

## Find your motivation to move during Exercise Right Week

This year marks Exercise & Sports Science Australia's (ESSA) fifth Exercise Right Week. With the theme Motivation to Move, the aim is to inspire Australian's to bring more physical activity into their lives for health benefits. To help introduce regular movement into everyday life, Exercise Right at Work resources have been developed and are available on the ESSA webpage, with specific resources for health and aged care professionals.

ESSA hopes that the awareness campaign will also encourage health professionals to consider the importance of physical activity and exercise as part of a multidisciplinary treatment plan for patients who are at risk of, or living with, chronic health conditions.

In a bid to provide accessible exercise to the western Sydney community, last year we partnered with Live Life Get Active (LLGA) to fund a free fitness camp in Rouse Hill for local residents. These fitness sessions run for 45-minutes and are available for yoga, boxing or cross training at 6.00pm, Monday to Friday.

Due to the success of this Rouse Hill camp, Western Sydney Primary Health Network is proud to be launching two new LLGA fitness camps in Mount DrUITT and Lidcombe next month.

Community members can find out more about Live Life Get Active, including registering for a session at [lifelifegetactive.com](http://lifelifegetactive.com).



## Events

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### Palliative care professional education forum 2018

Friday 25th May 2018

9:00am - 4:30pm

### HealthPathways infant health working group

Wednesday 30th May 2018

6:00pm - 9:00pm

### Nurse chronic disease education: Hepatitis B

Monday 4th June 2018

6:30pm - 9:00pm

### Update on Type 2 Diabetes management: Integrating care in western Sydney

Wednesday 6th June 2018

6:30pm - 9:00pm

## Other News

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### My Health Record opt-out date announced

Every Australian will be offered a My Health Record unless they choose not to have one during the three month opt out period that will run from 16 July to 15 October 2018. The My Health Record system and opt-out process has the full support of all state and territory governments, who agreed to this plan in August 2017 at the COAG Health Council.

During the opt-out period individuals who do not want a record will be able to opt out. A national communications strategy will be implemented to inform all Australians of this process.

The new records will be activated when individuals login for the first time or when healthcare providers access records in treating their patients. An online training device has been created for healthcare professionals to outline the benefits of a My Health Record.

### Gout self-management app

Researchers at the University of New South Wales (UNSW) are evaluating the usefulness of a mobile app to achieve target serum urate concentrations in people with gout. GPs who have seen patients with gout in the last year are invited to participate in this research project along with their patient. CPD points are available for participating GPs.

Contact Jacob Bechara on 1800 931 544, email [med.gout.app@unsw.edu.au](mailto:med.gout.app@unsw.edu.au) or find more information online.

## HealthPathways - new pathway

A new influenza pathway and electroencephalogram (EEG) and nerve conduction studies requests referrals forms have been released on HealthPathways. These are designed to support primary care and have been clinically-developed for health professionals in western Sydney.

Visit HealthPathways using the below login details:

Username: healthPassword: w3stern

## GP Association meetings

The below GP Association meetings are coming up in western Sydney:

Mt Druitt: Management of asthma, Friday 25 May.

Hills: Ready, set, go - a new era in cervical cancer prevention for Australian GPs, Saturday 2 June.

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