

Making health a priority for women

Women are encouraged to put themselves first and make their health a priority during Women's Health Week (3-7 September). This year's theme 'My health first' encourages women to take the time to check their health and make positive changes to maintain a healthy lifestyle.

Western Sydney Primary Health Network (WSPHN) is committed to supporting various activities to contribute to the health of women in the community, some of these include:

- Partnering with Live Life Get Active (LLGA) to provide accessible exercise by funding fitness camps in Rouse Hill, Mount DrUITT and Lidcombe. Patients can find out more and register for free sessions on LLGA website.
- Securing a Cancer Institute NSW Innovations of Cancer Control grant last year allowing us to run a two-year project to reduce barriers of participation in cervical screening. Western Sydney has the lowest proportion of women screened and through this project we are able to engage with general practices and the local community via an integrated approach.
- Commissioning of St John of God Raphael Services to provide free, specialist services to parents and families who suffer from anxiety, depression and other mental health issues before, during and after pregnancy. The service is staffed by a multidisciplinary team of mental health clinicians.

This week WentWest staff took time from their busy schedules and enjoyed a 30-minute lunch time walk as a group. We had healthy, nutritious fruit delivered by Benestar and are holding a healthy 'pot luck' Lunch and Learn event tomorrow, to inspire women to put their health first.

Women lead increasingly busy lives, balancing multiple demands and caring for others, making it difficult for them to find time for their health. Health professionals can improve the health and wellbeing of their patients by directing them to the right services and encourage cervical and cancer screening when appropriate.



The WentWest lunch-time walking group

Events

Patient activation workshop

Friday 14th September 2018

7:00am - 9:00am

My Health Record in pharmacy – Improving patient care

Tuesday 25th September 2018

6:00pm - 8:30pm

Basic diabetes education for practice nurses

Tuesday 16th October 2018

8:00am - 4:00pm

Medico-legal workshop: Privacy, confidentiality & data breaches

Wednesday 21st November 2018

6:30pm - 9:30pm

Other News

Asthma Week - Busting asthma myths. Get the facts

It's also Asthma Week (1-7 September), and Asthma Australia are busting the myths by stating the facts.

Asthma is a condition that affects two-thirds of Australians. Despite this, there are many misconceptions about this chronic disease.

This year, Busting Asthma Myths focuses on five facts about asthma along with new data about Australian's perceptions and misperceptions. You can download and print a range of resources from the Asthma Australia website.

Emergency access to a My Health Record

Myth: In an emergency, a provider should use the My Health Record Emergency Access provision.

Fact: The Emergency Access provision can only be used where certain legislated circumstances exist; and it only needs to be used if the record can't be accessed through the provider's usual channels.

A new factsheet is available to provide guidance for health care providers regarding appropriate and lawful use of the Emergency Access provision.

Master of Health Policy course

The University of Sydney's graduate program in Master of Health Policy is taught in collaboration with the Menzies Centre for Health Policy. This course is designed for health practitioners who are interested in learning more about how health priorities are set and wish to gain a broader understanding of health systems. Upon completion of this course, you will be equipped to work at a high level across the health sector. Applications close 15th November.

A webinar will be held on, Friday 7th September discussing details of the course and how to apply.

GP Association meetings

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

Westmead: Stroke GP updates, Wednesday 26th September.

Mount Druitt: Heart failure, Friday 28th September.

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