

## 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).**

### **The new Alfred Health website has been launched!**

Alfred Health have renovated their website, designed for easier accessibility for patients and health professionals. The website can be found at [www.alfredhealth.org.au](http://www.alfredhealth.org.au), and click [here](#) to access the 'For GPs' webpage. We would be very grateful for your feedback and any suggestions about the website – please email any comments to [gp.liaison@alfred.org.au](mailto:gp.liaison@alfred.org.au).

### **MBS-billed clinics at Alfred Health**

A number of outpatient clinics at Alfred Health are MBS-billed services.

On the doctor's behalf, The Alfred will bulk bill the cost of the consultation through Medicare. There is no out of pocket expense to the patient.

MBS-billed services require a current referral – please provide a 12 month referral to see the specialist of your choice at the requested clinic.

It is a Medicare requirement that referrals must be addressed to a nominated specialist. To assist you in providing referrals to a named specialist, you can access a complete list of specialists attending Specialist Consulting clinics and the Heads of Unit [here](#). Please note, from time to time, your patient may be seen by another specialist in that clinic, in order to expedite their treatment.

### **Bariatric service at The Alfred Health**

Alfred Health has introduced a Health Improvement and Weight Management Program for patients to complete prior to receiving an outpatient appointment in the Bariatric Surgery Clinic. Patients will receive an invitation to participate in the program within 6 months of being referred to the service.

The aim of the Health Improvement and Weight Management Program is to support patients to lead a healthy lifestyle and improve their wellbeing. If patients do proceed to undergo bariatric surgery, the aim is to reduce surgical risk by improving general health.

The program includes a number of steps the patient is required to complete, and it is compulsory to complete all steps prior to receiving an outpatient appointment.

On completion of the program, an outpatient appointment is scheduled in the Bariatric Surgery multidisciplinary clinic where patients are assessed by a specialist bariatric consultant, and if required a Respiratory and/or General physician specialising in management of obesity.

### ***Which patients are suitable?***

In accordance with the Department of Health and Human Services Framework for Bariatric Surgery, candidates for the program should:

· Have a BMI >40; or BMI>35 with two or more significant obesity related co-morbidities, such as:

- \* Hypertension requiring medication
- \* Type 2 diabetes mellitus
- \* Obstructive sleep apnoea
- \* Pulmonary hypertension
- \* Obesity hypoventilation syndrome
- \* Non-alcoholic steatohepatitis (fatty liver)
- \* Dyslipidaemia
  - Be aged between 18 and 65 years;
  - Have attempted but failed to achieve or maintain clinically beneficial weight loss using non-surgical measures.

### ***How do I make a referral?***

1. Complete a patient referral and [Bariatric Clinic Screening Assessment form](#). Please note referrals will not be accepted if the completed assessment form is not included.
2. Fax the referral and completed assessment forms to 9076 0113.

### ***What happens if the referral is accepted?***

- Patients will be required to complete a Bariatric Health questionnaire which will be sent on acceptance of referral.
- Patients are required to attend an information session (1.5 hours duration) to learn more about obesity and the available treatment options.
- Patients are required to actively participate in an 8 week online Health Improvement and Weight Management program.

On completion of these requirements, patients will then receive an appointment to attend the multidisciplinary Bariatric Surgery clinic and discuss the options for management.

Please note: Alfred Health does not provide a non-surgical weight management clinic.

### **Breaststroke after hip replacement**

Associate Professor Sue Liew, the Director of Orthopaedic Surgery, is conducting a small research project with Howard Stringer, a 4th year Medical student on an elective placement at The Alfred from the University of Birmingham, UK. The project is looking into advice given to patients regarding swimming breaststroke after a hip replacement.

A similar study was conducted in the UK and this project aims to explore this in Australia. The data collected during this study will be used to help us understand and gain an accurate picture of advice being given. It will also be used to compare UK and Australian advice to patients following Total Hip Replacements. This study has gained Ethical Approval from the Alfred Hospital Ethics Committee.

It would be gratefully appreciated if you could please spare a few seconds to answer 4 very short multiple choice questions to assist us via [SurveyMonkey](#). We have also asked surgeons, physiotherapists and patients.

When the data is evaluated we will be able to send you the outcomes from our small research project if you are interested. Please send a brief email to [HJS282@bham.ac.uk](mailto:HJS282@bham.ac.uk) with your preferred email address if you would like to receive the written results of this study. For any questions, please contact Assoc Prof Liew at [s.liew@alfred.org.au](mailto:s.liew@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).



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