



## Department of General Practice Newsletter – Winter 2018



### Welcome

Dear colleagues,

Welcome to our mid-year newsletter, which brings you news of new opportunities as we move from our current MBBS to an MD program for students starting in 2019. Importantly the MD will provide earlier clinical placements in general practice for Year 1-2 students. This exposure to health care in the community from the earliest days of the course, provides an exciting opportunity to support student learning about person centred, holistic, ongoing care and to showcase general practice as a career choice. We will also include elements of our GP mentoring program into these placements, as students remain in the same practice over 12 months.

We are keen to hear from GPs who are willing to supervise **one or more students at half a day a month for 4 months in each of first and second years of the course**. Please see page 3 for more details.

You will also find updates on our activities including launch of a report documenting research undertaken in partnership with WentWest, describing facilitators, barriers and costs for practices transitioning to Patient Centred Medical Home care. Read also Michael Fasher's powerful, inspiring piece in The Medical Republic.

We provide you with snapshots of our teaching at WSU and the GP Student Network updates us on their activities. We continue to gather information about our alumni activities and report on Josie Guyer's recent RACGP Growing Strong Award. If you know any WSU graduates please encourage them to complete our survey at [https://uwsssap.co1.qualtrics.com/jfe/form/SV\\_6lDnniHguiPt2VT](https://uwsssap.co1.qualtrics.com/jfe/form/SV_6lDnniHguiPt2VT) if they haven't done so already!

Our research powers on and there are opportunities for GPs to become engaged - in particular in a project aimed at improving our management of gout (see page 8).

Thank you as always for your support of our teaching and research. At this time of the year we ask you also please to consider supporting the Nick Collins Memorial Award so that we can send a student to GP18 – you can donate at:

[https://westernsydney.edu.au/give/home/memorial\\_giving/dr\\_nick\\_collins\\_memorial\\_fund](https://westernsydney.edu.au/give/home/memorial_giving/dr_nick_collins_memorial_fund).

We are keen to hear any feedback or suggestions you may have for our ongoing work at WSU and beyond.

Warm Regards,

Jenny

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

## Update from the Department of General Practice

### Welcomes and Farewells

The big new for our Department is the arrival of Winston's baby daughter Anita – congratulations to Winston and his wife Cindy as well as big brother Samuel.

Sadly this year we farewelled Chris Martin our Admin Officer since 2014, who has left this role to spend more time with his young family. Vicki Bradley has stepped ably into the breach and we hope soon to be joined by Sharon Lawrence who will work with Vicki to assist with placements and all our other activities.

Jenny has been on study leave from April to June and we have greatly appreciated some extra help from Dr Fiona Macintosh and also from one of our alumni, Dr Deepa Mahananda.

Christine Metusela, our Research Officer on the Patient Centred Medical Home research with WentWest, has returned part time and been assisting Steve Trankle with research on Nepean Blue Mountains PHN Cancer Prevention project evaluation.

### Conferences and presentations

Western Sydney was a strong presence at the International Health Care Reform conference in Sydney in March with academic registrar David Cosgriff presenting his work on promoting continuity of care through understanding what influences patients with chronic disease to visit multiple general practitioners. Steve Trankle presented qualitative evaluation findings related to the Western Sydney Integrated Care Program. We also co-convened with WentWest, the launch of our research into Patient Centred Medical Home transitions in Western Sydney.

In May, Lawrence presented the findings of his research concerning patient perspectives on shared care following colorectal cancer surgery at the PC4 Symposium.



From L to R: Walid Jammal, Claire Jackson, Di O'Halloran, Jaspreet Saini, Walter Kmet, Bob Phillips at the PCMH research launch

## GP Supervisor/Practice Manager News

### Starting GP placements in Year 1

Western Sydney University School of Medicine is moving to an MD qualification starting with the first-year student intake in 2019. This aligns with other medical schools in Australia, however Western Sydney will remain a five-year undergraduate program. Along with a number of improvements to our program provided by this change, is the opportunity to place students in General Practices from Year 1.

Although students will only be at the very beginning of their long journey into the basic and clinical sciences, an early introduction to general practice will enable them to learn about professionalism, communication skills, ethics, and how illness affects individuals and their families. Students will undertake one half-day placement per month in Semester 2) in Year 1 and Semester 1 in Year 2, ideally at the same general practice so that students will develop a sense of continuity throughout the year, and GP supervisors will be able to mentor students at an early stage in their careers. We anticipate this will be a very rewarding relationship for both student and supervisor.

The current Year 3 and Year 5 placements will remain at 1-2 days per week and 3 days a week respectively until 2021 when the one day per week Year 3 placement will be phased out. More details will be available as we develop the program, however **we will need additional supervisors to take students in Years 1, 2, 3 and 5 students particularly in 2019 and 2020**. If you are willing to take one or more Year 1 and Year 2 students each month, for **half a day per month for approximately 4 months of the year** or can suggest a colleague who might be interested, please contact Dr Lawrence Tan [lawrence.tan@westernsydney.edu.au](mailto:lawrence.tan@westernsydney.edu.au).

### Practice Incentive Program Teaching Payments – a refresher

In January 2015 the Department of Human Services finally heeded calls to increase the PIP teaching incentives. The payment doubled from \$100 to \$200 per session (defined as at least three hours). The principle behind the PIP teaching incentive is to compensate GP supervisors for the extra time required to teach students in their practices – which may include allowing them to perform some or all of the consultation, checking their findings, providing feedback, asking them questions and guiding their learning.

Some GP supervisors block off a few appointments on days they have students, and others stay back later (or start earlier). Medicare will only provide PIP payments for one student per GP supervisor for up to two sessions per day. More information on the PIP teaching incentive scheme including how to register for PIP and payment dates is available at:

<https://www.humanservices.gov.au/organisations/health-professionals/enablers/teaching-payment>.

Western Sydney students on GP attachment are expected to complete the PIP form and attendance register at the end of their placement, and will ask the supervisor to verify their attendance is correct. Once signed by the practice owner or authorised contact person, the student will return the PIP form to the School of Medicine where the university certification will be completed and the form sent to Medicare on your behalf. You will be notified when each form is submitted. If you have any questions about this process, please contact Vicki at [v.bradley@westernsydney.edu.au](mailto:v.bradley@westernsydney.edu.au).

## MiC & Yr 5 PIP Process

Medicare Payment Schedule 2018	
Cut-off dates for submitting claim forms	Quarterly Payment Month
24 July, 2018	August
24 October, 2018	November
2018 Metro Placement Dates (Semester 2)	
Year 3 MiC Students: Metro	Year 5 GP Students: Metro
MiC 4: 28 May – 29th June, 2018	Metro 4 : 25 June – 27 July, 2018
MiC 5: 23rd July – 24 August, 2018	Metro 5: 30 July – 31 August, 2018
MiC 6: 27 August – 28 September, 2018	Metro 6: 17 September – 19 October, 2018
MiC 7: 1 October – 2 November, 2018	Metro 7: 22 October – 23 November, 2018

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](mailto:v.bradley@westernsydney.edu.au)

## Dr Fasher in the news

Michael Fasher, long standing GP supervisor in Blacktown and strong advocate for focus on the first 5 years of life has recently had a paper published on The Medical Republic website – see <http://medicalrepublic.com.au/pushing-past-postcode-predictor/15292>.

Just to tantalise you – Michael starts...

“You want to keep children out of gaol in their adult years and in employment, realising their potential as partners, parents and contributors to a better Australia? Wondering where to invest?

Look no further. The postcode in which a child grows up is an excellent risk- stratification tool.

A young Australian’s chance in life is predicted, at the population level, by their postcode. This is inequitable.”

## Student News

### Back to base teaching

GP Department teaching in the Year 5 GP attachment includes 3 compulsory sessions called “Back-to-Base”. These sessions are dedicated to teaching common GP topics (selected by the students and GP academic team) and checking in on their learning during their GP placements. Teaching topics this term have included heart murmurs, chronic kidney disease, low back pain and common paediatric skin rashes.

Students are also asked to present interesting cases, ethical dilemmas, or difficult consultations to discuss in more detail with the group. Cases demonstrate the breadth of general practice presentations and the difficulty in early diagnosis, tolerating uncertainty and the challenges and joys of dealing with patients every day! We frequently hear of experiences during their GP placement that have challenged students to think further, and to appreciate the role of the GP.

### Teaching students how to help overweight/obese patients

With 80% of adults and close to ⅓ of children expected to be overweight or obese by 2025, doctors are increasingly caring for people with unhealthy weight. Research has identified a lack of confidence amongst health professionals in addressing obesity in their patients. Contributing factors include minimal (if any) training on obesity; limited resources for effective conversations and insufficient time in the consultation.<sup>1</sup>

To introduce this important clinical topic, Winston and the team at WSU designed a workshop for Year 1 students to learn practical skills in assisting overweight/obese patients. Students practised performing anthropometric measurements, providing dietary and exercise advice based on guidelines, communicating with role-playing patients about their weight, and considered how body image and ethnicity affect weight. They reflected on the challenges faced by both doctor and patient and discussed doctor-patient communication issues and barriers in managing obesity, as well as potential strategies to address these issues/barriers.

### GP Student Network Update

Christina Wang the GPSN Vice-Chair for 2018 reports on this years planned activities.

#### **5th Year BBQ:**

This event was for fifth year medical students who are in their last year of study. It explored GP as a career option with several lectures in the morning and an interactive meet and greet BBQ in the afternoon. Students were able to approach GPs with any questions and to receive advice.

#### **O-Week stall:**

This event was run during Orientation Week for the new medical students to welcome and introduce them to GPSN. Students visited the stall to receive GPSN merchandise, find out more about GP aspects of their medical training and meet peers across all year groups. They also registered to become GPSN members and connected with GPSN on social media platforms.

#### **Clinical Skills Night:**

This planned event is an OSCE-style skills night with various clinical procedural skills stations for students to learn and practice. Special attention is given to skills where students may not be confident, or may not have received teaching in hospitals – such as cervical screening, vaccinations and ophthalmoscope/ otoscope use.

<sup>1</sup> Gordon, A. & Black, K. *Doctors need to be taught how to discuss their patients' excess weight*. The Conversation, 17/8/16. Available from: <https://theconversation.com/doctors-need-to-be-taught-how-to-discuss-their-patients-excess-weight-63939>



GPSN Activities 2018

## Alumni News

### WSU GP Alumni Network

Following our survey of WSU GP Alumni we now have contact details for approximately 25 graduates who have also provided information about their post graduate pathways and current workplaces as well as suggestions from these valued colleagues concerning our GP teaching. We will be carefully reviewing their responses and in our next newsletter will provide you with this information!

The WSU Alumni Award we neglected to mention at the end of last year was to Dr Josie Guyer, who was awarded the inaugural RACGP Growing Strong Award for an Aboriginal and Torres Strait Islander Registrar. Josie is a well deserving recipient of this award. In her work at Tharawal Aboriginal Corporation, she is making a real contribution to Aboriginal health and is greatly valued by her patients and colleagues.



Dr Bastian Seidel (President of the RACGP) and Dr Josie Guyer.

If you are a WSU alumnus or know of anyone who may not have heard about our survey, please consider completing or forwarding our 5 minute survey:

[https://uwssap.co1.qualtrics.com/jfe/form/SV\\_4VIOLAYjrMiLlul](https://uwssap.co1.qualtrics.com/jfe/form/SV_4VIOLAYjrMiLlul).

## Our Communities

### Bankstown Wellness Festival

Over 90 health checks were performed at the Bankstown Wellness Festival on 24<sup>th</sup> April by two final-year Western Sydney medical students, Meera and Mary, together with students from the School of Nursing and Midwifery. Offers of free BMI and waist-circumference measurements, random BSL and blood pressure readings were gladly taken up by community members from many different cultures. The various languages spoken by our team were put to good use.

A number of people not been diagnosed previously with diabetes had very high blood sugar readings and others were found to have hypertension requiring better control. All attendees were given general lifestyle advice and instructions to follow-up any abnormal results with their GPs. The students were supervised by Sue Willis from the School and Nursing and Midwifery, and Lawrence Tan from the School of Medicine. It was a great day enjoyed by both students and staff, although the free sausage sizzle may have contributed to increasing our own BMI and waist circumference!



Dr Lawrence Tan with School of Medicine and School of Nursing and Midwifery students at Bankstown Wellness Festival

## Research Updates

### Summary NBMPHN Cancer Screening Qual Evaluation (Steve Trankle)

We have recently completed a qualitative evaluation of the Nepean Blue Mountains Cancer Screening Program. To address low screening rates in the region for bowel, breast and cervical cancer, the Nepean Blue Mountains Primary Health Network (NBMPHN) is supporting general practices to build their capacity for collecting and auditing clinical data, and building screening registers and their recall and reminder systems. The NBMPHN has also provided community education initiatives. We interviewed 33 participants including consumers targeted for bowel and breast cancer screening, GPs and other practice staff, and program staff of the NBMPHN. Our participants noted that screening rates had increased across the region due to participation in the program. Improvements both in documenting screening results and following up outstanding screening were reported by the practices. Consumers reported feeling more empowered to participate in screening.

### Blue Mountains Women's Health and Resource Centre Evaluation (Miriam Brooks)

In June, the results of Blue Mountains Women's Health and Resource Centre evaluation were published in the Australian Journal of General Practice. A key finding of the evaluation was how much clients and community organisations supporting young people value trauma-informed care in general practice.

Many of our patients have had experiences of trauma, such as physical violence, sexual violence, childhood abuse or neglect, death of a parent, serious accidents, natural disasters, terrorism, war related trauma and medical trauma. Exposure to adverse social experiences and trauma is closely associated with an increased incidence of both mental and physical ill health. By being trauma informed, GPs can be advocates for patients' trauma recovery. This includes providing emotional and physical safety, by addressing both physical and mental health impacts of trauma, creating long-term trusting relationships, practicing shared decision making with patients, facilitating informed choices, trauma-sensitive gynaecological care, and adopting a strengths based approach, in which impacts of the trauma are cared for whilst personal resources and the potential for recovery is emphasised. The authors, Dr Miriam Brooks, Professor Lesley Barclay and Dr Claire Hooker, gratefully acknowledge the support of the RACGP for this project.

### Gout Self-Management App in Primary Care

Jenny is working with UNSW researchers who are evaluating the efficacy of a mobile app to aid in the management and control of gout in primary care. This cluster randomised trial compares the efficacy of two apps in achieving target serum urate concentrations. The NHMRC-funded project is led by Prof Ric Day, St Vincent's Clinical School.

GPs who have seen patients with gout in the last year are invited to participate. RACGP and ACRRM accredited professional development points are available, and each participating GP practice will receive a \$300 gift voucher.

**Interested in participating?** For more info, visit [mygoutapp.com](http://mygoutapp.com) or contact:

**Jacob Bechara**

**Phone:** 1800 931 544

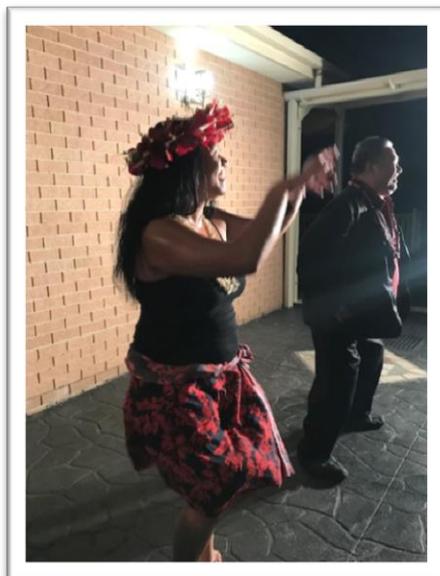
**Email:** [med.gout.app@unsw.edu.au](mailto:med.gout.app@unsw.edu.au)

UNSW HREC Approval Number: 15199



## Le Taea Afua: Samoan diabetes prevention project

On May 29<sup>th</sup>, Members of the Le Taea Afua Samoan Reference Group met at the practice of Dr Olataga Alofivae-Doorbinnia to hear about the early findings of this research. Follow up data are still being collected and will be reported in our next newsletter. As always we are enormously grateful for the input of this enthusiastic group of experts and on this occasion we also enjoyed a cultural event organised by Dr Alofivae-Doorbinnia.



## 2018 New Publications

**Reath J, O'Mara P.** Closing the gap in cardiovascular risk for Aboriginal and Torres Strait Islander Australians. *Med J Aust*, 2018;209(1):17-18.

**Trankle SA, Metusela C, MacDonald J, Reath J.** Evaluation of Nepean Blue Mountains Primary Health Network (NBMPHN) Cancer Screening Program. Campbelltown: Western Sydney University, 2018.

**Brooks M, Barclay L, Hooker C.** Trauma-informed care in general practice: Findings from a women's health centre evaluation. *AJGP*;2018:47. Doi: 10.31128/AJGP-11-17-4406

**Abbott P, Lloyd J, Joshi C, Malera-Bandjolan K, Baldry E, McEntyre E, Sherwood J, Reath J, Indig D, Harris M.** Do programs for Aboriginal and Torres Strait Islander people leaving prison health services meet their health and social support needs? *Aust J Rural Health*. 2018; 26(1):6-13.

Brooker R, Hu W, **Reath J, & Abbott P.** Medical student experiences in prison health services and social cognitive career choice: a qualitative study. *BMC Medical Education*, 2018; 18(3).

**Abbott P, Magin P, Lujic S, Hu W.** Supporting continuity of care between prison and the community for women in prison: a medical record review. *Australian Health Review*, 2017; 41(3):268-276.

Green A, Lockett T, **Abbott P, DiGiacomo M, Delaney J, Delaney P, Davidson PM.** A framework for an asset-informed approach to service mapping. *Nurse Researcher*, 2017; 25(3), 19-25.

Blignault I, McDonnell L, Aspinall D, Yates R, **Reath J.** Beyond diagnosis and survivorship: findings from a mixed-methods study of a community-based cancer support service. *Aust J Prim Health*. 2017; 23(4):391-396.

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

## 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 [v.bradley@westernsydney.edu.au](mailto:v.bradley@westernsydney.edu.au) and she will assist you!

Dr Akber Alamyar	Dr Fatemeh (Mehrnoosh) Abdolalian	Dr Kam Cheung Glen Au-Yeung	Dr Ronald Yoon-King Chin
Dr Agatino Ferraro	Dr Fiona Mackintosh		Dr Rosemary Isaacs
Dr Andrew Knight	Dr Frances Guinness	Dr Ken McCroary	Dr Sarah Gani
Dr Alfred Wilson	Dr Frank Keh	Dr Kun Yun Kelvin Hon	Dr Sayeed Khan
Dr Ali Alsamail	Dr Furio Virant	Dr Linda McQueen	Dr Stephen Hampton
Dr Allison Thorn	Dr Heather Knox	Dr Ling Yoong	Dr Stephen Peterson
Dr Andrew Knight	Dr Hani Bittar	Dr Louise McDonnell	Dr Suresh Nair
Dr Angela Kwok	Dr Helen Balkin	Dr Magdy Girgis	Dr Sushil Anand
Dr Anna Pham	Dr Huy Quoc An	Dr Matthew Gray	Dr Thomas Fung
Dr Brian Wallace	Dr Ivan Parise	A/Prof Michael Fasher	Dr Tim Senior
Dr Bruce McGarity	Dr Muralikrishnan Thiruvengadam	Dr Michael Burke	Dr Tuan Bui
Dr David Lim	Dr James Aitken	Dr Milan Djukanovic	Dr Wally Jammal
Dr Deepa Garg	Dr Jaspreet Saini	Dr Nigel Hawkins	A/Prof Walter Kmet
Dr Derek Tang	Dr Jane Burges	Dr Paul Fishburn	
Prof Diana O'Halloran	Dr Jenny James	Dr Penny Burns	Dr Yasin Shahab
Dr Dimuthu Samaranyake	Dr Joseph Lombardo	Dr Ramesh Pillai	Dr Zenith Lal
Dr Emad Hanna	Dr Judit Gonczi	Dr Randa Al-Hajali	
Dr Eshwar Madas	Dr Julie Ong	Dr Rajkumar Rajalingam	
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