

## Alfred Health GP News

**Welcome to the August 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).**

### **Rapid Access Endoscopy (RACE) clinic at The Alfred**

Due to increasing demand on The Alfred Endoscopy service, and to ensure patients are receiving timely and appropriate care, the Rapid Access Endoscopy Clinic (RACE) has been established. When patients are referred for endoscopy, most will receive an appointment in the RACE clinic for assessment prior to their procedure if appropriate. The RACE clinic is MBS billed; please address your completed [referral form](#) to the Head of Endoscopy, Assoc. Prof Gregor Brown. Referrals should be faxed to 9076 0393.

Further information regarding endoscopy at The Alfred including referral guidelines can be found [here](#).

### **Improving medication list accuracy in discharge summaries**

Medication safety and clinical handover at discharge are key priorities at Alfred Health. An audit of medication lists in discharge summaries in 2013 showed that 82% of discharge summaries included a medication list, and only 38% of these were complete and accurate.

As part of ongoing work to improve quality and timeliness of discharge communication, the medication list in the patient's discharge summary is now completed by the ward pharmacist, which has markedly improved completion rates and accuracy. The new medication management section also includes medications on discharge; whether medications are new, changed or need to be reviewed; medications ceased during the patient's admission, and reasons for the changes. Further projects underway to improve medication safety at discharge include interim drug charts for patients discharged to residential aged care facilities.

## **New Cerebellar Ataxia clinic at Caulfield**

Dr David Szmulewicz, Neurologist and Neuro-otologist, has commenced consulting at the newly established Cerebellar Ataxia clinic at Caulfield Hospital. Currently the clinic runs monthly on a Friday morning, with a view to increasing the frequency as demand increases.

The clinic provides assessment, diagnosis and management of patients with the wide range of conditions that cause cerebellar ataxia, and the ongoing care of those who have already have a diagnosis.

Dr Szmulewicz, Head of the Eye and Ear Hospital's Balance Disorder and Ataxia Service, is joined by Simon Mathieson, neurological physiotherapist and Community Rehabilitation Program Manager at Caulfield Hospital. A patient support volunteer from the Spino-Cerebellar Ataxia Association Australia (SCAA), a support group that aims to assist people with ataxia through meetings, events and information, will also be available during clinics.

In addition to the provision of assessment and ongoing management services, the clinic will have a research focus, broadly aimed at improving the assessment and management of cerebellar disease. Several research projects are currently in progress. For more information, click [here](#) or call 9076 6800. To refer a patient to the Cerebellar Ataxia clinic, please address referrals to Dr David Szmulewicz, and fax your referral to 9076 6435.

## **Bony matters – appropriate use of CAM walkers.**

CAM walkers ('moon boots') are used for foot and ankle injuries where weight bearing is permitted. It is important to note that CAM walkers should not be used where management necessitates the patient to be strictly non-weight bearing. They should not be used as an alternative to plaster in conditions which should be managed with non-weight bearing.

CAM walkers are indicated for patients with the following conditions who are permitted and safe to weight-bear:

- Grade 2/3 lateral ligament ankle sprains;
- Stable, un-displaced lateral malleolus (Weber A) fractures with <1mm displacement and no contralateral tenderness of the medial side;
- Minor avulsion fractures of the talus or navicular;
- Stable, un-displaced fractures of the base of 5th metatarsal (does not include Jones fractures or fractures extending into shaft of 5th metatarsal);
- Stress fractures (un-displaced fracture) of the metatarsals;
- Undisplaced fractures of the great (big) toe.

CAM walkers are contra-indicated in the following conditions:

- Lower limb injuries that require non-weight bearing e.g. Weber B / Weber C fractures, 1st-4th metatarsal shaft fractures, and midfoot fractures (navicular, cunieform, cuboid, Lisfranc).
- 2nd-5th toe fractures.

### **New Nurse Practitioner in Alfred Health MATS.**

Alfred Health Mobile Assessment and Treatment Service (MATS) provides a medical and nursing outreach service to aged clients in the community and Residential Aged Care Facilities.

MATS have recently appointed an Aged Care Nurse Practitioner, Stacey Palfreyman. Stacey's appointment creates an exciting expansion to the MATS service.

The Aged Care Nurse Practitioner has undertaken extensive additional tertiary training and education. Stacey works in a collaborative model of care with the MATS nursing and medical team, and can legally diagnose, prescribe and treat patients within our MATS model of care. Care provided by the Aged Care Nurse Practitioner will be communicated with you as is our normal practice in MATS, inclusive of discussing with you a patient treatment plan as appropriate and the provision of a discharge summary at the close of treatment.

If you would like further information relating to our Nurse Practitioner, please do not hesitate to contact Stacey on 1800 007 656.

### **Sugary drinks trial results in healthier choices.**

Alfred Health has conducted a series of world-first trials to reduce sales of sugary drinks in our cafes and retail outlets. With the assistance of our on-site retailers, sugary drinks were removed from display in our cafés while healthier choices were prominently displayed, and the cost of sugary drinks was increased by 20% in vending machines and our convenience store. The impressive results show staff and visitors at The Alfred are continuing to buy drinks at the same rate but are making healthier drink choices - the trial resulted in sugar-sweetened beverage sales falling by 36,500 drinks each year.

For more information, see the flyer attached to this email.

### **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).



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