

Alfred Health GP News

Welcome to the September 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

New Type 2 Diabetes Community Service

Caulfield Community Health Service (CCHS) has a new specialised service to help adults with Type 2 Diabetes to self-manage their condition. The diabetes service offers patients access to a diabetes nurse educator, a dietitian and an accredited exercise physiologist. Referrals to other CCHS allied health services such as podiatry are available. Self-management goal setting and care planning with regular reviews is provided. Eligible patients include:

- people over the age of 18 years residing within the Alfred and SEMPHN catchment area
- newly diagnosed with type 2 diabetes,
- have long-term stable and uncomplicated type 2 diabetes,
- are needing to start a new diabetes medication including insulin or other injectable medication or
- have recently started on any new diabetes medication.

Referrals can be faxed to Caulfield Access on 9076 6773. For clinic enquiries please contact Lynette Schroen, CCHS Diabetes Nurse Educator (Mon, Wed, Thurs) on 9076 6666 or email l.schroen@cgmc.org.au.

Mycobacterium chimaera and patients having had cardio-pulmonary bypass surgery

The Alfred have contacted patients who have had cardio-pulmonary bypass surgery involving or exposure to a heater-cooler unit (HCU) at The Alfred between 2011 and 2016. This is to advise them that there is a small risk of infection due to Mycobacterium chimaera that has been linked to a world-wide contamination of a particular model of heater-cooler unit.

There have been six cases reported in Australia to-date. As only a small number of cases have been identified globally, the risk to individual patients of NTM infections is thought to be very low.

We have advised patients to contact The Alfred if they have symptoms suggestive of infection. Infection with non-tuberculous mycobacteria should be considered in patients with surgical site infection or unexplained febrile illnesses who have had cardio-pulmonary bypass surgery. Infections have presented up to five years after surgery.

In some cases, infection with *Mycobacterium chimaera* has been disseminated. In these cases, presenting syndromes have included fever of unknown origin, splenomegaly, arthritis, osteomyelitis, bone marrow involvement with cytopenia, chorioretinitis, cerebral vasculitis, pneumonitis, myocarditis, hepatitis, and nephritis. Some patients have been misdiagnosed as having sarcoidosis or other granulomatous disease.

The diagnosis of NTM infections requires specialised microbiological techniques, including mycobacterial blood cultures, imaging of prosthetic material and other regions as indicated clinically and biopsies of potential sites of infection. The following resources available for patients and general practitioners:

[GP information - Mycobacterium infections associated with heater-cooler units](#)

[Patient information - infection risk - cardiac surgery and mycobacteria](#)

Please contact the Infectious Diseases registrar on-call at The Alfred on 03 9076 2000 if you suspect infection in your patient, or if you have any questions. An information line for patients has been established at The Alfred on 03 9076 2820.

MATS (Mobile Assessment & Treatment Service)

Mobile Assessment & Treatment Service (MATS) provides older people in the community with acute treatment in their home environment, nursing home and/or hostel, as an alternative to hospitalisation.

If necessary, MATS can also facilitate direct admission to hospital where appropriate.

We also have an interest in Advanced Care Planning and are happy to support GP's and RACF staff in this process.

The service is able to respond to a referral rapidly, and seeks to find appropriate methods of managing older people in the community in consultation with the patient's GP.

GPs and practices wanting to know more about MATS can contact MATS Team Lead Georgina Calder via Mob: 0429 358 722.

To refer a patient to MATS please phone: 9076 2656 or 1800 007 656.

Irritable bowel syndrome workshop for GPs

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 16th 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](#).

Health Care in a Person-Centred Era: Communicating to Improve

Outcomes

The Alfred Health General Medicine unit and the Monash University Centre of Research Excellence in Patient Safety invite GPs to join a group of transformational speakers, facilitators and local consumers to discuss the impact, evidence, strategies and practicalities of providing person-centred care. You will leave with a toolkit to use in your practice and a new network of health professionals committed to improving patient care through better engagement and communication.

The event will be held on Friday, 22nd September from 9am to 4.30pm in the AMREP Lecture Theatre at The Alfred. The cost is \$250 and includes lunch, morning and afternoon tea. You can register and pay by credit card [here](#). Enquiries Melissa.gillespie@monash.edu or phone 9903 0891.

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 December from 8am-5:00pm**. The symposium will be held at The Alfred, Commercial Rd Prahran. Topics include multidisciplinary management of back pain, weaning patients off complex multimodal analgesics, and managing opioids in the community.

RACGP accreditation for 40 Category 1 CME points are being sought. The cost is \$180 and includes morning tea and lunch. Further details will be available shortly, but to register your interest please email us at gp.liaison@alfred.org.au

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 14 th September	Recurrence of symptoms of autoimmune encephalitis in the post-partum: What is the difference between functional and organic brain disorders in the 21st century? by Dr Carolyn Breadon from Psychiatry unit
Thursday 21 st September	General Medicine
Thursday 28 th September	Dermatology
Thursday 5 th October	Cases by Clinical Review

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.

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.



If you do not wish to receive this newsletter please email us at gp.liaison@alfred.org.au.