

Welcome to the November edition of Alfred Health GP news

Contact us for any queries on 9076 2620, or email us at gp.liaison@alfred.org.au

The Alfred GP Oncology education evening

GPs are warmly invited to attend a free GP oncology education event to be held on Thursday the 5th of December.

The evening will focus on common cancer management issues, including the role of radiation therapy in everyday general practice, and conclude with a tour of the department.

The aim of the GP Education Evening is to demystify radiation therapy and provide useful information to GP's on common scenarios that they may encounter. Unfortunately, while 1 in 2 cancer patients would benefit from radiation therapy treatment, only 1 in 3 patients will actually access it.

When: Thursday 5th December, 5:45pm registration for 6:15pm start

Cost: FREE. Food and beverages will be provided.

Location: The Alfred - Radiation Oncology (South Block), 55 Commercial Rd, Melbourne VIC 3004

RSVP: Please email info2@alfred.org.au by Thursday 14th of November

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

Top tips – demonstrating correct nasal spray use

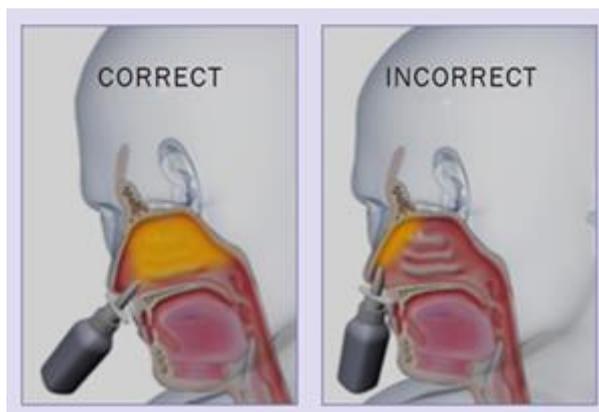
This month's practice tip is from A/Prof Mark Hew, Head of Allergy, Asthma and Clinical Immunology Service.



“Patients often use nasal sprays incorrectly, whether intranasal steroids, antihistamines or saline. (Incidentally, I *never* advise patients to use nasal decongestants, which all too often cause rhinitis medicamentosa.) ”

“I find the following instructions useful when educating patients on proper technique:

- Prime each new bottle once only (with one or two sprays until you see a fine mist)
- Tilt your head forward (like you're reading a book)
- Use the left hand to insert nozzle into the right nostril (and vice versa)
- Don't aim up the nose. Instead, aim slightly outwards and towards the back of the head (while indicating the mastoid process)
- Do not sniff in hard while spraying."



New phone-first service for STI screening at Melbourne Sexual Health Centre

From December 2019, Melbourne Sexual Health Centre will introduce a 'phone-first' service for asymptomatic individuals wanting screening for STIs. **Time the Test** will help your patients avoid lengthy waits, and help the centre to maintain timely access for those needing more urgent support.

- Those **without symptoms** should make a Time to Test by contacting the centre on 03 9341 6200.
- Those **with symptoms** of an STI – such as genital discharge, rash or pain when going to the toilet – should continue to walk in and wait.

GPs play an important role in maintaining the sexual health of our community. Most practices can offer STI testing. If you would like to know more – or need a little guidance – speak with a sexual health specialist by phoning Melbourne Sexual Health Centre's dedicated GP-only Hotline on 1800 009 903, and help your patients stay local.

More information available at www.mshc.org.au/timetotest or <https://checkyourrisk.org.au/>
Melbourne Sexual Health Centre, 580 Swanston Street, Carlton 3053

GP Headache Management education module

A free, online education module for GPs focusing on migraine is now available. The program has been designed to support practitioners with the challenges associated with diagnosing, managing and treating patients with migraine. It includes a case-based learning activity with interactive components to test learning throughout. This educational activity has been endorsed under the auspices of the Australian and New Zealand Headache Society.

The online education is available as either a [one-hour module](#) or as a 40 x QI&CPD point activity on [Praxhub](#), which includes the required reinforcing component.

New Alfred Health Referral Guidelines – ENT, Vascular Surgery and Urology

Updated referral guidelines are now available for [ENT](#), [Vascular Surgery](#) and [Urology](#) on the Alfred Health website, which incorporate the [Statewide Referral Criteria](#).

Victorian Integrated Care training resources

The Department of Health and Human Services is excited to launch the first of six online resources in May 2019.

The online resources extend the support available for those with a vested interest in implementing and supporting high quality integrated care in their local network. The resources are designed to be completed at a self-determined pace allowing you to learn gradually, reflect on your current health services and care provision, plan for any improvements and incrementally implement your learning as you progress through the resources. The resources can be accessed [here](#).

GP Liaison Service at Alfred Health – we are here to help!



Our GP Liaison team – Tracey O’Connell (GP Liaison), Mandi Van Beveren (GP Liaison - EReferral), Dr Josie Samers (GP Consultant) and Amelia Matlock (eReferral Lead) – 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.

We welcome your suggestions and feedback.

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