

Frailty - Do you Know the Signs?

April is a timely reminder for all Australian's to be aware of falls prevention for the elderly during April Falls Month. The purpose of this campaign is to promote falls prevention for all patients and assist older people to stay fall-free in the community.

This year's theme 'Frailty - Do you know the signs' is an opportunity to focus on frailty as it is a risk factor for poorer health outcomes including falls, hospitalisation, admission to residential aged care and disability. It can be measured by looking at deficits related to fatigue, strength, mobility, illness and loss of weight.

To support April Falls Month, The Clinical Excellence Commission has developed a range of online resources for health professionals to help focus on this year's topic and it's impact on a person's ability to function and maintain independence.

As part of the Western Sydney Falls collaboration, the Western Sydney Primary Health Network (WSPHN) has re-commissioned a falls prevention program to address identified gaps in the region, improving the delivery and accessibility of falls-related care in western Sydney.

Still Standing work closely with GPs, the Western Sydney Local Health District (WSLHD) and NSW Ambulance to refine service accessibility so they can respond in a timely manner and access seniors who are difficult to reach.

Continuing professional development and learning opportunities are available for GPs and Allied Health Professionals on the Falls Prevention Online Workshop webpage.

Additional information about falls prevention, assessment and management can be accessed via HealthPathways using the following login details: Username: health Password: w3stern



Events

Asthma and Respiratory Management Seminar for Practice Nurses

Saturday 4th May 2019

8:30am - 4:00pm

Women's Health Update - Antenatal Shared Care Education

Saturday 11th May 2019

1:00pm - 5:30pm

Aboriginal Cultural Awareness Training

Tuesday 14th May 2019

6:00pm - 9:30pm

Mental Health Professional Network Event

Tuesday 21st May 2019

6:00pm - 8:30pm

Other News

Minimum Topbar Requirement Update

With the latest release of Topbar, PenCS are changing the minimum requirements for your .net version. This applies to your server as well as to your individual workstations. The new minimum version is .net V4.52 which was released in 2015. If you haven't already updated your computers please contact your IT support or administrator to install at least .net 4.5.2. If you are unsure about which version is already installed with your operating system, you can check online.

More information is available on our website.

Register Now - DVA Mental Health Pilot

The Department of Veterans' Affairs Provider News has published an article inviting GP clinics in the CVC Program to participate in an innovative mental health pilot, to assist veterans to manage mild to moderate mental health concerns.

Registration for the pilot closes on Sunday 30th June. If you are interested in participating, please contact Tunstall Healthcare.

Meningococcal ACWY Vaccine for Adolescents

From Monday 1st April, the meningococcal ACWY vaccine is free to students in year 10 aged 14 to 16 years

through school-based vaccination programs. Catch up vaccination is also available for adolescents aged 15 to 19 years through their GP or primary care provider.

Students eligible for a free vaccine will receive a consent form from their school. This consent form must be signed by a parent or guardian and returned to the school before a vaccination is provided.

The Department of Health has developed a range of materials to support uptake of the vaccine. These materials are available at www.health.gov.au/immunisation.

Last Chance to Join our Consumer Advisory Council

WentWest values the knowledge and experience consumers can bring to our work as the WSPHN and our Consumer Advisory Council provides advice to the WentWest Board on matters and issues affecting primary health care consumers. The Consumer Advisory Council is comprised of members of the western Sydney community and local organisations that represent a range of health consumers in the region. This includes representing those with a particular health condition such as diabetes or mental illness or representing a demographic group such as migrants and refugees or young people. We are currently seeking expressions of interest for our Consumer Advisory Council. For more information and to apply, visit our website.

GP Association meetings

The following GP Association meetings are coming up in western Sydney: Blacktown: A Path to Better Outcomes in COPD and Asthma, Wednesday 15th May.

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