

Award-winning chronic health program

With western Sydney a hot spot for diabetes and other chronic health conditions, Western Sydney Local Health District (WSLHD) and Western Sydney Primary Health Network (WSPHN) are working together to coordinate the Chronic Disease Self-Management Program (CDSMP). The free, six-week program is designed to help people manage common health conditions such as diabetes, heart failure, heart disease, high blood pressure and chronic obstructive pulmonary disease.

A pilot program was held at Riverstone Neighbourhood Centre late last year, where local residents attended a series of workshops to learn more about better health and lifestyle choices with the program winning a WSLHD Quality Award.

WSPHN are seeking expressions of interest to assist in launching CDSMP in western Sydney general practices. The program will be facilitated by a volunteer patient from the practice who will receive training and resources to equip them with the necessary knowledge to facilitate the CDSMP sessions. Participants will be those identified within the practice who may need self-management support to manage their health and wellbeing, gaining a better understanding of their chronic disease.

WSPHN CEO Walter Kmet says of the initiative, “Local residents, health professionals and community groups all have a role to play in keeping western Sydney well. Initiatives like the Chronic Disease Self-Management Program are illustrating how together, we can empower our community to proactively manage their health and wellbeing. We greatly look forward to expanding this initiative across western Sydney.”

Expressions of interest close on Monday 26th February. Please see the attached flyer for more information.



Participants from the pilot program celebrating graduation with WSLHD & WSPHN staff.

Events

Get Bloody Serious - A workshop all about hep C: From prevention to cure

Tuesday 13th February 2018

9:30am - 4:30pm

Diabetes Support Group - Maintaining oral health with diabetes

Tuesday 13th February 2018

5:45pm - 7:00pm

Better Teeth, Better Health: A symposium on diabetes and oral health

Thursday 22nd February 2018

5:30pm - 8:00pm

Mental health professional network

Monday 26th February 2018

6:00pm - 8:30pm

Other News

Participate in new diabetes oral health program

GPs are invited to participate in a research study focusing on developing a diabetes oral health program for people with diabetes. The study is being conducted by researchers from Western Sydney University, Western Sydney and South Western Local Health Districts, Ingham Institute for Applied Medical Research and NSW Centre for Oral Health Strategy.

Find out more online or contact Prakash Poudel on 8738 9367 or Prakash.poudel@health.nsw.gov.au

Back to school asthma checklist

Every year there is a rise in asthma flare-ups when children return to school after the school holidays. In a bid to emphasise the need for asthma plans to be at the top of the back to school list, Asthma Australia and TerryWhite Chemmart have partnered to create the back to school asthma checklist for parents and carers.

More information is available on the Asthma Australia webpage.

New cannabis medicines advisory service

The NSW Cannabis Medicines Advisory Service (CMAS) has been launched, providing clinical support to medical practitioners considering the therapeutic use of a cannabis medicine.

Medical practitioners and other health care professionals can access the service by calling the CMAS Hotline on 4923 6200 or email HNELHD-CMAS@hnehealth.nsw.gov.au. The Service is available from 9am to 5pm Monday to Friday.

A factsheet has been developed to explain the service to patients and the general public.

GP Association meetings

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

Mount Druitt: Sleep disorders - Friday 16th February

Westmead: Emergency procedures GP updates - Wednesday 21st February

Copyright © 2015 WentWest, All rights reserved.
Level 1, 85 Flushcombe Rd, Blacktown NSW 2148

To unsubscribe email weeklyupdate@wentwest.com.au

