

## Alfred Health GP News

### Welcome to the October 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)

#### **New contact details for the Hospital Admission Risk program (HARP)**

HARP now has a single phone number that can be used to contact the service. If you wish to speak with HARP staff at either Alfred, Caulfield and Sandringham **please call 9076 6700.**

HARP services include:

- Complex disease management
- Pulmonary rehabilitation and respiratory service
- Mobile Assessment and Treatment Service (MATS)
- Case management
- Coaching for heart health (COACH over the phone service)

To make a referral to HARP please call the Caulfield Access Unit on extension 9076 6776, or fax your referral to 9076 6773.

For more information about the Hospital Admission Risk program, please see our [website](#).

#### **New Type 2 Diabetes Community Service**

Caulfield Community Health Service (CCHS) has a new service to help adults with Type 2 Diabetes to self-manage their condition.

The multidisciplinary team includes:

- A diabetes nurse educator

- A dietitian
- An individualised or group exercise program led by an accredited exercise physiologist
- A group diabetes education program
- Self-management goal setting and care planning with regular reviews
- Referrals to other CCHS allied health services as needed

***Who can I refer?***

Patients over the age of 18 years residing within the Alfred and SEMPHN catchment areas who are:

- Newly diagnosed with type 2 diabetes
- Have long-term type 2 diabetes
- Recently started or needing to start a new diabetes medication including insulin or other injectable medication
- Wanting to learn more about type 2 diabetes and its management

Benefits for patients include:

- A better understanding of what type 2 diabetes is and how to monitor it
- Learning what to do if their blood glucose levels are higher or lower than they want
- A better understanding of their medications
- Making healthier lifestyle choices to improve overall health and wellbeing
- Learning how to reduce the risks of developing diabetes complications
- Feeling more confident in managing their diabetes

***How can I refer?***

Please fax a GP referral to Caulfield Access Unit on 9076 6773.

***Is there a fee?***

There is a small fee for patients to access this service. Contact Caulfield Access on 9076 6776 for fee information.

The CCHS Type 2 Diabetes Service is supported by funding from the Australian Government under the South Eastern Melbourne PHN.

**New melanoma detection guidelines**

Experts from the Victorian Melanoma Service at The Alfred have recommended new melanoma detection guidelines that could prevent more people dying from the deadly skin cancer.

In a study published in the Medical Journal of Australia, a Cancer Council working group found expanding existing diagnostic guidelines could enable more early diagnosis – which remains critical to reducing the risk of death from cutaneous melanomas.

Lead author of the study, Dr Victoria Mar from the Victorian Melanoma Service, said the current guidelines assisted health practitioners to identify melanomas using the ABCD method – asymmetry, border irregularity, colour variegation and diameter greater than 6mm.

However, she said some melanomas were difficult to identify using this method and adding EFG – elevated, firm and growing – could help health practitioners diagnose more melanomas in time for more effective treatment.

“Because thick, life-threatening melanomas may lack the more classical ABCD features of melanoma, a thorough history of the lesion with regard to change in morphology and growth over time is essential,” Dr Mar said.

“Any lesion that is changing in morphology or growing over a period of more than one month should be excised or referred for prompt expert opinion. Any lesion that is elevated, firm and growing over a period of more than one month should raise suspicion for melanoma.”

“Melanoma remains the most common cancer in young Australians (aged 15-39) and kills five people across the country every day,” Dr Mar said.

“The best defense is prevention but failing that, early detection of melanoma is crucial for effective treatment.”

The Cancer Council working group included specialists from the Victorian Melanoma Service at The Alfred, Monash University Department of Public Health and Preventive Medicine, Peter MacCallum Cancer Centre, the Melanoma Institute Australia and the University of Sydney.

You can read the full guidelines [here](#).

### **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 19th October | David Ruschena from Legal Counsel: Best interests, futility and the right to make really dumb decisions |
| Thursday 26th October | Alfred Week                                                                                             |
| Thursday 2nd November | Biochemistry                                                                                            |
| Thursday 9th November | Respiratory Medicine                                                                                    |

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).



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