

# Alfred Health GP News

**Welcome to the July edition of Alfred  
Health GP news.**

**We welcome your feedback and suggestions.**

**Contact us for any queries**

**on 9076 2620, or email us at [gp.liaison@alfred.org.au](mailto:gp.liaison@alfred.org.au).**

## **Irritable bowel syndrome workshop for GPs \*CHANGE OF DATE\***

The Alfred Gastroenterology department and Monash University are conducting a workshop "Demystifying the diagnosis and management of irritable bowel syndrome" to be held in the AMREP centre at The Alfred on **Saturday Sept 16<sup>th</sup> 9am-5pm**. The workshop has been accredited for 40 Category 1 QI/CPD points with the RACGP.

GPs are warmly invited to attend. Further details including how to register can be found [here](#).

## **Save the date – Chronic pain management GP symposium**

The Acute Pain service at Alfred Health are holding a GP symposium "Agendas surrounding the management of chronic pain in the community" on **Saturday 2nd September from 8am-3:30pm**. This event will host a variety of speakers discussing pain management for different conditions and patient groups.

Further details will be available shortly, but to register your interest please email us at [gagpliaison@alfred.org.au](mailto:gagpliaison@alfred.org.au).

## **GEM at Home**

GEM (Geriatric Evaluation and Management) at Home is an inpatient substitution program that provides home-based assessment and treatment using a multi-disciplinary team. The program aims to reduce time spent in hospital or prevent a hospital admission.

GEM at Home provides:

- 7 days a week service with daily visits from 1 or more clinicians
- Visits conducted between 9am to 2.30pm
- 24-hour telephone clinical support
- Multi-disciplinary team management including medical (geriatrician and registrar), nursing, pharmacy, physiotherapy, occupational therapy, nutrition, speech pathology, and social work.

On average, the program runs for about 2-3 weeks, depending on patient needs. Referrals are accepted for patients from Caulfield, Alfred & Sandringham hospitals, other hospitals, and the community via ACAS, HARP, MATS, GPs and other services. Response time is usually 1-2 days.

Criteria for admission:

- Achievable goals from any discipline within the time frame.
- Consent from patients
- Reside within the Alfred Health catchment area, being people in local government areas of Bayside, Stonnington, Glen Eira, Kingston, Port Phillip and Melbourne.
- Home environment suitable for patients and visiting staff.

Limitations:

- There are certain services that cannot run concurrently with GEM at Home because we are an inpatient substitution e.g. Post-Acute Care, RDNS. If you are unsure, please call GEM at Home to discuss the referral.
- At this time, GEM at Home is unable to provide additional personal care assistance or home services.

Common patient types:

- High risk of hospital admission due to medical instability eg. CCF, COPD, pain
- Infections requiring IV antibiotics (limited to daily administration)
- Functional decline
- Falls and mobility impairment.
- Polypharmacy and medication management issues
- Cognitive impairment

**How to refer:** Please complete and fax the referral form which can be found on the [Alfred Health website – GEM at Home page](#) to 9087 4825. Once the referral is received, we will contact you to discuss further. If you have any questions, please feel free to contact us on 0439 526 869 between 8am-4pm.

### **The hospital admission risk program at Alfred Health (HARP)**

HARP services have been part of most major acute health services since the early 2000's, focussing on improving the well-being of people with complex and chronic health and psychosocial conditions.

Over the last year Alfred Health undertook a review and redesign of its HARP service. At the Alfred HARP cares for over 500 patients. Our team is multidisciplinary, and comprised of allied health, social workers, medical staff, and nurses. Some of the services offered by Alfred Health HARP are:

Complex Care Medical Clinics which operate weekly, across four sites (the Alfred, Caulfield Hospital, Sandringham Hospital, and Star Health at South Melbourne). Patients are reviewed in the clinics by General Medicine Physicians, Pharmacists, and Complex Care Nurses. GPs are provided with information about their patients and are encouraged to collaborate in plans of care.

Rapid Response Outreach to the frail elderly in Residential Care is provided 7 days per week. This service, called MATS (Mobile Assessment and Treatment Service) operates from 8 a.m. to 8 p.m. weekdays, and from 11 a.m. to 7.30 p.m. on weekends. MATS provides 24/7 on-call advice which is well-utilized by Residential Facilities' staff.

Pulmonary Rehabilitation is delivered from the Alfred and Caulfield Hospitals. This eight-week program is run by a multidisciplinary team and is structured to provide evidence based education modules, exercise, and peer support. The Exercise Rehabilitation component can be undertaken in a clinic setting, or in the patient's own home if preferred. Our rapid response nurses and medical registrar provide outreach visits in response to actual or potential patient deterioration also.

Case management is central to the HARP model of care. Experienced case managers work with their clients in a collaborative approach, with primary care providers, other community based services and organizations as well as acute and sub-acute services. Dealing with a wide range of issues including housing, drug and alcohol, clinical chronicity and complexity, the integrated HARP model aims to improve self-management and stabilise health and psychosocial conditions in the community setting.

**To refer to HARP please call 907 66773.**

### **GPs are invited to attend Grand Rounds at The Alfred**

The Alfred Hospital Grand Round is the premier weekly event on campus where physicians, surgeons, radiologists, pathologists, anaesthetists, researchers, Alfred Health registrars and other trainees enjoy a convivial and educational atmosphere with a broad cross-section of their colleagues. GPs are warmly invited to attend.

The Alfred Grand Rounds are held **each Thursday in the AMREP seminar room, from 12.30 – 1.30pm**. Lunch is provided from 12pm. Each session begins with a 5-minute clinical vignette for discussion, followed by the main presentation of 45 minutes' duration, with time for questions.

The program includes speakers from most disciplines, including medicine, surgery, anaesthesia, trauma and the on-site research institutes.

Upcoming Grand Rounds are:

Thursday 20 <sup>th</sup> July	Clinical haematology – multiple myeloma
Thursday 27 <sup>th</sup> July	Anaesthesia
Thursday 3 <sup>rd</sup> August	Cardiology
Thursday 10 <sup>th</sup> August	Trauma

For further information or to receive details of each week's Grand Round by email, please contact Priyanka Chahal on 9903 0198, or email [P.Chahal@alfred.org.au](mailto:P.Chahal@alfred.org.au).

## GP Liaison at Alfred Health – we're here to help!



Our GP Liaison team – Dr Josie Samers and Tracey O’Connell – are here to assist you in navigating Alfred Health. Whether it’s a missing discharge summary, assistance with getting an outpatient appointment or suggestions on how we can do things better, we are here to help. Our office is attended on Mondays, Tuesdays and Fridays; phone 9076 2620 or email us [gp.liaison@alfred.org.au](mailto:gp.liaison@alfred.org.au).



*If you do not wish to receive this newsletter please email us at [gp.liaison@alfred.org.au](mailto:gp.liaison@alfred.org.au).*