

THE PAN ROOM:

VOLUME 1: ISSUE 5

NOVEMBER 2007

- Especially for MDGP Nurses
- MDGP Future Programs and workshops.
- Nurses... Can't be without them.
- Networking and support... Be involved.

From Melanie Jamieson – MDGP Practice Nurse Facilitator.

Seasons Greetings to everyone as this will be the last newsletter for 2007. Welcome to the new look nurses newsletter, this change has become standard throughout all MDGP publications as well as re vamping MDGP website, which will be much easier to navigate and a focused PN section.

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MDGP Nursing News In the Pan Room:

Inside this issue:

Points of Interest: 1
Local & Government

MDGP Future Projects 2
and workshops

Calendars : 2
-What's on where
-Workshop Education

Network Meetings 2

Nursing News & 3
Headlines

Other organizations 4
News.

MDGP has had some very proactive Practice Nurses achieving post graduate studies in 2007

Congratulations to:

Trish McCarron and **Pam Beard** who have recently become accredited Nurse Paptest providers and also to **Zeljka Gregg** who has successfully achieved her graduate diploma in wound management and immunisations. **Sam Cooke** from MVAC and **Michelle Chapman** from CHAC and **Anne Smith** from SHAHS who are almost finished their Sexual & Reproductive Health Course.

Farewells:

To **Tracy Murphy**, Practice Nurse at Deakin Medical Clinic for 17 years. We thank her for her contribution to PN, and particularly for being our local pap test preceptor for training nurses.

Robinvale & District Medical Centre have been fortunate to have **Trish Kelly** as their Practice Nurse for 3.5 years since the clinic first established, Trish is now moving onto Castlemaine for family reasons.—Good luck

And The Medical Clinic Langtree Ave has had the Practice Nursing services of **Bev Bysouth** at their clinic for the last 22 Years. Bev is now slowing down but is happy to be contacted for casual relief work after January 2008.

Sandra Wright has been a Practice Nurse for Lime Medical Clinic since 1989 and is now beginning a well earned retirement.

New Nurses in General Practice:

Not new to Practice Nursing but new to Lime Medical Clinic is **Lisa Robbins** who is relocating from The Medical Clinic to join the LMC team

Also to join the team of PN within MDGP are **Joanne Smith** who comes to the Division with 17 years nursing and most recently as CNS at MBH Renal Dialysis Unit. And **Simone O'Calligan** RN Div1 nursing for some 10 years or more, who will be the new Practice Nurses at the Tristar Medical Group in Langtree Ave.



Local Stats!

Practice Nurse activities conducted within the Division in 2006-07 financial year:

- ◆ 8 workshops addressing clinical issues, with a total of 62 Practice Nurses or AHWs attending.
- ◆ 4 separate post graduate courses facilitated for 9 Practice Nurses who have taken up the opportunity to extend their qualifications
- ◆ 7 network meetings; 4 in remote areas and 3 Mildura based, with a total attendance of 56 nurses or AHWs.
- ◆ General Practice PN MBS Item Numbers, Services and \$ Benefit claimed within MDGP area is represented in a table on page 3

2007/8 Diabetes Management Guidelines:

MDGP has plenty of copies of the Diabetes Management In General Practice booklet that is published each year by Diabetes Australia in conjunction with RACGP.

For your FREE copy just contact Melanie at the Division.

MDGP PN Education, Seminars & Upcoming Events:

FUTURE PROJECTS IN PLANNING FOR 2008:

- THIS WILL BE LARGELY DETERMINED BY RESPONSES TO THE MDGP ANNUAL PN SURVEY -

DHS/NIP: For 2008, education session and in clinic tutorials for CC Management and Vaccine Storage Guidelines as requested.

COMTEL: Offer a wide variety of clinical education topics and I have them coming up in March 08 to do conferences and workshops on Diabetes, Leg Ulcers and other professional development

LOCAL WORKSHOP EDUCATION CALENDAR:

DATE:	SESSION / EVENT:
9th November	MDGP: Burns Management Workshop for PN - flyers have been sent Presented by SOMA Health Educator Deb Hctor 6:30pm at Commodore Motor Inn—Conference Room
12th November	Clearing The Smoke: Options in smoking cessation, educational workshop Moderator Dr Gerald Murphy. 6:30pm at Chaffey Motor Inn
17th & 18th November	APNA: Practice Nurse Clinical Education Program Melbourne Exhibition Centre. Registration details can be found at www.pnce.com.au
6th December	MDGP: Information Privacy Act & Health Records Act ~ Introductory Session Presented by Susan Joseph, Office of Health Services Commissioner. 7pm at MPH
8th & 9th December	Benchmark: Accredited Ear Irrigation and Plaster Casting 2 Day Course. APNA endorsed with RCNA—CNE points, cost of \$128.50pp. MDGP needs a <u>minimum number of 12 registrations</u> before we can confirm booking and I currently have eight. May be rescheduled into early 2008.
December TBA	Mildura Practice Staff Xmas Party—a social gathering to end the year together with all practice staff (reception, PM and PN) invited to come a be merry.



NETWORK MEETINGS:

December 07 – 15 / 11 / 07—	Remote Practices Network Meeting – Manangatang. -TBC- Practice Nurses Network Meeting – Mildura.
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DOHA CALENDAR OF EVENTS:

NOVEMBER:

8:	Australian Lung Cancer Day -	Nationwide -	ALF
12-18:	Spinal Injury Awareness Week -	Nationwide -	Spinal Injuries Assoc
14:	World Diabetes Day-	Worldwide -	Diabetes Australia
18-24:	National Skin Cancer Action Week-	Nationwide-	The Cancer Council Australia

DECEMBER:

1:	World Aids Day -	Worldwide -	Untied Nations
5:	International Volunteers Day -	Worldwide -	Volunteering Australia
10th:	Human Rights Day-	Worldwide -	United Nations
18:	International Migrants Day-	Worldwide-	United Nations



Infection Control Updates for General Practice:

Cleaning and decontamination of surfaces – using science

Surfaces are wiped clean with either paper towel/dilute detergent or a detergent wipe (alcohol wipes do not clean). The method for cleaning should avoid redistribution of dirt so use either a figure eight motion eg for the floor or for a clean surface such as a dressing trolley, wipe across the surface beginning at the edge and then fold over the detergent wipe so that a fresh surface is used or reapply detergent to folded paper towel & wipe.

We only use disinfectants when necessary and only after first cleaning eg after cleaning a blood spill where the surface is likely to have bare skin contact, applying to contaminated surfaces during a gastro outbreak or to frequently touched surfaces during a flu outbreak. Except for these situations, cleaning is all that is required for trolleys, couches, sinks etc

The presence of organic matter affects disinfectant activity - this is why prior cleaning is essential before use. The contact time required must be known eg for alcohols this is usually about 15-30 seconds wet contact while for hypochlorite and Viraclean this is 10 minutes. For a combined alcohol/QAC this may be 3 minutes.

Cleaning This is the removal, usually with a detergent and water, of adherent visible soil, blood, protein substances and other debris from surfaces by a manual eg wiping, scrubbing or mechanical means eg agitation, pressure etc.

Detergent This is a molecule with one end that is hydrophobic which binds to the soil and the other end which is hydrophilic which binds to water, thus removing soil from a surface and suspending it in water. Detergents have surfactant properties ie lower water tension and enable contact of soil with water. Detergent efficiency is tested by soil tests. Residue may be measured using a microscope or various colour detection tests.

Deodorizer A chemical that may either delay or prevent formation of bacterial odours by acting on microorganisms that produce them or mask, chemically destroy or neutralize odours.

Decontamination The use of physical or chemical means to remove, inactivate or destroy pathogens on a surface so they are no longer capable of transmitting infection and renders the surface safe for handling, use or disposal.

Disinfection The destruction of pathogenic and other kinds of microorganisms by thermal or chemical means. Disinfection is less lethal than sterilization because it does destroy most recognized pathogens but not necessarily all microbial forms ie bacterial spores. A disinfectant can only be applied after a surface has been first cleaned.

Alcohol is not used during a gastro outbreak since it is not very effective against norovirus or *Cl. difficile* spores. It is effective against the Influenza virus. A sufficient volume of alcohol that remains wet on the surface for 15 seconds is needed to destroy bacteria and some viruses but remember to clean surface first.

(MARJEN Education Services—Infection Control Newsletter Sept 07)

CONTINUED FROM Pg 1

General Practice PN MBS Item Numbers, Services and \$ Benefit claimed within MDGP

Item	No. claims and \$ Benefit	
	2005-06	2006-07
10994, 10995, 10998: Cervical Screening	167 \$1,727	314 \$4,931
10993: Immunisation	7,975 \$82,794	9,039 \$95,593
10996: Wound Management	5,813 \$60,124	7,146 \$75,288
All claims	13,970 \$144,801	16,510 \$175,926

(Source: Medicare Australia—MBS Item Statistics)

Diabetes - Life!

On Tuesday 28 August 2007, a new Type 2 Diabetes prevention program was launched by the Premier of Victoria, the Hon. John Brumby. The program is titled Life! – Taking Action on Diabetes. Diabetes Australia – Vic is the lead agency for this program.

The first stage of this program is the launch of a new Type 2 Diabetes Risk Test. The risk test is based on a Finnish tool and has been validated in Victoria. The risk test provides people with a score that can accurately predict the risk of type 2 diabetes in Caucasian populations. The score indicates whether people are in a low, intermediate or high risk category for developing type 2 diabetes within ten years.

More information is available for health professionals and people who have performed the test at www.dav.org.au, www.diabetesaction.com.au or www.goforyourlife.vic.gov.au.



Other Organisations News:

MEDICARE ITEM NUMBERS UPDATE:

PN Item Number 10996 –Change in wording

A change to the wording for the practice nurse wound management item 10966 was included in the 1 July 2007 update to the Medicare Benefits Schedule Book.

Briefly, section M.2.15 states 'The medical practitioner does not need to be present during the treatment of the wound. However, the medical practitioner must conduct an initial assessment of the patient (including under a distance supervision arrangement if the medical practitioner is not physically present) in order to give instruction in relation to the treatment of the wound.'

The revised wording for the item makes it clear that practice nurses in rural/remote areas may participate in a distance supervision arrangement for the assessment of a patient's wound in the same manner as a registered Aboriginal Health Worker for MBS item 10989

For reference, the MBS book may be accessed on line at www.health.gov.au/internet/mbsonline/publishing.nsf/Content/Medicare-Benefits-Schedule-MBS/publications

When accessed, it is possible to look up the July 2007 supplement and the wound management item explanatory notes are on page 20 of the supplement.



New clinical resources available online

New clinical resources are available to all members through the APNA website including a new allergies section and resources on dermatology, diabetes and immunisation, with more resources being added regularly.

Appointments to President and Vice President for APNA

The Australian Practice Nurses Association would like to announce the appointment of Anne Matyear as President and Julianne Badenoch as Vice President.

These appointments will continue until the next Annual General Meeting to be held in May 2008.

Launch of Nursing Research Journal Free OnLine

The Australian Nursing Federation, publishers of the Australian Journal of Advanced Nursing (AJAN), announced today the journal will now be provided free online.

The AJAN, which is also celebrating 25 years of publication, is a prestigious quarterly internationally peer reviewed journal of nursing research and practice. The AJAN provides an opportunity for nurses in Australia to participate in and publish original research

The AJAN will be freely available on its new website: <http://www.ajan.com.au>

NEW RESUSCITATION GUIDELINES

The Australia Resuscitation Council (ARC) has recently released three new and/or updated guidelines. The new and/or update guidelines are:

- 8.2 Heart Attack
- 8.9.6 Envenomation – Jellyfish stings
- 11.1.1 Airway, Breathing and Circulation for ALS Providers

For more information please visit the ARC website at <http://www.resus.org.au/>. RCNA has state and national representatives on the Australia Resuscitation Council.

Medicare Funds for House Calls to Elderly

Nurses will be able to make Medicare-funded house calls to elderly patients under a scheme Prime Minister John Howard says restores a medical services from the past. Howard pledged \$164.5 million over four years to pay for practice nurses to make 300,000 home visits to veteran and people aged over 65. The funding also includes expansion of the scheme so nurses would also be able to visit the homes of people too sick to get to a clinic.

The visits will be worth \$44.65 as a Medicare item, expecting a high percentage to be bulk billed, Howard said about 500 more practice nurses would likely be appointed because of the announcement. (AAP)



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MDGP would like to acknowledge all information provided in this newsletter was sourced through approved departments.

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GPDV RCNA RCNA ACIR