

Academic Unit of General Practice

2019 Newsletter – Semester 1, mid-season edition

DIRECTOR'S MESSAGE

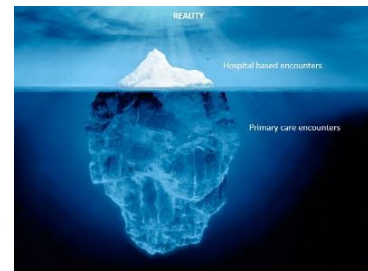
At a recent meeting with senior ACT Health staff I did a presentation entitled “You are not alone”. This was prompted because some new ACT Health staff seemed to be working under the assumption that ACT Health and the Hospitals was the health system and that primary health care was essential to engage with, but peripheral to the core health system. I presented a series of slides including these three:



An Average day in Health Care in Australia

Australia's Health 2018 - AIHW www.aihw.gov.au

- 406,000 visits to a GP
 - 62,939 visits to other specialist
 - 19,662 allied health services provided* (*MBS funded only)
 - 21,400 presentation to public ED
 - 29,100 hospitalisations (59% in public sector)
 - 26,000 presentations to community mental health
- 10 x as many visits to GPs as there are presentations to public ED + hospitalisations combined



The response to the presentation was positive but surprised – there were few around the table who understood that GPs see so many more presentations than all of the rest of the publically funded health system combined. We are not the 12 pound weakling - we are the hidden depth and strength of the health system like the unseen parts of the iceberg. I sometimes feel that GPs as well as the bureaucrats have lost sight of what a large and essential element of the health system we are – we can feel buried under the clinical need in the patients we serve and lose sight of the bigger picture. GPs have to be engaged and vocal in documenting what we *do* contribute, and in shaping a sustainable and improving health system for the future that makes best use of our skills for the good of our patients. We need to be willing to embrace change but also not under-value our existing contributions. I hope we have good numbers of GPs stepping up to representative opportunities that arise.

How to increase the engagement of GPs has been on the agenda in several recent meetings I've been at. These discussions have too often really been about “how can we get GPs to do more of what we want them to do for us” and rarely progress to “what are the synergies between what we do and what GPs do and how can we support each other to do more of it more effectively for our patients”. The AUGP engages regularly with GPs in the region, particularly around research and education. Our recent and long term experience is that GPs are willing and able to make high quality contributions, as long as we ensure we are working with them on issues that are relevant to them and their patients, that are designed with real life GP in mind and minimise the impact on the practice's clinical flows, staff time and practice viability.

The recent “Snapshot of After-Hours Primary care in the ACT” research project we conducted in June was a fine example of this. The engagement from GPs, the ACT public and practice nurses in the region was absolutely fantastic and in 84 hours we managed to collect over 2000 patient surveys and over 900 consultation records. That is an extraordinary effort! Overall it was great experience and we were really heartened by the engagement – **Thank you to all who were involved.** All the data is now entered and being analysed, with preliminary results to be available soon. It will prove a significant resource to help us understand and shape effective after-hours services in the ACT. You will be hearing more....

Kirsty

Prof Kirsty Douglas MBBS Dip RACOG MD FRACGP

President | **Australasian Association of Academic Primary Care**

Professor of General Practice | **Australian National University Medical School**

Director Academic Unit of General Practice | **ACT Health Directorate**

TEACHING AND LEARNING

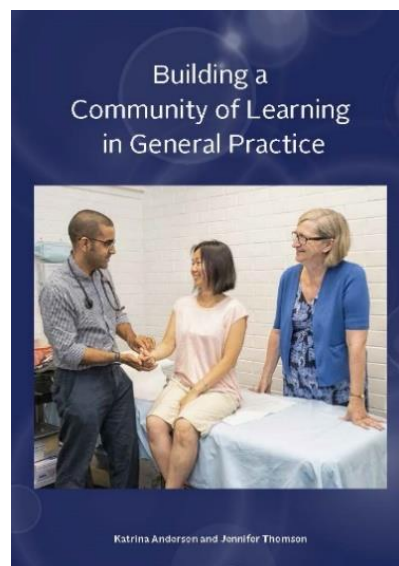
Early in the year A/Professor Jenifer Thomson and I launched our book *“Building a Community of Learning in General Practice”*. The launch was attended by Prof Imogen Mitchell, Director of the ANU Medical School and Prof Nicholas Glasgow.

The purpose of this book is to assist GP supervisors to create a community of learning within their own practices. This guide is not intended to be a comprehensive discussion on GP supervision, although at times the book covers some basic components to assist engagement in multi-level learning. Teaching and supervision can be very onerous, and we hope this book presents concepts and ideas to enhance teaching of students and registrars while making it both practical and feasible. The book is intended to be a practical resource for GP supervisors and any members of a teaching team in a vertically integrated GP teaching practice.

The book contains many practical tips and tools for creating a vertically integrated community of learning in general practice. The practical tips have either been developed by the authors or have been observed by them in use in committed and innovative teaching practices.

For those starting out as a GP supervisor, the book can be read cover to cover as a guide of what to consider when implementing multi-level learning while for those GP supervisors who have already implemented multi-level learning, it is designed so that chapters can be dipped into and tools and suggestions can be used easily on the run.

Free copies of this book are available to all GPs who are involved in teaching ANU Medical Students and Registrars throughout our region. Copies have been sent to all our teaching practices, but if you would like a copy or additional copies, please contact Donna Anthes at donna.antes@anu.edu.au.



Teaching update

Teach the Teacher Workshop

If you're teaching and/or supervising ANU year 3 medical students, come along to our last Teach the Teacher Workshop for 2019. Details: 6pm for 6.30pm, **Wednesday 31 July 2019**, at ANUMS, Building 4 Level 2 Auditorium, Canberra Hospital campus.

The session will hear presentations by Prof Kirsty Douglas looking at insights from exams, where our students struggle and how to help them; and by Dr Leone Harvey-Smith who will discuss expectations around mental health consultations by the end of third year.

Light refreshments will be provided, and RACGP points are available for all those who sign the attendance sheet.

Quality improvement



**your voice
matters!**

As part of our quality improvement processes, teaching practices will have received three years of collated feedback from students' attendance. To obtain a complete and comprehensive picture, it would be appreciated if practices complete a short paper survey focused on how our processes and teaching placements can be improved. Results will help inform us on how to tailor and more proficiently implement the teaching program with practices. The

survey will only take a few minutes to complete.

If you require further information or a copy of the survey please contact Donna Anthes on 02-512 45590 or donna.antes@anu.edu.au.

Katrina

A/Prof Katrina Anderson

Academic Unit of General Practice, ACT Health
Australian National University Medical School
Chair, Canberra Region Medical Education Council

STAFF RECOGNITION

Congratulations go to a small team from the Academic Unit of General Practice, who on 19 May took part in the annual RSPCA Million Paws Walk. Their team, "SupPAWting General Practice", along with their generous donors, raised \$1,811.00 to support the RSPCA and its activities and making them the second best fundraising team in the ACT! It was a lovely sunny day and they had a great time with their team of well-behaved dogs. A big Thank You to all who contributed.



Louise Stone – research paper

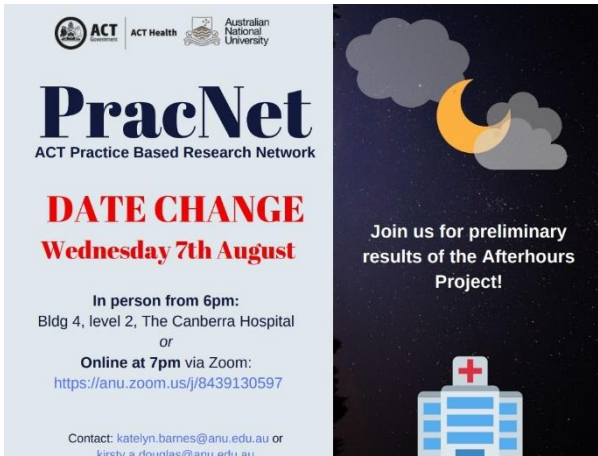


After a long, tenacious, and challenging task A/Prof Louise Stone's research paper on sexual abuse of doctors, "[Sexual assault and harassment of doctors, by doctors: a qualitative study in Medical Education](#)", has finally been published. This makes for a sobering read but an incredibly important one for current and future doctors.

It's been a busy period for Louise with her recent appointment as a Member of the ACT Clinical Leadership Forum (CLF) commencing 1 July 2019.

RESEARCH

AUGP's Senior Research Officer, Dr Katelyn Barnes, has landed and seemingly without taking breath, has mobilised the much awaited **Snapshot of After Hours Care in the ACT** research project. Utilising the skills of some 63 ANU Medical Students, data collection took place over four days in early June at two public ED, three CALMS sites, 27 general practices, and three Walk-In Centres across the ACT. A BIG **THANK YOU** to all who participated! Data entry is complete, and some preliminary findings will be presented at our next **PracNet meeting on Wed 7 August 2019**. Please join us online from 7pm at <https://anu.zoom.us/j/8439130597> ; or come along in person from 6pm for food and a chat at Building 4, level 2, Canberra Hospital.



PracNet
ACT Practice Based Research Network

DATE CHANGE
Wednesday 7th August

In person from 6pm:
Bldg 4, level 2, The Canberra Hospital
or
Online at 7pm via Zoom:
<https://anu.zoom.us/j/8439130597>

Contact: katelyn.barnes@anu.edu.au or
kirsty.a.douglas@anu.edu.au

Join us for preliminary results of the Afterhours Project!



ACT GENERAL PRACTITIONERS
Information we have...

1.83 MILLION GP CONSULTS IN 2017
This included non-referred, out of hospital consultations, within the ACT conducted by only 520 GPs.

ACT GPs HAVE MANY YEARS OF EXPERIENCE
On average, GP's in the ACT have been practising for 24.5 years!

49% OF ACT GPs HAVE OBTAINED GP FELLOWSHIPS
And 12% are currently working towards fellowships specific to General Practice.

BUT WE DON'T KNOW...

How satisfied are GPs in the ACT?
What areas of special interest do ACT GPs work in?
What are the ACT GP's future workforce intentions?
How many GPs are involved in training our future workforce?

HELP US FIND OUT!
GPs: <https://tinyurl.com/AUGP-GPSurvey>
Practice Managers: <https://tinyurl.com/AUGP-ManagerSurvey>

At the same time, AUGP is conducting a **survey** of the **General Practice Workforce in the ACT**. Currently, we know very little about ACT GPs! We would like to understand workforce satisfaction and future intentions, current special interest areas and areas of high patient load; and what a day in the life of a GP in the ACT actually looks like.

We want to attract and retain high quality GPs in the ACT. As such, de-identified and collated data will be used to represent GPs in ACT Health policy discussions, and to help plan for the future of the ACT GP workforce.

Keep an eye out for paper surveys being delivered by members of AUGP and the Capital Health Network's GP Support team. *Note that we only share de-identified, collated data with CHN – your individual data will never be shared without your explicit consent.*

We are collecting data from General Practitioners online at:

<https://tinyurl.com/AUGP-GPSurvey>

We are also collecting data from Practice Managers online at:

<https://tinyurl.com/AUGP-ManagerSurvey>

If you have not completed the survey before, **please take the time!** Your response is **valuable**, and will help better support General Practice in the ACT.

If you have already completed the survey – **THANK-YOU!**

WELCOME



Dr Michelle Barrett has taken over the reins from Dr Marianne Bookallil as GP Advisor, ACT Health Directorate.

This is an important position to have filled by a clinically active GP who assists ACT Health and Canberra Health Service to interface optimally with general practice. This position works closely with the AUGP Director to provide effective, timely advice and briefings to the Director General, Deputy Director Generals, Executive and management on matters related to primary health care services. The part-time role, complementary to the

GP Liaison position currently held by Dr Anne-Marie Svoboda (which focuses on clinical interfaces between GPs and Canberra Hospital and Health Services), will focus on the development and review of policy that effects or interfaces with primary care. It is a key link between ACT Health and the Capital Health Network, and the broader primary health care and GP community.

NEWS IN BRIEF

GPs upskilled in conducting practice-based clinical audit projects

The Capital Health Network (CHN) provided funding for the AUGP to support up to 15 ACT clinical GP supervisors to undertake specialised training in conducting clinical audit projects for quality improvement in the practice. Run by the [Institute for Healthcare Improvement](#), Massachusetts, the training has been very well received by the GP participants. Some of the GP comments include,

- *enjoyed it, thanks – made me enthusiastic*
- *I really enjoyed that course. I'll definitely use it as a resource in the future too.*
- *It took more time than I anticipated but was not at all a [waste] of time ... I am hooked to go back and review some sessions, or do more units.*
- *This course will definitely help me in many other roles I have, not just the CAP project.*
- *I feel more confident now around the table when health is discussed.*

The training included a face-to-face session updating GP skills in data extraction using the PenCat tool. One GP said of the PENCAT training, "it has come a hell of a long way since I last played with it!"

The first cohort of general practitioners commenced their training at the end of 2017 and their now-completed student projects included,

- *Diagnosis and management of osteoporosis – A clinical audit of a Canberra GP clinic*
- *Appropriate use of opioids in chronic back pain management*
- *PPI prescriptions without adequate information: A Clinical audit*
- *Factors influencing HbA1C control in a General Practice population*

The thirteen trained ACT GP student supervisors now have improved skills in clinical audit and quality improvement; have earned themselves RACGP Cat 1 points, and are enjoying working on practice-based projects with third year ANU medical students.

RECENTLY PUBLISHED ARTICLES: JANUARY-JUNE 2019

Haesler E, Swanson T, Ousey K, Carville K. Clinical indicators of wound infection and biofilm: reaching international consensus. *Journal of Wound Care*, 2019 28(Supp3b):s4-s12.

Kottner J, Carville K. **Haesler E**, Cuddigan J. Editorial: Second update of the International Clinical Practice Guideline for the prevention and treatment of pressure ulcers/injuries 2019. *Wounds International*. 10(1): 6-7.

Fetherstonhaugh D, Bauer M, **Haesler E**. Promoting mealtime function in people with dementia: a systematic review of studies undertaken in residential aged care. *International Journal of Nursing Studies*, 2019 Apr 17. pii: S0020-7489(19)30101-4. doi: 10.1016/j.ijnurstu.2019.04.005.

Haesler E. Evidence Summary: Venous leg ulcers: Compression with short stretch (inelastic) bandages. *W P & R Journal* 2019; 27(2):134-136.

Haesler E. Evidence Summary: Venous leg ulcers: Multi-layer compression bandaging. *W P & R Journal* 2019; 27(1):49-51.

Haesler E. Evidence Summary: Venous leg ulcers: Electric stimulation therapy. *W P & R Journal* 2019; 27(1):52-54.

Barnes K, Ball L., Galvao D, Newton R, Chambers SK, Harrison C. Physical activity counselling and referrals by General Practitioners for prostate cancer survivors in Australia. *Australian Journal of Primary Health*. (Accepted: February, 2019) **25, 152-156**

Barnes K, Beach B, Ball L, Desbrow B. Clients expect nutrition care to be provided by personal trainers in Australia. *Nutrition and Dietetics*. 17 May 2019. doi.org/10.1111-1747-0080.12545

Burns P, Douglas K, Hu W. Primary care in disasters: opportunity to address a hidden burden of health care. *Medical Journal of Australia*. 15 April 2019; 210(7): doi:10.5694/mja2.50067

Dick ML, Henderson M, Wei Y, King D, **Anderson K**, Thistlethwaite J. A systematic review of the approaches to multilevel learning in the general practice context, using a realist synthesis approach: BEME Guide No. 55. *Medical Teacher*. 2019

Haesler E, Swanson. T., Ousey K, Carville K. Clinical indicators of wound infection and biofilm: reaching international consensus. *Journal of Wound Care*, 2019 28(Supp3b):s4-s12.

Barnes K. Caffeine content of Pre-workout supplements in Australia. *Professionals in Nutrition and Exercise Science*, 28/02/2019.

Kottner J, Cuddigan J, Carville K, Blazer K, Berlowitz D, Law S, Litchford M, Mitchell P, Moore Z, Pittman J, Sigauco-Roussel D, Chang Y-Y, **Haesler E**. Prevention and treatment of pressure ulcers/injuries: The protocol for the second update of the international Clinical Practice Guideline 2019. *Journal of Tissue Viability*. doi.org/10.106/j.jtv.2019.01.001

Liu W, Forbat L, **Anderson K**. Death of a close friend: Short and long-term impacts on physical, psychological and social well-being. *PLoS ONE* (2019). 14(5): e0218026.

Stone L, Phillips C, Douglas K. Sexual assault and harassment of doctors, by doctors: a qualitative study. *Wiley Online*. 29 May 2019 doi.org/10.1111/medu.13912

Wearne S, Parker J, Magin PJ, Spike NA. Preparation for general practice vocational training: time for a rethink. Changes may be needed to facilitate GP registrars' transition into general practice. *Medical Journal of Australia* 2018. 209 (2). doi: 10.5694/mja17.00379, published online 5 March 2018

Wearne S, Brown J, Kirby C, Snadden D. International medical graduates and general practice training: how GP educators facilitate the transition from new migrant to local family doctor. *Medical Teacher* (2019). Published online 19 June 2019. doi.org/10.1080/0142159X2019.1616681

Willers J, **Haesler E**, Mildon G, Bull K. ADAMGel (aqueous dietary fibre antifreeze mix gel) made easy. *Anaesthesia* (2018). 73(4):181.

Williams L, **Barnes K.**, Ball L, Ross L, Sladdin I, Mitchell L. How effective are dietitians at managing weight? A systematic review and meta-analysis of RCTs. *Healthcare* (2019). 7(1): 20.

AUGP Conference Presentations

Anderson K. (2019). It isn't about knowledge – it is about relationship! Developing the teaching and mentoring skills of the health professional educator through experiential and reflective activities. *ANZAHPE - Association of Health Professional Education Conference Education*. National Convention Centre Canberra. 1-4 July 2019.

Vinjerui K, **Douglas K**, Sund ER. (2019). Social differences in multimorbidity with frailty in a general population. *21st Nordic Congress of General Practice 2019*. Aalborg, Denmark 2019.

Hu W, Chipchase L, Johnston K, **Anderson K**, Rudland J. (2019). Thrown in the Deep End: From clinician to educator. Plenary presentation. *ANZAHPE - Association of Health Professional Education Conference*. National Convention Centre, Canberra. 1-4 July 2019.

Poster Presentations

Anderson K, Beckman, B. (2019). Connecting clinical educators to the university environment through Associate Fellowship of the Higher Education Academy. *ANZAHPE - Association of Health Professional Education Conference*. National convention Centre Canberra ACT 1-4 July 2019.

Anderson K, Thomson, J. (2019). Building a community of learning in general practice. *ANZAHPE - Association of Health Professional Education Conference*. National Convention Centre Canberra ACT 1-4 July 2019.

Anderson K, Thomson, J. **Haesler E.** (2019). The Healer's Art: awakening the heart in medicine for both students and mentors. *ANZAHPE - Association of Health Professional Education Conference*. National Convention Centre Canberra 1-4 July 2019.

Douglas KA, **Barnes KA**, **Ceramidas D**, **Agostino J.** (2019) A description of Afterhours Health Care in the ACT; Who, what for, and why do patients seek care in the afterhours? *AAAPC Annual Research Conference*. Adelaide, South Australia. 13-14 July 2019.

Media

Douglas K. (2019). The Change Program. ABC Weekend Breakfast Television. D. Bourchier and J. Nicholson. ABC Northbourne studio. Saturday 12 January 2019.

Douglas K. (2019) The Afterhours Primary Care Research Study – Radio interview 1053 2CA Mark McCredie. Friday 31 May.