

ISSUE 4

# LIMEJUICE

LIMESTONE COAST DIVISION OF GENERAL PRACTICE

27<sup>th</sup> March 2009

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## Limejuice 27<sup>th</sup> March 2009

### NEWS IN BRIEF.... Introducing Colin Burden, CEO of the LCDGP.

Colin is married with three adult children, and grew up in Nangwarry. He was educated at Penola High School before joining the E S & A Bank Limited working in Kalangadoo, Millicent and Kingston. Colin moved into hospital management as the Administrator of the Bordertown Memorial Hospital before moving into an executive hospital appointments in Beechworth, Banirnsdale, Swan Hill and Western Hospital Melbourne. Along the way with a growing family he undertook Business Studies at RMIT and eventually becoming an Associate Fellow with the Australian College of Health Service Executives. Following a stint as Executive Director with Indian Ocean Territories Health Service, Colin returned to Australia, with Executive Director roles with North Melbourne Division and the Top End Division before his appointment as inaugural Chief Executive Officer for the Australian Rural and Remote Workforce Agencies.

Colin played football and cricket throughout the South East as well as being a representative for football and country carnival cricket.

Colin's wife Ishbel (Scottish), also has a background with Divisions, previously being employed with the NT Rural Workforce Agency, the Top End Division, ARWAG and GP Network Northern Territory.

### Health Promotion Calendar - MARCH - APRIL 2009

29<sup>th</sup> March to 4<sup>th</sup> April - Arthritis Awareness Week [www.arthritisaustralia.com.au](http://www.arthritisaustralia.com.au)

1<sup>st</sup> - 30<sup>th</sup> April - Great Australian Bit [www.diabestesnsw.com.au](http://www.diabestesnsw.com.au)

7<sup>th</sup> April - World Health Day - [www.un.org](http://www.un.org)

17<sup>th</sup> April - World Hemophilia Day - [www.volunteeringaustralia.org](http://www.volunteeringaustralia.org)

25<sup>th</sup> April - World Malaria Day - [www.un.org](http://www.un.org)

27<sup>th</sup> April - 3<sup>rd</sup> May - Homeopathy Awareness Week - [www.homeopathyoz.org](http://www.homeopathyoz.org)



### The Juice Birthdays

March / April 2009

24<sup>th</sup> Dr Paul Angus

1<sup>st</sup> Dr Evan Markwick

8<sup>th</sup> Dr Mei Jones

### CONTACT LCDGP

[www.limestonecoastgp.com.au](http://www.limestonecoastgp.com.au)

[edwinaw@limestonecoastgp.com.au](mailto:edwinaw@limestonecoastgp.com.au)

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





## NON LCDGP news and events

### Contact:

#### Sports Medicine Australia

**Dr Andrew Potter or Pat Sharp**

P: 8234 6369

E: [pat@smasa.asn.au](mailto:pat@smasa.asn.au)

### 2009 COURSE – SPORTS MEDICINE IN GENERAL PRACTICE

Vacancies exist for the upcoming 2009 Sports Medicine in General Practice Course.

The Course has been developed and coordinated by Sports Medicine Australia SA Branch as a practical course in Sports Medicine for General Practitioners working with active people of all ages and at all levels. The emphasis will be on the management of medical problems related to sport and exercise at a community level. Speakers and mentors of the highest expertise in the specific area related to Sports Medicine are involved with the course.

The Course is open to all medical practitioners registered within South Australia and NT.

*For further information please contact the office of Sports Medicine.*

### Contact:

#### National Asthma Council of Australia

Suite 104, Level 1

153 – 161 Park Street

South Melbourne Victoria 3205

P: 03 9929 4333

W: [www.nationalasthma.org.au](http://www.nationalasthma.org.au)

### NATIONAL ASTHMA COUNCIL AUSTRALIA

The National Asthma Council Australia has just launched a new interactive website aimed at “Kids with Asthma”.

The website uses simple language, bold visuals and an asthma themed Game Zone, will be a handy resource for GPs and practice nurses working with children with asthma and their carers.

*For further information please contact the National Asthma Council of Australia.*

### Contact:

#### Jessica Walker (Macklin)

M: 0430 166 633

#### Ben Ruse (Shorten)

M: 0407 030 808

### MEDIA RELEASE – NEW AUTISM WEBSITE TO HELP PARENTS AND CARERS

Jenny Macklin MP – Minister for Families, Housing, Community Services and Indigenous Affairs and Bill Shorten MP - Parliamentary Secretary for Disabilities and Childrens' Services have initiated the release of a new Autism website to assist parents and carers .

The ASD website can be found at  
[www.raisingchildren.net.au/autism](http://www.raisingchildren.net.au/autism)

*Please see attached files for further information regarding the media release..*

**Contact:****Australian College of Rural and Remote Medicine**

Narelle Howarth  
Community Relations Officer  
John Flynn Placement Program

P: 1800 231 231

F: 07 3105 8299

E: [jfpp@acrrm.org.au](mailto:jfpp@acrrm.org.au)

W: [www.acrrm.org.au](http://www.acrrm.org.au)

**MEDICAL PRACTITIONER MENTORS NEEDED**

Can you mentor a John Flynn student for 2 weeks per year over 4 years? (dates by mutual arrangement)

The Australian College of Rural and Remote Medicine's (ACRRM) John Flynn Placement Program (JFPP) is an Australian Government funded initiative to attract more doctors to rural and remote Australia.

300 additional RRMA 4 -7 doctors are needed each year to provide clinical mentoring for JFPP students, keen for rural and remote experience.

**Medical Practitioner Rewards**

- Satisfaction of passing on your expertise and understanding of rural/remote medicine.
- Opportunity to play a vital role in addressing the rural medical crisis.
- \$3000 (+GST) per week per student
- ACRRM PDP & RACGP QA & CPD points for teaching medical students.

*Please contact ACRRM for further information.*

**Contact:****National Prescribing Service Ltd**

P: (02) 8217 8700

E: [info@nps.org.au](mailto:info@nps.org.au)

W: [www.nps.org.au](http://www.nps.org.au).

**ANTIPLATELET AND ANTICOAGULANT THERAPY IN STROKE PREVENTION: NEW NPS PROGRAM.**

National Prescribing Service Limited (NPS) has launched the therapeutic education program, "Antiplatelet and anticoagulant therapy in stroke prevention".

Stroke is the second leading cause of death in Australia and often results in significant long-term disability. Antiplatelet and anticoagulant therapies have an important role in primary and secondary prevention.

This latest program focuses on:

- Assessing absolute cardiovascular risk to establish which patients would benefit from aspirin
- Deciphering the evidence to choose the appropriate antiplatelet to prevent recurrent stroke and Transient Ischemic Attack (TIA)
- Using scoring of risk factors in patients with atrial fibrillation to stratify stroke risk and decide between warfarin and aspirin
- Assessing risk factors for bleeding in patients with atrial fibrillation before commencing warfarin therapy
- Educating patients on the safe use of warfarin

"This program focuses on the importance of assessing a person's risk of stroke to help decide on appropriateness of prescribing warfarin or aspirin. It is well documented that warfarin is under-utilised in atrial fibrillation, yet it reduces the relative risk of stroke in patients with atrial fibrillation by 64%, while aspirin reduces the relative risk by 22%," says



(con't)

NPS clinical expert, Education and Quality Assurance Program Manager, Ms Judith Mackson.

This program will include:

- Print educational resources including *NPS News (62)* and *Prescribing Practice Review (44)*
- Prescribing feedback and clinical audit for GPs
- Case study
- One-to-one educational visits from NPS facilitators in their GP networks
- Small group, case-based peer meetings for GPs, pharmacists and general practice nurses

GPs and GP Registrars will also be able to review practice by participating in the clinical audit, *Antiplatelet and anticoagulant therapy in stroke prevention*'. To enrol, they should visit [www.nps.org.au/health\\_professionals](http://www.nps.org.au/health_professionals) from 2 March 2009.

#### CONTACT:

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W: [www.nps.org.au](http://www.nps.org.au)

#### 'Living well with chronic heart failure'

NPS is pleased to advise that the Heart Foundation have made available their chronic heart failure information in 16 community languages.

This information sheet is for people with heart failure and their carers:

- includes information on how to minimise the symptoms of heart failure and stay healthy.
- has an 'action plan', listing the important things to do every day and when to call a health professional or an ambulance.

Visit:

[http://www.heartfoundation.org.au/PROFESSIONAL\\_INFORMATION/CLINICAL\\_PR](http://www.heartfoundation.org.au/PROFESSIONAL_INFORMATION/CLINICAL_PR)

ACTICE/CHF/Pages/default.aspx for these versions:

Croatian, Italian, Macedonian, Maltese, Greek, Korean, Polish, Russian, Spanish, Vietnamese, Arabic, Portuguese, Serbian, Turkish, Simplified Chinese, Traditional Chinese.

For more professional heart health information, visit [www.heartfoundation.org.au/Professional\\_Information](http://www.heartfoundation.org.au/Professional_Information) [www.nps.org.au](http://www.nps.org.au)



### LCDGP Event and Registration Form

If you would like to register for an event please tick the appropriate box and complete your details then fax to **8733 0169**

Event	Date & Time	Location	RSVP	Register (Please tick)

Name: \_\_\_\_\_ Practice: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Mobile: \_\_\_\_\_

Special Dietary Requirements: \_\_\_\_\_

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