

# Department of General Practice Newsletter – Winter 2015

## Welcome

Dear Colleagues,

Welcome to 2015 Winter Department of General Practice Newsletter.

Thank you for your interest in and support of our Department. We hope you enjoy catching up on our recent activities!

Warm Regards

Jenny Reath

**Professor Jenny Reath | Peter Brennan Chair of General Practice**



## Update from the Department of General Practice

### Welcomes and Farewells

We are pleased to welcome newcomers to our team at UWS and wish those who are leaving us all the best in their future endeavours.

Many of you will have heard that our Admin leader and general “go to” Mel Wolfenden has accepted a secondment opportunity as Coordinator of the Centre for Health Research. Duncan McCulloch and Sharon Lawrence have assisted Chris Martin in keeping the Department on track and we will soon be recruiting for someone to take us through to the end of the year. We wish Mel all the best and have appreciated her advice from a distance whilst we are transitioning!

Our new Academic Registrar this year comes to us from WentWest and is also working part time in Erskine Park with Dr Raafat Kodsky. Dena Attalla completed her MBBS at Notre Dame Sydney following a Bachelor of Engineering (Mechatronics) / Bachelor of Science (Psychology) double degree at the University of Sydney. Her areas of interest include mental health, justice health, Indigenous health and nutrition. Dena is working with Dr Penny Abbott on a project investigating the mental health needs in the communities of Airds.

Suzanne Brownhill joined us briefly to assist in the development of an evaluation framework for the Oran Park Integrated Primary Health Care Centre. Sue’s experience in generating models of care from in-depth qualitative data analysis was a great asset to Prof Reath who, with Sue, developed a Program Logic Model evaluation approach for the innovative health services in Oran Park.

Danielle Guyder who was relieving Nicole King as Administrative Officer on the WATCH trial has accepted an ongoing position at the School of Nursing and Midwifery and we have been fortunate to secure the expert assistance of Deb Blair to carry us through until Nicole’s return in December.

Sadly we have farewelled Carl Bazergy who joined us for 6 months, inspiring the students with his teaching and assisting us in getting our GP Mentoring program up and running again. Carl will be spending more time with his family following the birth of his 4<sup>th</sup> baby in June.

## GP supervisor / Practice Manager News

### MiC & Yr 5 PIP Process

Medicare Payment Schedule 2015	
Cut-off dates for submitting claim forms	Quarterly Payment Month
31 January	February
30 April	May
31 July	August
31 October	November

2015 Metro Placement Dates (Semester 2)	
Year 3 MiC Students: Metro	Year 5 GP Students: Metro
MiC 4: 25 May – 26 June	Metro 4: 29 June – 31 July
MiC 5: 20 July – 21 August	Metro 5: 3 August – 4 September
MiC 6: 24 August – 25 September	Metro 6: 14 September – 16 October
MiC 7: 28 September – 30 October	Metro 7: 19 October – 20 November

To reduce administrative load for our supervising GPs and their staff, all UWS Medical Students are responsible for completing the Medicare PIP Teaching Incentive form online, then printing out for the Practice to authorise. The students must return the PIP to us and we will complete and submit to Medicare for payment on your behalf. Copies will be faxed to your practice for your records. For those practices who send to a head office for authorisation, we take care of that too!

If you have any queries please contact Chris Martin on 02 4620 3896 or email [c.martin@uws.edu.au](mailto:c.martin@uws.edu.au)

### Evidence Based Journal Clubs

From April to September this year, the Department of General Practice is hosting an Evidence Based Journal Club for GPs from South Western Sydney. Miriam leads an engaged and enthusiastic group of 8 GPs who meet monthly at the School of Medicine. Our meetings started with an Australian



systematic review on safety of antidepressants in pregnancy, which GPs looking after women with perinatal depression found helpful.

This was followed by a stimulating evening in which we discussed a synthesis of community based research from New Zealand Aoteroa, about peer support programs for Maori and Pacific Islander people with Type 2 diabetes, with a view to improving our support for these communities in South West Sydney. At our June meeting we appraised a systematic review of exercise in the treatment of knee osteoarthritis. We are grateful to South West Sydney GP Link who have kindly paid for our dinners. We look forward to the continuation of these invigorating and enjoyable gatherings.

### **GP Supervisor Workshop- Save the Date!**

#### **Tuesday 3<sup>rd</sup> November, 2015: UWS annual workshop and dinner for GP Supervisors**

Come along to the annual UWS GP supervisor dinner and update evening. It will be a fun opportunity to meet our community partners and other GPs, and to improve your teaching skills. We will be inviting representatives from community health organisations who take our Year 3 medical students, and you will have the opportunity to network with them over dinner, find out what services they can offer your patients, and ask questions in a panel discussion. We will then have sessions on how to teach motivational interviewing, and how to use a patient consultation to opportunistically teach the medical student. Please see below for more information about each part of the programme. More information will be made available closer to time, or you can contact Chris Martin on 4620 3896 with any queries.

#### *Community health organisations*

Year 3 medical students spend two blocks of 5 weeks learning about the social context of health. They spend one day per week in a general practice, 3 days a week with a community partner, and 1 day a week in tutorials on campus. Community partners who have taken our students include disability services, aged care, refugee health, and women's health services. You will be able to meet some of our community partners and learn more about their services and what they can offer your patients over dinner and during a panel discussion.

#### *Motivational Interviewing*

How do you help people exchange their unhealthy behaviour for a more healthy option? Motivational interviewing was developed by psychologists as a counselling technique, but has widespread application in General Practice as we talk with our patients about issues such as smoking, nutrition, alcohol and physical activity. Many of us use these behavioural change techniques subconsciously, while others have studied this technique in detail. We will be exploring the useful concept of motivational interviewing and how to teach it to medical students during this session.

#### *Opportunist teaching during a patient consultation*

Have you ever had a medical student sitting in on your consultations and wondered what you could be teaching them? This session uses a case-based scenario to explore how you could engage the student at different points within the consultation, and what key messages you could be teaching depending on the student's level of study and learning needs.

## Our communities

As usual at this time of the year, our students enjoyed the opportunity to meet seniors in our community and to practice some of their medical skills under the supervision of lecturers from the Department of General Practice at Wollondilly Seniors Week.

### Senior's Week

In Senior's week this year, two groups of third year students participated in Wollondilly Shire Seniors' community events. Three medical students and one GP academic offered health checks to people attending events in Tahmoor, and another group went to Warragamba. Students enjoyed practicing their BP measurements, BMI calculations, use of AusDiab risk tool and health promotion skills, and many seniors commented that they found these friendly and helpful interactions. Students also had the opportunity to see a diverse range of activities offered in senior's week for elders in our community, such as exercise classes, flower arranging, hand massages, and enjoyed the warmth and hospitality of Wollondilly Shire Council Seniors' week staff and volunteers.



## Student News

### Mentoring

The GP Mentoring Program, established in 2013 by the late Dr Nick Collins, aims to link students with GP Mentors in order to assist students to reach their full professional and personal potential whilst providing GPs with an opportunity to invest in the future of the profession, gain satisfaction in helping students and gain fresh perspectives through the interactions.

We launched the 2015/16 GP Mentoring Program on Tuesday 5th May with an information evening for GPs and Year 2 students expressing interest. We are grateful to all those GPs who volunteered as Mentors this year, when for the first time, Mentor numbers exceeded student numbers! Miriam Brooks will continue to liaise with all parties to help foster relationships. We anticipate renewed student interest for 2016/17 when word spreads of the benefits of this program.



### **General Practice Student Network news from President Larry Lam**

With the first half of the academic year finished, I can proudly say that GPSN UWS has been successful at engaging and informing the student body!

Kicking off 2015 with a new initiative (the Year 3 Revision event, which definitely helped students recover from 'holiday mode' and prepare for the start of their clinical years), we've had a great line-up for Semester 1. Our 5th Year Conference Week BBQ, O-Week stall, Close the Gap event, Movie Night and GP Careers Night have all been held so far - torrential rain did affect the number of attendees at some events, but the turn-out was still strong.

The GPSN UWS Executive Team is definitely looking forward to making Semester 2 even bigger and better so keep an eye out for us!



### **Student Awards**

The 2014 cohort of students were again honoured to receive awards in General Practice and Dermatology awards donated by Dr Anna Pham and Wollondilly Shire Council, Primary Health Care and the Skin and Cancer Foundation Australia.

The successful students in 2014 were:

Viet Duc Dang Ho: Dr Anna Pham and Wollondilly Shire Council Aware for General Practice

Natasha Brown: Primary Health Care Award for General Practice

Paul Lai: Skin and Cancer Foundation Australia Dermatology Award

### **Research updates**

#### **Getting Behind Bowel Cancer Research**

Dr Lawrence Tan has been raising awareness about bowel cancer in various CALD groups including addressing the Spanish Cancer network, a Vietnamese/Khmer community group in Cabramatta, and speaking on a Vietnamese health program on SBS radio. We are still recruiting participants for a study researching patient perceptions of shared care following surgery for colorectal cancer. We are particularly interested in exploring the experiences of people from the Spanish and Vietnamese communities. More information on this project is available here:

[http://uws.edu.au/medicine/som/disciplines/general\\_practice/general\\_practice\\_research/surviving\\_colorectal\\_cancer](http://uws.edu.au/medicine/som/disciplines/general_practice/general_practice_research/surviving_colorectal_cancer)



If you have any patients who have had surgery for bowel cancer within the past 6 months to 5 years, we would love to hear from them! Our research team will be able to interview them in English, Spanish or Vietnamese. Please ask them to contact us on GPdept@uws.edu.au or (02) 4620 3933, or with their permission, we can call them to explain further. Recruitment will close on 30th September, 2015.

Patient Information leaflets in English, Spanish and Vietnamese (click to access):



### Vaccine Conscientious Objectors

This research project, **conducted by a Year 4 UWS student Likhitha Sudini**, aims to investigate how General Practitioners (GPs) in Sydney approach vaccine conscientious objectors and the request to sign the Conscientious Objector Form.

Patients registering as a Vaccine Conscientious Objector, are required to fill out the Immunisation Exemption Conscientious Objection Form. This form requires a GP signature, and places GPs in a good position to engage in a health dialogue concerning vaccines. This study will examine the impact of these conversations on the doctor-patient relationship and identify the communication challenges faced by GPs. In doing so, Likhitha's survey hopes to identify areas where additional support can be provided for GPs so that they may continue to provide high quality immunisation care. If you are willing to participate in this 10-15 minute on-line interview, please click on this [link](#).

### Knowledge and beliefs about eating disorders and obesity

Clare Stephens, a Master of Research student in the Department of Psychology at Macquarie University, is working under the supervision of Dr. Jonathan Mond to study knowledge and beliefs concerning eating disorders and obesity in order to develop health promotion resources.

As part of the study, they would like to conduct a focus group with General Practitioners in the Sydney area. They are seeking 6-8 participants to participate in a one-hour focus group in the next few weeks at a mutually agreeable place and time. Participants will share their opinions on the importance of eating disorders and obesity as public health problems and the best ways to address these problems.

Participants do not need to have expertise in or knowledge of obesity or eating disorders and all will receive a \$30 David Jones gift card in appreciation of their contribution.

Please contact Clare via email (<mailto:clare.stephens@students.mq.edu.au>) if you are willing to participate in this research.

### Oran Park Evaluation Framework

Between February and May Jenny and Sue met regularly with a Reference Group who advised on the development of an evaluation framework for the Integrated Primary Health Care Service which will soon be starting up in Oran Park. We convened a workshop to develop a Program Logic Model of the Oran Park initiative, mapping the intended inputs, activities, outputs, outcomes and longer term impacts. We then assigned indicators to each of these components and recommended research

approaches to measure against the indicators. This framework and our recommendations for priority evaluation activities will assist the Local Health District in evaluation of Oran Park Primary Health Care services into the future.

### **The essence of general practice: what medical students should learn on GP placements**

Recent research conducted by Anna Bui (Yr 5) for her Honours project shows that multidisciplinary team members in rural practices all agree that understanding the essence of general practice is an important goal for students on placements. Staff described the competent student as being able to understand the unique qualities of general practice, integrate with the practice team, and interact well with patients.



*(Pictured above: Anna Bui, and Honours students Kenny Cho and Corinne Fulford)*

For this qualitative study, interviews were conducted with clinical and non-clinical staff from three general practices in Central West NSW, including GPs, practice nurses and managers and receptionists. With the increased emphasis on work based assessment for GP trainees now being applied to medical students, and the move towards community based primary care placements, the research is relevant to current directions in student learning and assessment. In particular, the findings can be applied to how multisource feedback (an assessment tool where the opinions of all healthcare team members are formally included to measure student performance) could be implemented in GP settings.

Primary care settings can offer learning opportunities within the social context of a cohesive multidisciplinary team or “community of practice”, which is well suited to multisource feedback. Understanding the essence of general practice appears to be a core competency outcome for medical students on GP placements, to which all members of practice teams can contribute

### **2015 Publications:**

Ahn, J., Park, J., Anthony, C., & Burke, M. (2015). Understanding, benefits and difficulties of home medicines review – patients' perspectives. *Aust Fam Physician*, 44, 249-253.

Burns, P. L., Aitken, P. J., & Raphael, B. (2015). Where are general practitioners when disaster strikes? *Medical Journal of Australia*, 202(7), 356-359.

Issaka, A., Agho, K., Page, A., Burns, P., Stevens, G., & Dibley, M. (2015). Factors Associated with Early Introduction of Formula and/or Solid, Semi-Solid or Soft Foods in Seven Francophone West African Countries. *Nutrients*, 7(2), 948-969.

Nepean-Blue Mountains Medicare Local. (2015). The potential of a primary care unit in delivering interprofessional health student placements within the Nepean-Blue Mountains region. Sydney: NBMML.

Raphael, B., & Burns, P. (2015). The Sydney siege: courage, compassion and connectedness. *Medical Journal of Australia*, 202(2), 70-71.

Taylor, M., Eustace, G., Smith, B., Thompson, K., Westcott, R., & Burns, P. (2015). Experiences of responders in supporting animals and their owners in disasters. *Paper presented at the Bushfire and Natural Hazards CRC and AFAC Wellington Conference 2014 (2015)*, Wellington, New Zealand. <http://www.bnhcrc.com.au/publications/biblio/bnh-1562>

Taylor, M., Lynch, E., Burns, P., & Eustace, G. (2015). The preparedness and evacuation behaviour of pet owners in emergencies and natural disasters. *Australian Journal of Emergency Management*, 30(2), 18-23.

Taylor, M., McCarthy, M., Burns, P., Thompson, K., Smith, B., & Eustace, G. (2015). The challenges of managing animals and their owners in disasters: perspectives of Australian response organisations and stakeholders. *Australian Journal of Emergency Management*, 30(2), 31-37.

Wong, K. C., Brown, A. M., Luscombe, G. M., Wong, S. J., & Mendis, K. (2015). Antibiotic use for *Vibrio* infections: important insights from surveillance data. *BMC Infect Dis*, 15, 226. doi: 10.1186/s12879-015-0959-z

## GP Conjoints

Thank you to all our GP Conjoints and welcome to those who have recently joined us as conjoints. We greatly value your commitment and contribution to our teaching and research activities here at UWS.

Dr Rick Aitken	Dr Agatino Ferraro	Dr Chee Khoo	Dr Helen Parsons
Dr James Aitken	Dr Sarah Gani	Mr Walter Kmet	A/Prof David Peiris
Dr Sushil Anand	Dr Deepa Garg	Dr Andrew Knight	Dr Ramesh Pillai
Dr Soheyl Aran	Dr Anne Gilroy	Dr Heather Knox	Dr Harry Pope
Dr Glen Au-Yeung	Dr Magdy Girgis	Dr Chee Koh	Dr Georgia Rigas
Dr Matthew Bailey	Dr Upkar Goval	Dr Angela Kwok	Dr Hal Rikard-Bell
Dr Jurriaan Beek	Dr Matthew Gray	Dr Katerina Lagios	Dr Bernd Rupprecht
Dr Sangeetha Bobba	Dr Stephen Hampton	Dr Tatiana Lakic	Dr Adel Saman
Dr Hamdy Boulis	Dr Emad Hanna	Dr Madhu Lal	Dr John Sandra
Dr Tan Bui	Dr Nigel Hawkins	Dr Carina Law	Dr Ranessa Sebastian
Dr Michael Burke	Dr Charles Hayes	Dr Phillip Law	Dr Raymond Seeto
Dr Graham Chaffey	Dr Katriona Herborn	Dr Karen Lickiss	Dr Michael Tan
Dr Geoffrey Chew	Dr Angela Hsiao	Dr Tuan Lieng	Dr Derek Tang
Dr Kenneth Cho	Dr Rosemary Isaacs	Dr Parker Magin	Dr Ian Thong
Dr Helen Chriss	Dr Jenny James	Dr Eshwar Madas	Dr Furio Virant
Dr Michelle Crockett	Dr Colin Jamieson	Dr Ken McCroary	Dr Ross Wilson
Dr Milan Djukanovic	Dr Wally Jammal	Dr Linda McQueen	Dr Kam Cheung Wong
Dr Clare Donnelly	Dr Channappa Jayadev	Dr Arif Mirza	Dr Steven Wong
Dr Bernadette Droulers	Dr Frank Keh	Dr Suresh Nair	Dr Ling Yoong
A/Prof Michael Fasher	Dr Sayeed Khan	Dr Diana O'Halloran	Dr Simon Young

### *We would like to welcome and congratulate our new conjoint appointments*

Dr Mehrulnisa Alam, Dr Huy Quoc An, Dr Baburam Bastakoti, Dr Alan Huynh, Dr Fiona Mackintosh, Dr Michael Phipps, Dr Randa Randaalhakali, Dr Jaspreet Saini, Dr Kelly Watt,

**Contact Chris Martin ([c.martin@uws.edu.au](mailto:c.martin@uws.edu.au)) if you wish to apply for a Conjoint appointment with UWS.**

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