



Department of General Practice Newsletter – Autumn 2016



Welcome

Dear colleagues,

Welcome to this Autumn 2016 update from the Department of General Practice at Western Sydney University.

As always, we kicked off in February with a busy teaching period. This year we were fortunate to have our new GP Registrars assisting the regular team of experienced GPs, presenting and leading hands on small group sessions. Many thanks to all involved in this important GP teaching event!

With increased capacity in our team we are very pleased to be able to respond to requests from our GP Network, for information about the research occurring at the university and how this can inform our practice. Please consider joining us on 25th June for a day of interactive presentations and workshops highlighting new research findings and their relevance to clinical practice – to register for *Research informing clinical practice at Western Sydney* contact Vicki Bradley at Fax: (02) 4620 3891; Tel: (02) 4620 3986 or email: v.bradley@westernsydney.edu.au

A big thank you to those who have contributed to the Nick Collins Award – thanks to your generosity we are able to send our first student to the RACGP GP16 conference in Perth later this year. Watch for the announcement of the successful student and if you would like to contribute to this award so that we can continue to support students to attend this annual event and remember our friend and colleague Dr Nick Collins, please see the link at:

http://www.westernsydney.edu.au/give/home/memorial_giving/dr_nick_collins_memorial_fund

You will find more information in this newsletter about exciting changes in our Department, highlights of our current research as well as activities undertaken by our enthusiastic and committed students!

We are always pleased to see you at university events and greatly appreciate your support of all our activities.

Warm Regards

Jenny Reath on behalf of the Department of General Practice

Professor Jenny Reath | Peter Brennan Chair of General Practice



Update from the Department of General Practice

Welcomes and Farewells

Hot off the press – we are very pleased to announce that Chris Martin has been successful in his application for lead Admin Officer in the Department of General Practice! Chris has been well and truly filling Mel Wolfenden's shoes since she moved to a new position early last year, so we are fortunate to have his skills and knowledge! Chris will be ably assisted by Vicki Bradley, events manager extraordinaire and PIP expert. We have a great admin team who are happy to assist you in any way.

Please join us also in welcoming our three new academic registrars:

Alison Lyon is originally from Scotland and moved to Australia in 2011. She commenced GP training in 2014 in the Southern Highlands in Moss Vale before moving to Broken Hill to work for the RFDS. Aly's research focus this year will be a qualitative project examining medical education in culturally and linguistically diverse General Practices.

Yasin Shahab is in his second year of general practice training and has worked in SW Sydney as well as more recently in Wagga Wagga. He will be involved in a qualitative study looking at the culturally appropriate approach to the prevention and management of diabetes with Samoan people.

Thomas Fung has completed a dental degree in addition to his medical qualification. He has a keen interest in health problems in SW Sydney. This experience equips him well to explore dental presentations and GP confidence, knowledge, practice and training needs in western Sydney.

We are sad to farewell Marlee King who has finished up her work on the GPs at the Deep End Western Sydney Project. The project report describes the joys and challenges for GP teams working in areas of socio-economic disadvantage. This research and our ongoing work in this area will inform both GP support and health care delivery into the future.

Welcome back to Nicole King who has returned from her maternity leave and stepped back into the Admin support role for the NHMRC funded WATCH trial. We are also fortunate to have Julianne Abood who assists Ron Brooker in our research team. Julianne works her magic on our newsletters and our website.

Dr Penny Burns will be taking 6 months leave from the Department in the second half of 2016 to work on her PhD. We wish Penny all the very best and look forward to great celebrations when she completes this milestone.

GP Supervisor / Practice Manager News

MiC & Yr 5 PIP Process

Medicare Payment Schedule 2016	
Cut-off dates for submitting claim forms	Quarterly Payment Month
31 July	August
31 October	November
2016 Metro Placement Dates (Semester 1)	
Year 3 MiC Students: Metro	Year 5 GP Students: Metro
MiC 4: 23 rd May – 24 th June	Metro 4: 27 th June – 29 th July
MiC 5: 18 th July – 19 th August	Metro 5: 1 st August – 2 nd September
MiC 6: 22 nd August – 23 rd September	Metro 6: 12 th September – 14 th October
MiC 7: 26 th September – 28 th October	Metro 7: 17 th October – 18 th November

To reduce administrative load for GPs and their staff, all Western Sydney students will complete the Medicare PIP Teaching Incentive form online, then print out for the Practice to authorise. The students must return the PIP to us and we complete and submit to Medicare for payment. Copies will be faxed to the practice. For practices requiring head office authorisation, we take care of that! For any queries please contact Vicki Bradley on 02 4620 3896 or v.bradley@westernsydney.edu.au

Research Informing Clinical Practice @ Western Sydney 25th June 2016 9am – 4pm

Have you ever wondered what research is happening at the Western Sydney School of Medicine? And how this research may apply to your clinical practice? The Department of General Practice would like to invite you to our inaugural research expo. Find out about practical and relevant research being conducted by your colleagues into back pain, otitis media, colorectal cancer, disaster medicine, clinical reasoning and cardiovascular disease. We will hear from laboratory scientists at the School of Medicine researching stem cells, retinal physiology and drug validation. There will be opportunities to practice skills such as using a tympanometer, assessing a dizzy patient and trying your hand at a dermatology spot quiz. There will also be a session on teaching tips for those new to supervising medical students, and plenty of opportunity to catch up with friends over a delicious lunch. This event is co-sponsored by the Translational Health Research Institute at Western Sydney University. Register your interest now by contacting Vicki Bradley. Fax: (02) 4620 3891 Tel: (02) 4620 3986 v.bradley@westernsydney.edu.au

Evidence Based Journal Clubs

On Tuesday 26th April we started our 2016 Evidence Based Journal Club in South Western Sydney. We commenced with a presentation on Evidence Based Medicine, then explored how to translate clinical questions into searchable questions, search strategies and use of databases. Our enthusiastic GP group are noting questions from clinical practice and each in turn will discuss how they went about answering the question, and provide a paper for us to critically appraise. Many thanks to SWS GP Link who sponsor these meetings held on the fourth Tuesday of the month at Campbelltown from 6.30 - 8.30pm. There is still room for a few more - If you would like to join us please contact Vicki Bradley on 02 4620 3896 or email v.bradley@westernsydney.edu.au.

Our communities

Senior's Week 2016: Warragamba (Yasin Shahab, Academic GP Registrar)

On Wednesday the 6th of April 2016, three third year students, Vanessa Tent, Michelle Ly and Sushmita Rahman, participated in the Seniors Day Expo at Warragamba Town Hall - an annual event showcasing various local health services available for the senior citizens. We provided a Seniors Health Check Clinic, with students measuring blood pressure, BMI, Blood Sugar Levels and discussing their general health status with 20 to 30 people. Students enjoyed the experience of primary health care and learned about the various ailments that afflict our senior population.

It was also wonderful to meet local citizens, who all had a great sense of humour to go along with a tremendous zest for life with many active in their community! Thanks to Wollondilly Shire Council for inviting us to the event and to Dr. Miriam Brooks and Dr. Brahm Majardi for helping organise the day. Finally, thank you to the third year students who came and participated, we hope you got as much out of the day as the seniors did in meeting you.



Senior's Week 2016: Tahmoor (Thomas Fung, Academic GP Registrar)

The General Practice Department was also involved in conducting health checks at Tahmoor community centre. Four of our diligent students gave up their holiday time to take part, supervised by a GP academic registrar from the department. At this event, our team recorded blood pressures, BMI measurements, blood sugar levels, and performed an AUSDRISK assessment for diabetes. About 25 seniors were seen by our students. A referral back to the patient's usual doctor was facilitated by a record sheet. During the health checks, the seniors were also able to discuss some of their experiences with the healthcare system, and allow our students to gain some insight into the care of our senior population. Our team was highly regarded, and likewise, the students thought the experience was rewarding and enriching.



Homeless Hub 2016 (Aly Lyon, Academic GP Registrar)

On 20th April Academic GP Registrar Dr Alison Lyon and two final year medical students Hong Ji So and Tarini Srivastava attended the Homeless Hub event at Bankstown PCYC. They carried out health checks on the local population affected by homelessness which included calculating BMI, random blood sugar levels and eyesight checks. A health promotion discussion including smoking, diet and exercise identified issues on which the patients were given advice and referred to their own GP with a record of the check. If patients did not have a GP they were referred to a local medical centre which had agreed to provide continuation of care for the local homeless population. They were also given information and contact details for local services including sexual health, drug and alcohol and mental health services. There were several attendees who had not consulted their GP for a period of time, sometimes years, despite having significant co-morbidities.

The students found the day a valuable experience. Tarini explained, “attending the Homeless Hub at PCYC Bankstown was a great opportunity to witness support programs for this vulnerable population firsthand, some of which were simple but so thoughtful, e.g. providing haircuts and clothes for work interviews. I was happy that I could contribute my skills and time to providing health checks to people who can have so many barriers to healthcare. It was a great opportunity to raise their health awareness and hopefully help improve their quality of life in some small way.”

Hong Ji shared a particularly memorable moment for him, “There was this young chap who came to me and we really had a great chat! He shared his past experience and the most unforgettable moment was when he told me that he was happy to talk to me, as he hasn't been talking much to anyone since her mom passing one year ago. I can understand his situation all by himself here in Sydney without supports therefore, this outreach program has helped him to understand more about services and supports in the community which can help him 24/7.”

Samoan Action Research Reference Group – Diabetes Research

Samoan community leaders joined lead researchers at the School of Medicine, Campbelltown on Thursday 18th February for the inaugural meeting of the Samoan Action Research Reference Group. This Reference Group will guide research being conducted by Professor David Simmonds, Professor Jenny Reath, Drs Penny Abbott, Freya Macmillan, Lawrence Tan, Yasin Shahab, and student Annalise Vaovasa together with GP lead, Dr Olataga Alofivae-Doorbinnia. Together we are tackling the challenging problem of diabetes in this community.



Student News

The annual Dr Nick Collins Western Sydney University Award

Dr Nick Collins was a Senior Lecturer with the Department of General Practice at the University of Western Sydney when he tragically and unexpectedly died in August 2014. Nick joined the newly formed Department of General Practice in 2011, and had a lead role in GP Supervisor recruitment and support in the south west of Sydney. He was engaged in our student teaching and developed a GP Mentoring program. Nick also supervised student research projects, with some culminating in student presentations at the RACGP annual conference.

This award, established through the generous donations of Nick's colleagues to remember his many contributions, will enable one student each year to attend the RACGP annual conference.

If you would like to make a tax deductible donation to this award, please provide your credit card details at this link. <https://give.westernsydney.edu.au/nickcollins>

Student Awards

Combined Schools Prize Ceremony for the School of Medicine, School of Nursing and Midwifery, School of Science and Health Student Award Presentation for the 2015 Academic Year will be held on Monday 27th June 2016. Attending this ceremony will be our Vice-Chancellor, Federal and State politicians, donors or their representatives that have sponsored awards, award recipients and their families, our Community Partners and Academic and Professional staff from all three Schools.

General Practice Student Network News (Louisa Ling, Western Sydney University, GPSN Chair)

Western Sydney University's General Practice Students' Network is buzzing with action this year with a new executive team and exciting events planned for 2016! As always, we are aiming to showcase the breadth of general practice as a specialty to our students, and help them to up-skill and build their knowledge in the process. Last month our executive team had the pleasure of having dinner with Western Sydney's GP faculty members. It was a delightful evening where we exchanged thoughts and ideas about our core events, and brainstormed ideas for new events that GPSN will be running in 2016, such as the Cancer Council's Big Breakfast.

This year we are off to a cracking start with our Year 5 BBQ and Orientation Week already past us. Other events lined up in the coming months include Cancer Council's Big Breakfast where we will be focusing on the GP's role in cancer screening, diagnosis and management whilst supporting the Cancer Council. Later in the year we will be hosting our annual GP Careers Night which will shine a spotlight on the diversity of general practice and the wide ranging careers that can be achieved within this specialty. We will also be collaborating with the rural health club to run a Clinical Skills Night, which is always a very popular event with students.

We would like to make a special thanks to Miriam and Jenny for giving us such welcoming support from the get go and for taking the time to get to know our team. The GPSN executive would like to thank the whole Western Sydney GP faculty for their warmth, support and brilliant ideas for events. We are tremendously excited to work with the Western Sydney GP faculty this year, and we cannot wait to see what we will achieve together.

Research updates

WATCH Trial Update (Robyn Walsh, WATCH Manager)

Recent research has shown that Aboriginal children who live in urban areas have more episodes of Acute Otitis Media (AOM) than their non-Aboriginal peers. Whether these children should or should not have antibiotics is not clear. The goal of the WATCH trial is to find the best treatment for AOM in urban Aboriginal communities.

Watching closely without giving antibiotics straight away is called ‘watchful waiting’. The latest treatment guidelines now advise GPs to use a ‘watchful waiting’ approach with urban Aboriginal and Torres Strait Islander children. Our study will assess whether this is a safe and effective approach.

The WATCH Trial is pleased to report the recent publication of ‘A multi-centre open-label randomised non-inferiority trial comparing watchful waiting to antibiotic treatment for acute otitis media without perforation in low-risk urban Aboriginal and Torres Strait Islander children (the WATCH trial): study protocol for a randomised controlled trial’ in Trials (2016) 17(1), 119.

<http://trialsjournal.biomedcentral.com/articles/10.1186/s13063-016-1247-y>

The Koori Mail published a recent article titled ‘The WATCH Trial: Empowering Aboriginal Research Officers’. Claudette Tyson, a Research Officer at Inala Indigenous Health Service in Brisbane talks about the positive impact she is having on lives of young Aboriginal parents and children through working on this trial and about the opportunities that the trial has provided for training the doctors about how to work more effectively with Aboriginal and Torres Strait Islander people.

Kira Schubert a Research Officer working at Awabakal Primary Health Care Centre in Newcastle, says about WATCH, “We are making ear disease known in the community so our people recognise the symptoms. We provide information about AOM, and use posters and social media to encourage screening for ear problems.” In addition to Awabakal and Inala Indigenous Health Service, WATCH is working with Tharawal Aboriginal Corporation, Sydney West Aboriginal Health Service in Sydney, Yerin Aboriginal Health Service on the NSW Central Coast and Winnunga Nimmityjah Aboriginal Health Service in Canberra. Please see the WATCH webpage for more information:

http://www.uws.edu.au/medicine/som/disciplines/general_practice/general_practice_research/watch_trial

Western Sydney Integrated Care Program Qualitative Evaluation (Steve Trankle, Research Fellow)

The Western Sydney Integrated Care Program (WSICP) seeks to provide seamless care for people along the healthcare pathway including primary care, community, and hospital specialist settings. The investment by the NSW Ministry of Health (MoH) provides Western Sydney the opportunity to develop, implement and evaluate the delivery of an innovative and sustainable service model with a focus on patients with chronic diseases such as diabetes, COPD and congestive cardiac failure. It is anticipated the lessons learnt, processes, partnerships created, systems and capabilities developed can be further applied in broader health care management in both Western Sydney and NSW.

The Department of General Practice at Western Sydney University is undertaking a qualitative evaluation of the WSICP focusing on stakeholder experiences including the processes underpinning care integration and coordination, and service provider collaborations. Semi structured interviews are currently being conducted with patients and carers, a multidisciplinary cohort of service providers, and organisational stakeholders. A second round of interviews will be conducted in early 2017. Findings will complement other evaluation activities conducted by the MoH and inform the ongoing implementation of the WSICP.

Sexual Healthcare in Western Sydney – Preferences of young people for sexual health care provision in Western Sydney. (Dr Michael Burke and students: A Coleman, A Tran and A Hort)

The aim of this research project was to explore young people's (18-30 years) perceptions of GP services for sexual healthcare in Western Sydney, and determine what factors are important when choosing their sexual healthcare providers.

Western Sydney sexual health and HIV clinics provide specialist level care for designated priority populations: Aboriginal and Torres Strait people, men-who-have-sex-with-men, sex workers, people in custodial settings and injecting drug users. Yet the majority of sexual healthcare in Western Sydney is provided in primary care settings. A majority of their patient population are within the non-priority group, which includes young people. Prevalence of sexually transmitted infections amongst young Australians has increased over the last decade. The most prevalent diseases, chlamydia and gonorrhoea disproportionately infect young people.

This cross-sectional study involved a quantitative survey and qualitative questions. Of two hundred and fifty six respondents, seventeen (6.6%) were from priority populations. Within the non-priority respondents those at low risk were satisfied with sexual health services offered in a primary care setting. Those at higher risk (history of sexually transmitted infections and/or ≥ 4 sexual partners in the last 12 months) preferred to access services from sexual health clinics.

Those in low risk groups expressed confidence in primary care sexual health provision. Those within the non-priority, high risk group were less satisfied with the provision of sexual healthcare by primary care practitioners. These findings challenge specialist sexual health services to strengthen collaboration and integration with colleagues in primary care.

2016 Publications

Abbott P, Gunasekera H, Leach A, Askew D, Walsh R, Kong K, Girosi F, Bond C, Morris P, Lujic S, Hu W, Usherwood T, Tyson C, Spurling G, Douglas M, Schubert K, Chapman S, Siddiqui N, Murray R, Rabbitt K, Porykali B, Woodall C, Newman T, **Reath J** (2016) A multi-centre open-label randomised non-inferiority trial comparing watchful waiting to antibiotic treatment for acute otitis media without perforation in low-risk urban Aboriginal and Torres Strait Islander children (the WATCH trial): study protocol for a randomised controlled trial. *Trials*. 17(1):119. doi: 10.1186/s13063-016-1247-y

Barton C, Tam CWM, **Abbott P**, & Liaw S.-T.(2016). Ethical considerations in recruiting primary care patients to research studies. *The Royal Australian College of General Practitioners*. Retrieved from <http://vitalis.com/wp-content/uploads/2016/03/201603Barton.pdf>

Lewis, E., Cardona-Morrell, M., Ong, K., **Trankle, S. A.**, & Hillman, K. (in press). Evidence still insufficient that advance care documentation leads to timely engagement of healthcare professionals in end-of-life discussions: A systematic review. *Palliative Medicine*

Reath, J., Abbott, P., Dadich, A., Hosseinzadeh, H., Hu, W., Kang, M., Usherwood, T., Murray, C., Bourne, C. (2016) 'Evaluation of a sexually transmissible infections education program: Lessons for General Practice learning', *Australian Family Physician*, 45(3), 123-128.

Vaccher, S., Kannangara, D., Baysari, M., **Reath, J.**, Zwar, N., Williams, K. and Day, R. (2016) 'Barriers to care in gout: from prescriber to patient', *Journal of Rheumatology*. 43(1):144 - 149.

Wong KC, Brown AM, Luscombe GM, Wong SJ, Mendis K. (2015) 'Antibiotic use for Vibrio infections: important insights from surveillance data'. *BMC Infectious Disease*;15:226.

GP Conjoint

Thank you to all our GP Conjoint. We greatly value your commitment and contribution to our teaching and research activities here at Western Sydney University.

Dr Adel Saman	Dr Fiona Mackintosh	Dr Ken McCroary	Dr Randa Al-Hajali
Dr Agatino Ferraro	Dr Frank Keh	Dr Kenneth Cho	Dr Ranessa Sebastian
Dr Alan Huynh	Dr Furio Virant	Dr Linda McQueen	Dr Raymond Seeto
Dr Andrew Knight	Dr Geoffrey Chew	Dr Ling Yoong	Dr Rick Aitken
Dr Angela Hsiao	Dr Georgia Rigas	Dr Louise McDonnell	Dr Rosemary Isaacs
Dr Angela Kwok	Dr Glen Au-Yeung	Dr Madhu Lal	Dr Ross Wilson
Dr Anne Gilroy	Dr Graham Chaffey	Dr Magdy Girgis	Dr Sangeetha Bobba
Dr Arif Mirza	Dr Gurdip Manku	Dr Mark Lee	Dr Sarah Gani
Dr Baburam Bastakoti	Dr Hal Rikard-Bell	Dr Matthew Bailey	Dr Sayeed Khan
Dr Bernadette Droulers	Dr Hamdy Boulis	Dr Matthew Gray	Dr Soheyl Aran
Dr Bernd Rupprecht	Dr Harry Pope	Dr Mehrulnisa Alam	Dr Stephen Hampton
Dr Carina Law	Dr Heather Knox	Dr Michael Burke	Dr Steven Wong
Dr Channappa Jayadev	Dr Helen Chriss	A/Prof Michael Fasher	Dr Suresh Badami
Dr Charles Hayes	Dr Helen Parsons	Dr Michael Phipps	Dr Suresh Nair
Dr Chee Khoo	Dr Huy Quoc An	Dr Michael Tan	Dr Sushil Anand
Dr Chee Koh	Dr Ian Thong	Dr Michelle Crockett	Dr Tan Bui
Dr Clare Donnelly	Dr James Aitken	Dr Milan Djukanovic	Dr Tatiana Lalic
Dr Colin Jamieson	Dr Jaspreet Saini	Dr Muralikrishnan	Dr Thava Seelan
Dr David Ng	Dr Jenny James	Thiruvengadam	Dr Thomas Johnston
A/Prof David Peiris	Dr John Sandra	Dr Nicole Leotta	Dr Tuan Lieng
Dr Deepa Garg	Dr Jurriaan Beek	Dr Nigel Hawkins	Dr Upkar Goval
Dr Derek Tang	Dr Kam Cheong Wong	Dr Olataga Alofiva-	Dr Wally Jammal
Dr Diana O'Halloran	Dr Karen Lickiss	Doorbinnia	A/Prof Walter Kmet
Dr Emad Hanna	Dr Katerina Lagios	Dr Parker Magin	
Dr Emmanuel Jessa	Dr Katriona Herborn	Dr Phillip Law	
Dr Eshwar Madas	Dr Kelly Watt	Dr Ramesh Pillai	

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