual Analogue Scale (VAS).

Results: 113 infants participated; there were no observed differences in age, birth order, or prior analgesic use. Mean MBPS scores [95% Confidence Interval (CI)] were higher ($p < 0.001$) for the Standard group compared to the Pragmatic group, 5.6 (5, 6.3) vs. 3.3 (2.6, 3.9). The Standard group was more likely to cry, 47/57 [82%] vs. 24/56 [43%], to cry longer, median [Interquartile Range (IQ)] 14.7 sec (8.7, 35.6) vs. 0 sec (0, 11.30), and to take longer to have the vaccine injected, median (IQ) 8.8 sec (7.9, 10.3) vs. 0.9 sec (0.8, 1.1), $p < 0.001$ for all comparisons. The median (IQ) VAS scores by parents and paediatricians were higher for the Standard group; VAS Parent, 3.5 (1.6, 5.5) vs. 1.9 (0.1, 3.1) and VAS Paediatrician, 2.8 (2.0, 5.1) vs. 1.4 (0.2, 2.4). There were no adverse events.

Conclusion: Immunisation using a Pragmatic rapid injection technique is less painful than a slow Standard of care technique and should be recommended for routine intramuscular immunisations

Thanks to Mike South, RCH

Wound management

Ausmed have a new concept called "build a book" in which you buy chapters relating to your area of interest rather than buying an entire text book. To find out more visit http://www.buildabook.com.au/?mc=wound_care_2007-10-29

Update and presentation: Those who completed the WFA certificate in wound management have been invited to a presentation on Nov 20th. This is aligned with a 1 day update. We'll let you know anything interesting which arises.

Videoconferences – continue to be well attended with one more to go for this year.

Jan Rice's Wound Foundation Australia will shortly cease to exist. Jan will still be offering her education in wound management through La Trobe University. As we have a campus in Wodonga, hopefully we can access her expertise for updates each year. Her 4 day intensive course (actually is a 6 month course) will continue to be offered wherever there are enough participants and will come under the APNA scholarship umbrella.

RCNA Practice Nurse Conference

I attended the RCNA PN conference in Hobart in October. It was a very good event attended by around 180 nurses, division people like myself and academic researchers into nursing and public health. The focus was "Maximising nursing's contribution to primary health care". Big focus on nurse led clinics and nursing contribution to multidisciplinary teamwork in chronic disease management in general practice, how to do it and how to do it well for positive patient outcomes. Lots of information on current and forthcoming research around nursing in general practice, and I urge anyone to participate in any research project that crosses your path. The networking opportunities at these events are fantastic, it is always an education to find out what others are doing and how they do it. I would recommend anyone to attend the next conference in 2008. (Remember you can apply for scholarships to attend, and can claim all or some on tax)

Chronic Disease Management

There are changes to the dental care MBS items for chronic and complex patients with GPMP/TCA or Contribution to Care Plan in a residential aged care facility. Eligible patients can claim rebates up to \$4250 over two calendar years. For more information: <http://www.health.gov.au/internet/wcms/publishing.nsf/Content/Dental+Care+Services>

Division assistance: Within my role at the division I am very happy to come to your practice and help with setting up nurse led clinics for chronic disease, health assessments and women's health and evaluating the processes. I have lots of resources and business plans. If you have an interest in doing this, let me know and I can assist you to set up and design processes so you can present a working plan to your employer for immediate implementation. It's never that easy but it doesn't have to be too hard either!

Sexual and Reproductive Health

Melbourne Uni is offering this as a short course over 5 days in 2008. Cost is \$1000. For further information contact Hennie Williams on (03) 9314 6249, Rosey Cummings on (03) 9341 0244 or email nursespapcourse@mshc.org.au

6. Upcoming Education Events - November/December

Date	Event	Venue	Presented by	Cost
November 7 th 6.00 – 8.00pm	Wound Management Videoconference # 9 The high risk foot	Conference Room Albury Base Hospital	WFA and GPDV Register www.telehealth.com.au Enquiries - Jacki (02) 6049 1900	\$5.00 per head per session
November 16-17 th	PCNE Practice Nurse Clinical Education Forum	Melbourne Exhibition Centre	PCNE and APNA www.pnce.com.au/melbourne or - 02 9422 2941	Up to \$426 for both days Cheaper for APNA members
November 20 th 9.00 – 4.00pm	WFA Wound Update and presentation of certificates	Vic. College of Pharmacy (Cossar Hall), 381 Royal Pde, Parkville, Melb	Renee Hausler haeusler@vcp.monash.edu.au (03) 9903 9046	\$35.00
November 28 th 6.00 – 8.00pm	Wound Management Videoconference # 10 Adjuvant therapies (final one)	Conference Room Albury Base Hospital	WFA and GPDV Register www.telehealth.com.au Enquiries - Jacki (02) 6049 1900	\$5.00 per head
December 13 th	Practice Nurse network dinner	TBC	Please let me know if you will come and choice of restaurant ASAP. Jacki (02) 6049 1900	Looking for sponsorship – otherwise pay for own dinner

7. Practice Nurse Network

16 nurses attended the strapping workshop in October and learnt a lot from Louise Humphrey, especially how difficult it is to get it right!

"I thought the strapping workshop was great, very useful, practical and beneficial. Taping each other's ankle's etc made it much easier to see how correct application actually can help and make a difference in preventing or treating injuries. Would like to re visit this one again and maybe do R/V for collar and cuff application etc for different shoulder injuries etc."
Pauline O'Kane, Lavington Clinic

"I thought that the workshop was great. It was a shame that it was so short a time frame as we felt that more hands on would have been great, but then it is such a large topic and there is so much that you could cover it's impossible in the time frame. Louise was fantastic and very easy to listen to, she was a great with the practical and explained things easily. Maybe in the future we could have a longer workshop on this topic if other people are interested. ... being in an Occupational Health Clinic, I learnt heaps which will benefit me in my practice".
Nikki Williams, Regional Occupational Medicine

"The strapping workshop was very informative and interesting with plenty of hands on practice. We learnt about strapping fingers, thumbs and ankles and practiced on each other. Louise made

ripping the tape look very easy however we all found out that it was very difficult! We were taught the basics of strapping and what tape to use. Excellent workshop.”
Sharon Campbell, Melrose Clinic

Next meeting is dinner for Christmas on Dec 13th. As yet I have been unable to get sponsorship, so we may have to pay our own way. Still trying though! Please contact me on 6049 1900 with any ideas for a venue.

Any one with any ideas or contributions they may wish to make, let us know what you think – please contact Jacki as below.

If you do not wish to receive this newsletter please contact Jacki at the GP Network on jeckert@bordergp.org.au or (02) 6049 1900

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