



North & West Queensland Primary Health Care E-Newsletter

3 September 2010

INFORMATION AND ALERTS

ATTENTION GPS: ONLY FOUR MONTHS REMAINING ON 2008-2010 TRIENNIUM

To maintain your Fellowship, or Medicare recognition as a General Practitioner, or to meet other third-party requirements, you must demonstrate that you have attained at least 100 PDP points over the triennium-which ends on 31 December 2010. ACRRM will report your compliance to Medicare and other professional standards organisations at the end of 2010.

Self-entered activities and certification sent to the PDP team will be reviewed and updated in the learning planner. You can check your PDP compliance status on RRMEO at www.rrmeo.com

OPIOID PATCHES IN CHRONIC PAIN

Update on Opioid Patches in Chronic (non-malignant) Pain is attached.

MENTAL HEALTH CLINICAL PACKAGE...ending this month

Last chance to buy our Mental Health Clinical, Secure Messaging and Online Claiming software package for ONLY \$1650 inc. GST! MHAGIC is the latest and most comprehensive Mental Health Assessment Generation and Information Collection system in Australia. Purchase MHAGIC before 30 September 2010 to get secure messaging and online claiming for FREE!

Link: www.global-health.com/product

WORKSHOPS

RURAL & REMOTE MENTAL HEALTH CONFERENCE

The Rural & Remote Mental Health Conference will have special relevance as all political parties have renewed their commitments to mental health services in Australia. To be held at in Sydney from 28th - 30th September. The program has an impressive line up of presenters, you can view the full details on the website: www.anzrmh.asn.au/rmh10/ProgramRural2010.htm

MENTAL DISORDERS PACKAGE FOR RURAL PRACTITIONERS—ADVANCED SKILLS

The next online Advanced Skills (Level 2) course commences on 28 September. To enrol, phone 3105 8200 or email k.ward@acrmm.org.au

ANNUAL WOMEN'S AND ADOLESCENT HEALTH UPDATE WORKSHOP

Topics include common adolescent gynaecological issues, contraception for women and adolescents and menopause management. Conference to be held on Saturday 9 October at Royal Brisbane Womens Hospital, Brisbane. Flyer attached.

NEWSLETTERS

PRIMARY HEALTH CARE RESEARCH & INFORMATION SERVICE E-NEWSLETTER

Topics include The Australian Primary Care Collaboratives: an Australian general practice success story and Patient Safety in Primary Health Care. Link: www.phcris.org.au

COUNTRY WATCH NEWSLETTER

Topics include Procedural Workshops at Rural Medicine Australia Conference; Rural LEAP; PDP activities and events. Link: www.acrrm.org.au

FEATURE ARTICLE: "Maternal obesity creates a big baby boom"

Primary health care excellence in north and west Queensland

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Opioid Patches in Chronic (Non-malignant) Pain

During the first round of NPS visiting on 'Opioids in Chronic Pain' there has been considerable interest in the opioid patches available for chronic pain. There are currently two types of opioid patches on the Australian market, Norspan® (buprenorphine) and Durogesic® (fentanyl). The Norspan patches are available in a 5mcg/hr, 10mcg/hr and 20mcg/hr strength to be applied every 7 days. Durogesic patches are available in a 12mcg/hr, 25mcg/hr, 50mcg/hr, 75mcg/hr and 100mcg/hr strength to be applied every 3 days. Due to the high potency of fentanyl, they are not suitable for opioid naïve patients.¹

Although there have been no large-scale dose comparison studies, the equianalgesic doses for the lowest-strength patches can be considered:

Durogesic 12 microgram/hour patch approximates to 45 mg oral morphine/day^{2,3}

Norspan 5 microgram/hour patch approximates to 9mg oral morphine/day⁴

Norspan patches are an option for patients with moderate to severe pain requiring lower doses of opioids.¹ Opioid naïve patients should be started on the lowest (5mcg/hr) dose.³ In contrast, as stated above, fentanyl patches should not be used in opioid naïve patients with chronic non-malignant pain due to the high incidence of adverse events, including fatal respiratory depression.^{1,2} Therapeutic Guidelines Analgesic 2007 states that 'most chronic pain specialists believe fentanyl patches should not be used long term, and so their use should be limited to palliative care patients, or the elderly who are unable to tolerate alternate opioids'.

If you have not already been visited for this topic look out for invitations to participate in one-to-one visits or small group discussions (minimum 4 GPs) arriving via fax soon, or call Ann or Kathy at Health Workforce Queensland (07 3105 7800) to make a booking.

1. National Prescribing Service. NPS News 69: A planned approach to prescribing opioids. [Online]. 2010 [cited 2010 Sept 2]; Available from: URL: http://www.nps.org.au/health_professionals/publications/nps_news/current/nps_news_69#Appropriate

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2. Rossi S, editor. Australian Medicines Handbook. Adelaide: Australian Medicines Handbook Pty Ltd; 2010.
3. Donohoo E, editor. eMIMS [CD-ROM]. Version Aug 2010. [cited 2010 Sept 2]; St Leonards: MIMS Australia Pty Ltd; 2010.
4. Royal Australian College of Physicians. Prescription Opioid Policy: Improving management of chronic non-malignant pain and prevention of problems associated with prescription opioid use. [Online]. April 2009 [cited 2010 Aug 8]; Available from: URL: <http://www.racp.edu.au/page/policy-and-advocacy/public-health-and-social-policy>
5. eTG complete: Analgesic [CD-ROM]. Version etg31. [cited 2010 Sept 2]; Melbourne: Therapeutic Guidelines Ltd; 2010.



Independent GP Education

Annual Women's and Adolescent Health Update

Saturday 9 October 2010, RBWH, Brisbane

Supported by



Venue: Royal Brisbane Women's Hospital, Edwin Tooth Auditorium, Herston Road, Herston 4029.
5 to 10 minute drive from Brisbane CBD. Regular bus service available from CBD. **Parking** is available on-site.

**Symposium Updates and Practical Tips are
Dynamic, relevant, practical, contemporary, totally
Independent and tailored for Busy GPs**
Topics include:

Common Adolescent Gynaecological Issues | Contraception
for Women and Adolescents | Menopause Management |
Sexual Dysfunction | Pelvic Floor Dysfunction | Osteoporosis
| Infertility Management | Breast Pathology
and
EB Nutritional Medicine for Fertility management and
preconception care.

Category 2 Points – RACGP 16 Category 2 points
Category 1 Points ALM Infertility Management:
RACGP 40 Category 1 and Women's Health Points



Frontier Health Events

supported by **GPpartners**
invites primary health care

professionals to attend an authoritative and totally
independent GP Symposium.

Content is **not** aligned with any products or treatment.
It is tailored to assist busy GPs to optimise patient care.

Organisers — Frontier Health Events Team

Launched late 2007 to provide independent patient focussed education
specifically tailored to the needs of busy GPs.

Dr. Colin Gross: 34 years experience in General Practice.
Ms. Annie Shaw: Director, Frontier Health Events.
Ms. Wendy Williamson: Consultant.

Our GP educational programs bring together GPs and a range of other high calibre clinicians to create high quality,
independent learning forums based on integrity and transparency. Forums where speakers have the flexibility
to present diverse views and GPs feel that their education is not compromised in any way.

2010 Past Delegate GP comments:

*"This has been a very worthwhile and informative day. I feel that both my time and money have been well spent.", "Good learning
experience", "Overall a well spent Saturday!", "Excellent up-dates on common medications used in general practice setting", "Good.
Intensive but totally relevant to GPs", "Good presentations and treatment knowledge", "..... Good speakers. Well
organised". "Objective meeting without leaning towards certain drug manufacturer etc", "More support for needs of doctors.....",
"Excellent update on a number of topics", "I have already booked for October (Women's Health) as I attended one
3 years ago which was of superb quality". "thoroughly enjoyed the conference", "was very informative and useful", "keep up with
the good work", "... look forward to the next one", "thank you for an excellent day of excellent speakers with information",.....
And More*

Registration Enquiries | Frontier Health Events

PH | (02) 4627 1621 | F | (02) 4627 4602 Contact Annie Shaw on 0425 246 874

Postal Address: P O Box 284 Macarthur Square NSW 2560

Annual Women's and Adolescent Health Update

Independent Updates and practical management tips designed for busy GPs

PROGRAM Comprehensive Notes Provided	SPEAKERS
<p>Contraception for Women and Adolescents 8.15 — 9.15am Contraception update and practical tips for GPs including contraception for young teenagers; ethical and moral dilemmas associated with young teenagers requesting contraception. What would be a suitable age to start a teenager on the pill?</p>	<p>Dr. Caroline Harvey MB BS(Hons), MPM, FRACGP, DRANZCOG. Medical Director FPQ, Brisbane since 2002. Current interests include the sexual and reproductive health needs of young people, cervical screening, contraception and medical and nursing education.</p>
<p>Common Adolescent Gynaecological Issues 9.15 –10.15 am An update and practical management tips including dysfunction uterine bleeding, pelvic pain, and infection.</p>	<p>Dr. Michael Wynn-Williams Gynaecologist MBChB (Otago, NZ), FRANZCOG. VMO Mater Mothers and Queen Elizabeth II Jubilee Hospitals. Director of Eve Health in South Bank. Operates at the Wesley and Mater Private Hospitals.</p>
<p>10.45— 11. 45am Menopause Management GP update & practical management tips on HRT and testosterone options for women who refuse HRT. Frequently asked questions and concerns.</p> <p>11.45– 12. 30pm Sexual Dysfunction in Women Update and practical management strategies .</p>	<p>Professor Susan Davis MBBS, FRACP, PhD NHMRC Principal Research Fellow and Professor of Women's Health, Department of Medicine, Alfred Hospital Campus of Monash University, Past President of the Australasian Menopause Society. Authority on Women's Health, recipient of numerous awards including the Robert Greenblatt Prize of the International Menopause Society 1993; the Glenn Aging Award of the US Endocrine Society 2000; the Glaxo-Wellcome Diabetes Education Award 2000; the Barbara Gross Award of the Australasian Menopause Society 2002; the inaugural North American Menopause Society Androgen Research Award 2003 and the AMS Annual Scientific Award 2006.</p>  <p>Key Opinion Leader</p>
<p>Osteoporosis Management in General Practice 1.30 – 2.15 Update and practical management tips including monitoring; fracture prevention; pharmacology and prescribing tips.</p>	<p>To Be Confirmed</p>
<p>Breast Pathology Update 2.15 — 2.50</p>	<p>Dr. Ann Whitehouse MBBS FRCPA, Specialist at Sullivan Nicolaides Pathology specialising in Breast pathology, Gynaepathology and Cytopathology. She developed ISH testing for Breast Cancer at SNP and is developing a breast pathology update service.</p>
<p>Clinical Infertility Management in General Practice 2.50 – 3.50 Update on investigation and management of female and male Infertility. Latest on treatment and donor options. Ongoing care of women who are infertile.</p>	<p>A/ Professor Anusch Yazdani MBChB, FRANZCOG Gynaecologist , Staff specialist Mater Misericordiae Hospital, Visiting Specialist to the RBWH, Senior Lecturer to the University of Queensland, Director of the Australian Gynaecological Endoscopy Society.</p>
<p>Infertility ALM instructions and discussion 3.50 pm — 4.00 pm</p>	<p>Applicable to GPs enrolled for Active learning Module (ALM)</p>
<p>EB Nutritional Medicine for Fertility Management and Preconception care 4.20 — 4.50pm</p>	<p>Christine Houghton B.Sc.(Biochem.), Grad.Dip.Hum. Nutr., R.Nutr., PhD. Cand Nutritional Biochemist. Following 30 years in private practice as a Nutritional Biochemist, Christine is currently engaged in doctoral research at UQ, investigating bioactive phytochemicals with significant clinical potential.</p>
<p>Female Pelvic Floor Dysfunction 4.50—5.40 pm Update and practical management tips.</p>	<p>A/Professor Christopher Maher Urogynaecologist. Special interests include: Bladder dysfunction, Urinary Incontinence and Genital Prolapse. Dr Maher established the Mater and Wesley Urogynaecology Unit in Brisbane.</p>

Breaks: Morning Tea 10.15 — 10.45am | Lunch 12.30 –1.30pm | Afternoon Tea 3.50 — 4.20 pm

Active Learning Module (ALM) — Infertility Management

RACGP 40 Category 1 Points and Women's Health Points

Involves— Infertility presentation attendance and post conference home based activity.

The work-book and case studies will be sent to enrolled GPs prior to the symposium. This will provide GPs an opportunity to read the material and clarify any questions at the symposium. GPs enrolled for this activity will be divided into groups enabling interaction with each other and facilitating completion of the module within a 12 week period following the symposium.

GPs from the same practice will be able to work together.

The infertility session points for those enrolled to do the ALM activity will be credited towards the ALM category 1 activity and not towards category 2.



Annual Women's and Adolescent Health Update

Saturday 9 October 2010 | RBWH | Brisbane

Independent GP Education

Category 2 Points — RACGP 16 Category 2 points
Category 1 Points ALM Infertility Management: RACGP 40 Category1 and Women's Health Points

REGISTRATION: Register Online and save 1.98 % on Credit Card Surcharge
 (NO credit card surcharge online)

Registration	Infertility ALM Price	Standard Conference Price	1) GPpartners Financial Member Discount 2) Frontier Health Event Past Delegates (FHE)
Discount price ends 20 / 09 / 2010	\$110 <input type="checkbox"/>	\$248 <input type="checkbox"/>	\$235 <input type="checkbox"/>
Registration after 20 / 09 / 2010	\$120 <input type="checkbox"/>	\$265 <input type="checkbox"/>	\$249 <input type="checkbox"/>

Surname _____ Given Name _____

Mailing _____

State _____ Post Code _____ **Catering:** Vegetarian Special Diet (specify)

Work Phone (____) _____ Mobile _____ Fax _____

Email _____

I will attend and Pay the total \$ _____ by: Visa | Master Card | Cheque -Made Payable to Frontier Events Pty Ltd

Card Number _____

Expiry ____/____ Name on the card _____ Signature _____

Registration Enquiries | Frontier Health Events

PH | (02) 4627 1621 | F | (02) 4627 4602 Contact Annie Shaw on 0425 246 874

Postal Address: P O Box 284 | Macarthur Square NSW 2560



**Sullivan
 Nicolaides**
 PATHOLOGY



North & West Queensland Primary Health Care Feature Article

Maternal obesity creates a big baby boom

Maternal obesity has been confirmed as the main modifiable risk factor for large for gestational age births and the high risk of complications.

A study of more than 1500 women giving birth at Queensland hospitals found that pre-pregnancy obesity conferred an almost three-fold higher risk of giving birth to a baby that was above the 90th centile for weight, or around 4.4kg. Lesser risk factors included previous pregnancy and being married.

The study in BMC Public Health found that subsequent complications of high birth weight babies included a two-fold greater rate of delivery by caesarean or instrumental procedures and an almost fourfold higher rate of transfer to special care baby unit.

The study authors, from the School of Medicine, Griffith University, say their study identified certain areas that seemed to have a particularly high rate of high birthweight babies. These tended to be communities with more women doing unpaid domestic work and lower levels of migrants.

The researchers say their findings have important public health implications, given that community rates of overweight and obesity are reaching 30%

“The use of risk factor information to identify mothers at risk of having large for gestational age births is an important clinical tool as the accuracy of weight estimation in the third trimester, whether by clinical estimation or ultrasound is poor,” they say.

Article courtesy Michael Woodhead
6minutes.com.au

Primary health care excellence in north and west Queensland

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Funded by Australian Government Department of Health & Ageing, Office of Aboriginal & Torres Strait Islander Health and Queensland Health