

# Alfred Health GP News

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

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

## **Women's Heart Clinic at The Alfred**

Heart disease is the number one killer of Australian women, is under recognised, and under treated. Emerging research is providing us with the knowledge to intervene and change the natural history of heart disease in women. From patients with complicated pregnancies, to low oestrogen states, we now have some insight into which women are more likely to develop heart disease and can intervene sooner. Similarly, we're learning more about women with chest pain and shortness of breath. They are too often not diagnosed with the disease that will ultimately kill them.

The Alfred Women's Heart Clinic offers a streamlined service to assist timely diagnosis and specialist management of cardiac conditions more frequently seen in women while promoting healthy lifestyle and the prevention of heart disease for all Australian women.



*Cardiologist:  
Dr Monique Watts*

### Conditions managed by the clinic include:

- Peripartum Cardiomyopathy
- Heart Failure
- Spontaneous Coronary Artery Dissection (SCAD)
- Myocardial Infarction with Non-Obstructive Coronary Disease (MINOCA)
- Microvascular Angina Pectoris
- Cardiovascular risk & complications arising from Polycystic Ovarian Syndrome (PCOS)
- Cardiovascular risk in mothers who have had complicated pregnancies (pre-eclampsia, hypertension, pre-term delivery and small for gestational age babies)

Clinic Time: Tuesday afternoon

### **To refer to the clinic:**

Fax referral to: 03 9076 2461

Email referral [H.Centre@alfred.org.au](mailto:H.Centre@alfred.org.au)

Or go to [The Alfred Cardiology](#) webpage

**The Alfred Pain Symposium – Opioids Friends or Foe**

The Department of Anaesthesia and Perioperative Medicine at Alfred Health are holding a GP symposium “*Opioids Friends or Foe: Updates on the clinical conundrum*” on **Saturday 27<sup>th</sup> October from 8am-4:00pm**. The symposium will be held at Monash University Central Clinical School, The Alfred Centre.

40 Category 1 CME points have been approved for this event by the RACGP. Morning tea and lunch provided.

For further details and to register please follow link <https://painmedicine.org.au/>

**The CCHS Type 2 Diabetes Service to continue supporting adults with type 2 diabetes**

Following the successful completion of a SEMPHN funded pilot project, Caulfield Community Health Service (CCHS) is able to provide an ongoing service to support adults living with type 2 diabetes in the community.

The project established a new model of care with integrated care pathways to increase access to inter-disciplinary primary care services and optimise the ability and confidence of clients to self-manage their type 2 diabetes.

The [CCHS Type 2 Diabetes Service](#) provides an initial inter-disciplinary assessment with a diabetes nurse educator (DNE), dietitian and exercise physiologist including development of coordinated care plans to help clients achieve health and diabetes related management aims. Ongoing reviews with the inter-disciplinary team, and referrals to other allied health services are provided based on client's needs. An annual review with the DNE is also offered to all clients who attend the service.

Attendance does not contribute towards the 5 allied health sessions available through the EPC program.

**Who can I refer?**

Referrals are accepted for people over the age of 18 years with type 2 diabetes who:

- Are newly diagnosed or have long-term type 2 diabetes
- Are needing to start a new diabetes medication including insulin or other injectable medication
- Recently started on any new diabetes medication

**and** live in the City of Glen Eira, City of Stonnington, City of Port Phillip or City of Bayside (North of South Rd).

**How can I refer?**

Fax referrals to Caulfield Access on 9076 6773. Self-referrals are welcome.

For referral enquiries call Caulfield Access on 9076 6776.

**Is there a fee?**

Standard fees for service are income tested (\$10.50 per visit including the initial assessment for low income earners, pensioners or health care card holders (\$15.50 for medium income earners).

No one will be disadvantaged by an inability to pay.

**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 23 <sup>rd</sup> August AMREP seminar room, Alfred Hospital from 12.30 – 1.30pm	<b>“A Blistering and Pustular Affair: Dermatology Quiz”</b> Presented by Dr Eleni Anthony from the Dermatology Unit.
Thursday 30 <sup>th</sup> August	Renal Unit – Prof Rowan Walker
Thursday 6 <sup>th</sup> September	Addiction Medicine – Dr Benny Monheit
Thursday 13 <sup>th</sup> September	General Medicine – A/Prof Harvey Newnham

**Please note, the scheduled topics for the Grand Rounds may change.**

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 Service at Alfred Health – we’re here to help!**



Our GP Liaison team –Tracey O’Connell, Amelia Matlock, Dr Josie Samers and Lucy Bassett – 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 from Monday to Friday; phone 9076 2620 or email us [gp.liaison@alfred.org.au](mailto:gp.liaison@alfred.org.au). We welcome your suggestions and feedback.

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