

Beating diabetes together

Diabetes is one of western Sydney's greatest health challenges with over half of the population at risk of developing type 2 diabetes. To assist with early detection and intervention of type 2 diabetes, Western Sydney Diabetes (WSD) introduced routine HbA1c testing as part of all pathology requests in both the Blacktown and Mount Druitt Hospital (BMDH) emergency departments helping diagnose patients with pre-diabetes or diabetes. In 20 months, 48,000 patients have been tested with 17% being diagnosed with type 2 diabetes and 30% being pre-diabetic*.

Due to the success of this strategy, diabetes testing in general practice has been trialled in 11 GP practices in western Sydney. During June, data was collected from 10 of these practices and the results are similar to BMDH testing, with 17% of GP-tested patients having type 2 diabetes and a further 27% being diagnosed with pre-diabetes*.

These results are alarmingly high, proving that western Sydney is a hot spot for type 2 diabetes and highlights the importance of early detection and prevention. This National Diabetes Week, Diabetes Australia's 'It's About Time' campaign aims to increase awareness of how early diagnosis and treatment can help save lives.

The Western Sydney Primary Health Network (WSPHN), is committed to supporting both consumers and health professionals across western Sydney and has established the Diabetes Support Group along with diabetes education in our Practice Nurse Education series. To learn more about our diabetes programs and services available please contact your Practice Development Officer or the Helpdesk on 8811 7117.

Health professionals can access a range of local diabetes pathways on HealthPathways by using the below login details:

Username: health Password: w3stern

WSD partners include the WSPHN, Western Sydney Local Health District (WSLHD), Diabetes NSW & ACT and PricewaterhouseCoopers.

*Data source: Western Sydney Diabetes 2018



Events

My Health Record webinar: Practice managers and receptionists

Wednesday 18th July 2018

12:30pm - 1:30pm

Nurse chronic disease education: Hepatitis B

Monday 30th July 2018

6:30pm - 9:00pm

Breast imaging and breast disease GP workshop

Thursday 2nd August 2018

6:30pm - 9:30pm

Demystifying Fetal Alcohol Spectrum Disorder youth conference

Monday 13th August 2018

8:30am - 4:30pm

Other News

NAIDOC Week at WentWest

This week staff had a great time attending local community and stakeholder NAIDOC events, celebrating the history, culture and achievements of Aboriginal and Torres Strait Islander people around western Sydney.

Some of these included:

☒ACE NAIDOC celebrations ☒Blacktown City NAIDOC Family Day ☒Hills NAIDOC Family Fun Day ☒GWAHS Morning Tea ☒Ngallu Wal NAIDOC Family Fun Day, partnering with Relationships Australia ☒Baabayan NAIDOC Family Fun Day ☒NAIDOC themed staff meeting ☒Lunch and learn session for staff - an educational session on history and language including Aboriginal inspired catering. These activities have enabled us to show our ongoing journey towards reconciliation. View our photos of these events in our Twitter feed.

Local Dr awarded Registrar of the Year

Every year the Royal Australian College of General Practitioners celebrates the important contribution GPs make to the health of patients and communities across Australia by recognising their achievements. This year, the Registrar of the Year 2018 was awarded to Dr Shashenka Withanage, from the Hills Family General Practice in western Sydney.

On winning the award, Dr Withanage said "I feel extremely honoured to have been given this award. It

emphasised to me how much I enjoy doing general practice and motivates me to strive to maintain higher standards of care. I work in an incredible practice with such a supportive team and it feels great to receive this level of recognition and I would like to find ways to give back to other registrars through their training”.

When asked what health care means to her, she replied, “I’ve always believed in a holistic approach to health care and that prevention is better than cure. I think this is best achieved when we work together as a team so that the care is optimised and better focused on the individual”.

We would like to congratulate Dr Withanage on her success.

GP Association meetings

The following GP association meetings are coming up in western Sydney:

Blacktown: Radiation therapy, Wednesday 18th July.

☒Westmead: Hypertension GP updates, Wednesday 25th July.

☒Mount Druitt: Case studies in hypertension, Friday 27th July.

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Level 1, 85 Flushcombe Rd, Blacktown NSW 2148

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