

ISSUE 6

LIMEJUICE

LIMESTONE COAST DIVISION OF GENERAL PRACTICE

27th April 2009

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Limejuice 27th April 2009

For further information about the Limestone Coast Division of General Practice please visit the website at www.limestonecoastgp.com.au . Previous limejuice newsletters can also be found here.

Health Promotion Calendar - APRIL / MAY 2009

1st – 30th April – Great Australian Bite www.diabestesnsw.com.au

27th April – 3rd May – Homeopathy Awareness Week – www.homeopathyoz.org



April 2009

23rd Helene Van Eeden
25th Dr Bessie Yamba

May 2009

8th Dr Jose Estevez

CONTACT LCDGP

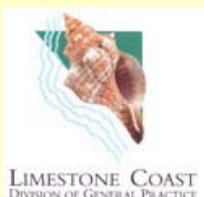
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PO Box 921, Millicent SA 5280

A.C. Shepherd Wing, Millicent Hospital, Mt Gambier Road





LCDGP news and events

PHOTOS – MARCH 2009 – LUCINDALE FIELD DAYS

Local Immunisation Co-ordinator

Natala Drew

P: 87 33 0610

F: 8733 0619

E: ndrew@limestonecoastgp.com.au

What a great two days! For the first time in a few years LCDGP participated in this major event for the Limestone Coast. Almost all of the Divisions programs were represented at our site, including Mental Health, Immunisation, Practice Nursing and Aboriginal Health, Chronic Disease Management, HMR and QUM, Drought Support and Hands on Health.

As our major draw card over the two days, we performed basic health checks on anyone who was willing, taking blood pressure, BMI's and waist circumference. In total we completed 133 health checks which far exceeded the amount expected – especially being our first time. 63 of these were men and 46 women, with 24 people whose sex was not documented. Smoking cessation, sun protection and healthy lifestyle were also high on our promotional agenda. Our aim for this event was to focus on men's health however once we began health checks really did take over. We had keen interest during this event from many people of all ages and we are very excited to see what next years event brings. If anyone is interested to participate in next years event please contact me at the division on Tuesday and Wednesdays 8733 0160.



"The Limestone Coast Division of General Practice" Site.



(Lucindale Field Days Con't)



Staff who attended Friday (left to right): Helen Van Eeden, Sara Gray, Nadine Long and Natala Drew.

Local Immunisation Co-ordinator

Natala Drew

P: 87 33 0610

F: 8733 0619

E: ndrew@limestonecoastgp.com.au

Private Practice

Recently in April a debate was aired on television (WIN TV - 16th April 2009) regarding MMR and Autism.

Natala would like to hear from anyone who had watched this. Please email your thoughts in response to the episode at ndrew@limestonecoastgp.com.au

NPS LAUNCH OF "MEDICINE NAME FINDER" TOOL

MMR/QUM Project Officer

Aged Care Facilitator

Nadine Long

P: 87 33 0610

F: 8733 0619

E: nlong@limestonecoastgp.com.au

The National Prescribing Service (NPS) has recently launched the Medicine Name Finder tool. By using the NPS Medicine Name Finder, patients can learn to identify prescription medicines by active ingredient name and brand name.

For more information or to use the Medicine Name Finder, visit the NPS website:

http://nps.org.au/consumer/tools_and_tips/medicine_name_finder

Also on the NPS website are some tips for consumers on taking medicines

http://nps.org.au/consumer/tools_and_tips/medicines_tips



NON-LCDGP news and events

Contact:

W: www.pallcare.asn.au/awards

INAUGURAL PALLIATIVE CARE AWARDS

Nominations are open for the Inaugural Palliative Care Awards from the Palliative Care Council of South Australia. There are numerous categories for nominations including, GPs, practice nurses allied health and or community nurses.

Please go to the web site for more information.

Contact:

Intranasal Insulin

P: 1300 138 712

W: www.stopdiabetes.com.au

A TRIAL TO PREVENT TYPE 1 DIABETES

The Type 1 Diabetes Prevention Study is an Australian trial investigating whether intranasal administration of insulin will reduce the rate of development of type 1 diabetes in at-risk individuals. Visit our website at www.stopdiabetes.com.au for more details, or ring 1300 138 712 for an information pack.

Contact:

Drug and Alcohol Services SA

Jane Scarborough

P: 08 8130 7500

E:

scarborough.jane@health.sa.gov.au



The Drug and Alcohol Services SA is offering a free "Opioid Pharmacotherapies Prescriber Training Course". The course includes an afternoon Workshop on **Saturday May 16th 2009, 1.30 – 6.30 pm** at North Adelaide and two ½ day Clinical Attachments.

This Activity has been approved by the RACGP QA&CPD program Clinical Attachment component TOTAL POINTS: 40 (Category 1), Workshop component TOTAL POINTS 9 (Category 2)

Please contact Jane Scarborough email: scarborough.jane@health.sa.gov.au or telephone 8130 7500 to register for this course or to express interest in a future course.

Contact:

Skilled Migrants and Clients, Agency friends.

Louise Walters

P: 08 8724 9337

E: louise_walters@bigpond.com

Invitation to celebrate "Volunteer Week"

Please see attachment for further information on the invitation.

Contact:

South East Regional Domestic Violence Services

P: 8723 1385 or 1800 631 385 (in SA)

SOUTH EAST REGIONAL DOMESTIC VIOLENCE SERVICES – INTRODUCES – THE WOMEN'S SPACE

This new and exciting event is taking place every fourth Wednesday of the month from 10.30am until 11.30 am at 112 Wehl Street North, Mount Gambier.

Please see the attachment for further information.

**EMHAD – EMERGENCY MENTAL HEALTH, ALCOHOL & DRUGS 2009****Contact:****EMHAD Program Coordinator****Flinders Medical Centre****P:** 8204 5080 or 8204 4341**F:** 8204 5907**E:**eugenie.chambers@health.sa.gov.au

An intensive 30 hour course presented via flexible learning of 8 hours plus 2 contact days for all Nurses, Midwives, Doctors, Aboriginal Health Workers, Paramedics & Allied Health Staff working in Emergency settings.

Where: Flinders Medical Centre
Centre for Nursing & Midwifery Education & research
Level 7
Bedford Park SA

When (Contact Days):
June 23rd -24th

Course Cost for Materials & Refreshments is \$100 (inclusive of GST)

Please note: places are strictly limited to 30 per course.

Email or fax now to reserve a position – confirmation when the registration form has been received.

Registrations close May 20th prior to course start to allow for essential pre-course flexible delivery completion.

PERI-NATAL INFANT MENTAL HEALTH PATHWAYS TO HEALING**Contact:****Adelaide North East Division of
General Practice****P:** 8397 9000**F:** 8396 5067**E:** anedgp@anedgp.com.au

Where: Sferas Park Suites and Convention Centre Starlight Ballroom.

When: Wednesday 13th May 2009, 6.30pm to 9.00pm.

Speakers: Dr Anne Sved Williams – Consultant Psychiatrist, Helen Mayo House.
Maria Wigley – Perinatal & Infant Mental Health GP Shared Care, Helen Mayo House

RSVP: Wednesday 6th May 2009.

This activity has applied for 4 Category 2 points with RACGP QA & CPD program.