



Department of General Practice Newsletter – Winter 2017



Welcome

Dear colleagues,

Welcome to our Winter 2017 Newsletter. As you will see there is a lot to report and many congratulations due as well as opportunities to work with us in 2017 and beyond.

We are pleased to welcome to our department a number of new researchers and also our academic registrars for 2017. Congratulations to student prize winners of the SWS LHD 3 Minute thesis competition and also to Matt Crilly one of our alumni who won the RACGP Tony Buhagiar Medal for top marks in the clinical examination. Please consider supporting the Nick Collins award which provides an opportunity for a WSU student to attend the annual RACGP conference each year.

In supervisor news, please check out our new GP Supervisor web page. Also see our warm congratulations to GP supervisor Dr Salima Olataga and her husband Aea Kamal who were recently awarded Matai or chief titles in recognition of their work with the Samoan community in Sydney. Please consider joining our acclaimed Evidence Based Journal Club. GPs have greatly valued these monthly evening meetings which will be provided this year by ZOOM, enabling you to join from your own computer!

Steve Helme provides an interesting reflection on PBL tutoring and Lawrence reports on a Year 4 student research project considering the roles of bilingual GPs in providing care for CALD patients.

As usual our students are enjoying engaging with local communities in health screening activities. You will also be impressed by the activities of our GP Student Network!

Under research you will find snapshots of some of our current research including with our local Primary Health Networks. We are also keen to hear your views on assisting students with GP based research and encourage you to complete the brief survey included in this section of our newsletter.

Our program would not exist without our committed GP Supervisors and conjoints – thank you one and all. We are greatly privileged to be working with you!

Warm Regards

Jenny Reath on behalf of the Department of General Practice

Professor Jenny Reath | Peter Brennan Chair of General Practice

To view the Department of General Practice Facebook posts on the School of Medicine Facebook page go to www.facebook.com/westsydumedicine

Update from the Department of General Practice

Welcomes and Farewells

We farewelled two of our 2016 Academic GP Registrars at the beginning of 2017 – many thanks to Drs Yasin Shahab and Thomas Fung who were greatly valued members of our Department in 2016. Dr Alison Lyon enjoyed her time with us so much that she applied to stay on for a second academic term. Ally is researching the experience and understanding of Assyrian refugee women concerning cervical screening. We are also thrilled to welcome our first Western Sydney University graduate academic registrar to the team. Dr David Cosgriff is exploring the experience of people with chronic illnesses who attend more than one general practitioner.

As always the enthusiasm and exam honed clinical expertise of our academic registrars brings a breath of fresh air to our Department and our students greatly enjoy their teaching.

Dr Christine Metusela joined our research team at the start of 2017 and is working on patient centred medical home research we are undertaking in partnership with WentWest as well as research funded by Nepean Blue Mountains PHN evaluating cancer prevention initiatives in that area.

With the commencement of our new NHMRC funded clinical trial looking at treatment with nasal balloon inflation for Aboriginal and Torres Strait Islander children with otitis media with effusion, we are pleased to welcome Dr Jessica Armstrong, who will be working with Robyn Walsh on this important trial. Vicki Bradley will also be working with the team two days a week. Samantha Wagner has recently started as an Aboriginal and Torres Strait Islander research administration cadet and is being ably supervised by Nicole King who leads our trials administration.

Awards

Winners of 2017 SWS LHD 3 Minute Thesis Competition

Congratulations to fourth-year medical student Priyanka Ray, who represented her community research group at the Southwest Sydney Research and Innovation Showcase's three-minute thesis competition on June 7th. This was a hotly-contested event with researchers presenting their work to a large audience with a single slide in only three minutes. Priyanka's group took out first place describing their research "A foot in both worlds: a qualitative study exploring bilingual GPs' experiences of caring for CALD cancer patients". Their research was supervised by Drs Giselle Gallego and Lawrence Tan. Many thanks to the GPs who participated in this project.

Award winning WSU graduate

Congratulations Dr Matt Crilly, former WSU Medical student and now General Practitioner from the Schwarz Family Practice in Elderslie. Matt was the highest scoring candidate in NSW and the ACT for the Royal Australian College of General Practitioners Fellowship practical exam and has received the prestigious Tony Buhagiar Memorial Medal. <http://www.macarthuradvertiser.com.au/story/4555850/doctor-takes-top-spot/>

Dr Nick Collins Memorial Fund

A memorial award has been established in memory of Dr Nick Collins, to enable a fourth or fifth year medical student to attend the annual RACGP Conference. Dr Nick Collins was a Senior Lecturer with the Department of General Practice at Western Sydney University, when he tragically and unexpectedly died in August 2014.

Please help to support this fund so we can continue to support medical students to attend the annual RACGP conference. To find out more or **give now** please follow this link!

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

GP Supervisor/Practice Manager News

Supervisor Web page

The big news for GP Supervisors is our new webpage – see

https://www.westernsydney.edu.au/medicine/som/research/general_practice/Supervisors

Here you will find information about our program, resources to assist you in teaching and an inspirational reflection from Dr Greg Hunter who has taken students at his practice in the Northern Rivers since our program started.

MiC & Yr 5 PIP Process

Medicare Payment Schedule 2017	
Cut-off dates for submitting claim forms	Quarterly Payment Month
23 April	May
24 July	August
24 October	November
2017 Metro Placement Dates (Semester 2)	
Year 3 MiC Students: Metro	Year 5 GP Students: Metro
MiC 4: 22 nd May – 23 rd June	Metro 4: 26 th June – 28 th July
MiC 5: 17 th July – 18 th August	Metro 5: 31 st July – 1 st Sept
MiC 6: 21 st Aug – 22 nd Sept	Metro 6: 11 th Sept – 13 th Oct
MiC 7: 25 th Sept – 27 th Oct	Metro 7: 16 th Oct – 17 th Nov

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 questions please contact Vicki Bradley on 02 4620 3896 or v.bradley@westernsydney.edu.au

Evidence Based Journal Clubs

Don't miss out on the next 6month round of meetings commencing in July 2017 on every first Tuesday of the month at WSU Campbelltown Campus, Building 30 School of Medicine. You can ZOOM in from your own computer or join us at Campbelltown. Dinner is provided at 6.30pm, Journal Club from 7.00 - 8.30pm. For more information, please contact Chris Martin Ph: 02 4620 3933 or E: Chris.Martin@westernsydney.edu.au

Evidence Based Journal Clubs provide a collegial opportunity for GPs to enhance their clinical reasoning skills. GP participants choose clinically relevant questions to be answered (e.g. Is exercise or Tai Chi helpful in Early Parkinson's disease? Does taking Calcium supplements increase risk of CVD?). We find best available evidence and critically appraise one paper each month. All participants then discuss how this evidence impacts on their clinical decision making in practice.

This activity meets the Quality Improvement Point Requirements for 40 Category 1 RACGP QICPD points for General Practitioners.

GP Supervisors Awarded

One of our enthusiastic and committed GP supervisors, Dr Olataga Alofivae-Doorbinnia and her husband Kamal were recently awarded Matai or Chief titles from Olataga's grandfather's village of Apolima on the Samoan island of Upolu. This award recognises their longstanding community service and leadership. Their new titles are Dr Salima Olataga and Aea Kamal. We are glad to see that there was opportunity for some relaxation on the beautiful Upolu on their recent visit for the presentation of this award.

Congratulations on behalf of the Department of General Practice Dr Salima Olataga and Aea Kamal!

Teaching

Reflections on tutoring a Problem Based Learning (PBL) Group - By Dr Stephen Helme

“Medical schools [which fail to implement educational reform] will continue to graduate doctors who are, on the whole, largely adequate, but who could be so much more.” (Max Kamien 1993.)

As a practicing GP, GP supervisor, a RACGP examiner, Emergency Department VMO and a casual lecturer in the Department of GP at WSU, I wondered what PBL could offer students in their early years of medical school that the didactic lectures I sat through couldn't. I am now into my 3rd year of tutoring Year 1 students. They are a keen and mostly 'green' group wrestling with a whole new language of medical jargon and terminology, but also managing in a world where so much information exists, where Harrison's is online, where our text books of last year are probably out of date and where patients as well as unwell doctors will demand immediate excellence of care. But what is PBL and does it really provide medical students with the education they need?

“Problem-based learning is problem-based **learning** not problem-based **teaching**. It fits into the learning paradigm not the teaching paradigm and is part of a set of student-centred approaches...A lecturer using a PBL approach is not concerned with what and how they are teaching. Rather they are observing, looking, listening, stimulating and provoking student learning. The learning of the students is their focus not the teaching of the teacher.” (What is problem-based learning? Terry Barrett, Freelance education developer 2005). The 'provoking' of learning is the important component, trying to instil a hunger for knowledge that will travel with them through their medical career. This will, in turn, create a desire to update skills, promote research and question therapies that may be out dated and 'old school'. Didactic teaching allows students to use cognitive abilities such as understanding and remembering, whereas PBL promotes the use of higher cognitive processes such as analysis, critical thinking and problem-solving.

A typical PBL session consists of an initial 2 hours at the beginning of the week with an introductory clinical scenario. “Mr A (26yrs) walks into a GP surgery with a left leg limp and pain” Through group interaction the students formulate a diagnostic list and a plan for required information which slowly evolves over the session till they are ready to formulate a self-directed plan of learning objectives. At the end of the week a further 2-hour discussion session revolves around them presenting the results of their research to the rest of the group and the tutor. Students will have researched topics such as the structure of the knee, the inflammatory response, the differential diagnosis of monoarthritis. No student knows which topic / objective they will have to present so it encourages learning of all the objectives. The sessions are also reinforced with anatomy quizzes, as well as reviewing pathology results, XRs etc. This research allows them to find up to date relevant information on a clinical subject preparing them to evaluate and critique evidence that is changing rapidly.

“Proponents and detractors continue to dispute the merits of the cognitive foundation of a PBL approach, but, despite this, there is evidence that graduates of PBL curricula demonstrate equivalent or superior professional competencies compared with graduates of more traditional curricula”. (Problem-based learning and Medical Education 40 years on, Neville A., Med Princ Pract 2009;18:1–9 <https://doi.org/10.1159/000163038>). The students I am teaching may one day become my healers. I would like to think that through PBL I am moving them in better directions to be excellent physicians. I really don't fancy the thought of a computer managing my health!



Year 1 Semester 1 PBL Group 2017 with tutor Dr Stephen Helme (end far right)

A Foot in Both Worlds: Bilingual GPs Caring for CALD Cancer Patients

Year 4 community research students conducted a qualitative research project in February – March 2017 under the supervision of Drs Gisselle Gallego and Lawrence Tan. They interviewed GPs who spoke more than one language from Asia, Africa, the Middle East and the Pacific Islands and asked them about their experiences caring for patients with cancer from Culturally and Linguistically Diverse (CALD) backgrounds. Data from ten interviews were analysed. GPs found the shared language and culture was of great benefit in developing rapport and communicating with the patients. Challenges included the increased workload and time required to care for CALD patients, who also had similar health literacy and beliefs about the stigma of cancer as patients from an English-speaking background. Bilingual GPs could explain the world of the Australian health care system to patients who had arrived from worlds where health systems and health beliefs may differ. More multilingual and organisational resources to support CALD cancer patients following hospital discharge and to support the bilingual GPs caring for them would be welcome. This student group (Bo Ra Kim, Gwen Leong, Victor Loh and Priyanka Ray) will be presenting their work at a three-minute thesis competition at the Southwest Sydney Local Health District Research Expo in June.

Student News

GPSN Update

GPSN WSU has had an exciting start to the year with O-Week and the RAGCP Intervarsity Trivia Competition. We welcomed our new first years with a GPSN stall giving out ice blocks to fight the heat, information about how to get involved and photos with the GPSN teddy bear! The RACGP Trivia Competition has brought out the competitive spirits of our medical students as they register weekly to complete the quizzes and increase their understanding of general practice while hoping to win the \$1500 prize for WSMS.

The second half of the year looks to be even more packed as we plan to reform the ever popular GP careers night for our graduating students and hold our clinical skills night at Campbelltown and Blacktown so that all students can attend.



The GPSN 2017 Team

Our Communities

Warragamba Seniors Healthy Living Expo 2017

On Friday 3rd March, our Academic GP Registrar Dr Alison Lyon and three fifth year medical students Devin Paine, Athenais Sivaloganathan and Alexander Kuo attended the Warragamba Seniors Healthy Living Expo at the Warragamba Town Hall. They carried out health checks for the local population who had travelled from all over Wollondilly to attend the event. The health checks included blood pressure, blood sugar levels, BMI and hearing and eyesight checks. OPSM and Australian Hearing were also present which allowed referral for further eye checks and hearing tests on the day. 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. Over twenty health checks were carried out in total, more than half of these were conducted on members of the Men's Shed. It was great to see so many of the men getting involved and encouraging each other to have a health check. The students enjoyed the opportunity to get out into the community and find out about life in rural towns of South West Sydney.



5th year medical students Devin Paine, Athenais Sivaloganathan and Alexander Kuo



International Women's Day @ Picton

International Women's Day Health Checks @ Picton Town Hall

International Women's Day is a global celebration, highlighting the economic, political and social achievements of women. The celebration in Wollondilly aims to engage women by acknowledging their achievements and connect the community by supporting women. This year the event kicked off with a BBQ breakfast followed by speeches and a collection of community based stalls. The WSU Medical School provided a Health Check Stall where women were able to have their blood pressure, glucose and BMI checked, along with a history to identify any risk factors or concerns for follow up with their GP.

The stall was manned by 3 medical students, Albert, Beatrice and Meera, who were able to interview over 30 women in 3 hours. It was a great morning and the women were impressed by the high standards of the medical students and the availability of the check. The students also had a great time, practicing their skills - with a bit of time pressure!

Research Updates

Professor Jenny Reath talks about the importance of clinical trials for general practice

Prof Reath has been invited to talk with interviewers from the NHMRC about her experience both of leading clinical trials and using the evidence from clinical trials in general practice. Her insights have been posted on the NHMRC website at

<https://www.australianclinicaltrials.gov.au/consumers/real-stories/jennifer-reath-professor-general-practitioner>

GP Research Opportunities

Our students are always keen to learn more about patient care in general practice including through research opportunities. We are grateful for the assistance many GPs have provided for WSU students and are keen to learn about how we can support you in this process. If you are interested in hearing from our students about research, please consider completing a brief 3-minute survey at the link following: https://uwssap.co1.qualtrics.com/jfe/form/SV_bveNGq4ophyxhgV

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

The Western Sydney Integrated Care Program (WSICP) aims to provide seamless coordinated care for people across primary, community, and hospital settings. The NSW Ministry of Health (MoH) is supporting Western Sydney in developing, implementing and evaluating an innovative and sustainable service model addressing chronic diseases such as diabetes, COPD and congestive cardiac failure.

The Department of General Practice at Western Sydney University is conducting a qualitative evaluation of the WSICP centred on stakeholder experiences including the processes around care integration and coordination, and service provider collaborations. 125 semi-structured interviews were conducted in two rounds with patients and carers, a multidisciplinary cohort of service providers, and organisational stakeholders. Findings to be reported on 30 June 2017 will complement other evaluation activities conducted by the MoH and inform the ongoing implementation of the WSICP. It is anticipated the lessons learnt and the capabilities developed can be further applied in broader health care management in both Western Sydney and NSW.

Nepean Blue Mountains Primary Health Network Cancer Screening Programs: Qualitative Evaluation (Steve Trankle and Christine Metusela - Research Fellows)

Compared to national averages, lower rates of screening in the areas of Breast Cancer, Bowel Cancer and Cervical Cancer have been noted within the Nepean Blue Mountains region. To address this, the Nepean Blue Mountains Primary Health Network (NBMPHN) is developing and implementing a range of strategies aimed at supporting general practices and the community more broadly to encourage greater cancer screening participation. The NBMPHN initiatives target Breast Cancer screening for Aboriginal Women in Lithgow and women from Culturally and Linguistically Diverse backgrounds who reside in Blue Mountains and Penrith. Initiatives are also aimed at increasing Cervical screening in Penrith and Bowel Cancer Screening for males in Penrith and Hawkesbury.

The Department of General Practice at Western Sydney University is undertaking a qualitative investigation as part of a larger Program Logic evaluation framework it is developing for NBMPHN. Semi-structured interviews will be conducted with a range of stakeholders including consumers and GPs. Interviews will focus on experiences, attitudes and processes around the screening initiatives. The qualitative evaluation and broader use of the Program Logic framework will inform NBMPHN as they seek to increase and maintain higher cancer screening rates in their region.

Understanding patient-centred medical home transitions in Western Sydney (Christine Metusela, Research Fellow)

WentWest, the Primary Health Network in Western Sydney is a leader in developing the patient-centred medical home (PCMH) in Australia. WentWest sees the PCMH model as a critical component of health system improvement.

The Department of General Practice at Western Sydney University is undertaking a qualitative investigation with WentWest examining the barriers, facilitators and critical success factors of the PCMH transition. Semi-structured interviews are being conducted with a range of medical practices including those transitioning to a PCMH model as well as former PCMH and non-PCMH practices, around the experiences, attitudes and processes in transitioning to a PCMH practice. Cost interviews are also being conducted with the practices transitioning to a PCMH model to assess their costs of transformation. This research will assist us in understanding the PCMH implementation process and will create opportunities for future research.

Support Osteoarthritis Research at Curtin University

Osteoarthritis is a growing problem in our community and GPs are frequently one of the front-line clinicians who manage this common condition. A research team led by A/Prof Andrew Briggs, from Curtin University, is surveying GPs, physiotherapists, practice nurses and students in Australia, New Zealand and Canada about their confidence and attitudes in osteoarthritis care. Findings from this research will help inform the implementation of models of care for osteoarthritis. Please consider participating in this 10-15minute survey and be in the draw to win a \$500 prize. The link for the online clinician survey is here: <https://tinyurl.com/survey-OA>

GP Conjoints

Thank you to all our GP Conjoints. We greatly value your commitment and contribution to our teaching and research activities here at Western Sydney University. If your name is not on this list your conjoint status may have expired. Please contact Vicki Bradley and she will assist you in re-instating your conjoint appointment!

Dr Akber Alamyar	Dr Fiona Mackintosh	Dr Kelly Watt	Dr Raymond Seeto
Dr Agatino Ferraro	Dr Frances Guinness	Dr Ken McCroary	Dr Rick Aitken
Dr Andrew Knight	Dr Frank Keh	Dr Linda McQueen	Dr Ronald Yoon-King Chin
Dr Alfred Wilson	Dr Furio Virant	Dr Ling Yoong	Dr Sarah Gani
Dr Brian Wallace	Dr Glen Au-Yeung	Dr Louise McDonnell	Dr Sayeed Khan
Dr Bruce McGarity	Dr Graham Blom	Dr Magdy Girgis	Dr Stephen Hampton
Dr Channappa Jayadev	Dr Gurdip Manku	Dr Matthew Gray	Dr Stephen Peterson
Dr Chee Koh	Dr Heather Knox	A/Prof Michael Fasher	Dr Suresh Badami
Dr Clayton Spencer	Dr Hani Bittar	Dr Michael Burke	Dr Suresh Nair
Dr David Ng	Dr Helen Balkin	Dr Michael Phipps	Dr Sushil Anand
Dr Derek Tang	Dr Helen Chriss	Dr Milan Djukanovic	Dr Tuan Bui
Dr David Le	Dr Hussain Ahmed	Dr Muralikrishnan Thiruvengadam	Dr Thava Seelan
	Dr Huy Quoc An		
Dr Deepa Garg	Dr James Aitken	Dr Nicole Leotta	Dr Thomas Johnston
Prof Diana O'Halloran	Dr Jenny James	Dr Nigel Hawkins	Dr Tim Senior
Dr Dimuthu Samaranayake	Dr Joseph Lombardo	Dr Olataga Alofiva-Doorbinnia	Dr Wally Jammal
Dr Emad Hanna	Dr Judit Gonczi	Dr Penny Burns	A/Prof Walter Kmet
Dr Emmanuel Jessa	Dr Jurriaan Beek	Dr Ramesh Pillai	Dr Yasin Shahab
Dr Eshwar Madas	Dr Katerina Lagios	Dr Randa Al-Hajali	Dr Zenith Lal

2017 Publications

The Department of General Practice is in the process of developing a special publication to celebrate and document our many achievements from 2010 - 2017. Watch this space!

Abbott P, Brooker R, Reath J., 2017. Supporting the mental health and wellbeing of the residents of Airds during and beyond housing renewal. Campbelltown; Western Sydney University.

Abbott, P., Davison, J., Magin, P., **Hu, W.**, 2017. 'If they're your doctor, they should care about you': women on release from prison and general practitioners. *Australian Family Physician* 45 (10), 728.

Barton, C., Tam, CWM., **Abbott, P.**, Hall, S., Liaw, ST., 2017. Can research that is not intended or unlikely to be published be considered ethical? *Australian Family Physician* 46 (6), 442.

Blignault I, McDonnell L, Aspinall D, Yates R, **Reath J.**, 2017 (in press). Beyond diagnosis and survivorship: findings from a mixed-methods study of a community-based cancer support service. *Australian Journal of Primary Health*.

George A, Ajwani S, Bhole S, Dahlen H, **Reath J**, Korda A, Ng Chok H, Miranda M, Villarosa A, Johnson M., 2017. Knowledge, Attitude and Practices of Dentists Towards Oral Health Care During Pregnancy: A Cross-Sectional Survey in New South Wales, Australia. *Australian Dental Journal*. 0: 1–10. DOI: 10.1111/adj.12505

Green, A., **Abbott, P.**, Delaney, P., Patradoon-Ho, P., Delaney, J., Davidson, P.M., DiGiacomo, M., 2017. Navigating the journey of Aboriginal childhood disability: a qualitative study of carers' interface with services *BMC Health Services Research* 16 (1), 680.

Lloyd,J., McEntyre, E., Baldry, E.,Trofimovos, J., Indig, D., **Abbott, P., Reath, J.**, Malera-Bandjolan, K., Harris, M., 2017. Aboriginal and non-aboriginal Australian former prisoners' patterns of morbidity and risk of hospitalisation. *International Journal for Equity in Health* 16(1), 3.

Metusela, C., Ussher, JM., Perz, J., Hawkey, A., 2017 (in press). "In my culture we don't know anything about that": Sexual and reproductive health of migrant and refugee women. *International Journal of Behavioral Medicine* DOI: 10.1007/s12529-017-9662-3.

Ussher, JM., Perz, J., **Metusela, C.**, Hawkey, AJ., Morrow, M., Narchal, R., & Estoesta, J., 2017. Negotiating Discourses of Shame, Secrecy, and Silence: Migrant and Refugee Women's Experiences of Sexual Embodiment. *Archives of Sexual Behavior* (published on-line ahead of print: DOI:10.1007/s10508-016-0898-9).

Ussher, J., Perz, J., **Metusela, C.**, Hawkey, A., Morrow, M., Narchal, R., Estoesta, J., and Monteiro, M., 2017. "Sexual and reproductive health of migrant and refugee women. Research report and recommendations for healthcare providers and community workers", Western Sydney University. www.westernsydney.edu.au/SRH_CALD_Report.pdf

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