

## WSPHN Team Wins NSW Knockout Health Challenge

As part of our commitment to improve the health and wellbeing of Aboriginal and Torres Strait Islander people, the Western Sydney Primary Health Network (WSPHN) collaborated with local organisations to support sixty Aboriginal and Torres Strait Islander community members from Western Sydney and the Nepean Blue Mountains regions in the recent NSW Knockout Health Challenge.

The state-wide weight-loss challenge focused on encouraging healthier lifestyles through exercise and nutrition within a supportive group environment. Thirty-three teams participated in the 10-week challenge that commenced in April.

With so many local community members wanting to get involved, two teams were entered into the challenge. Ninety percent of our team members are living with chronic health issues, so it was important that participants received extra advice and support to help them manage their conditions. By providing training, nutrition and extra support, team members have learned life-long skills that allow them to continue their health journey on their own.

The team name, Burbaga Burawa, means to 'rise up – rise above', and that they did! Burbaga Burawa #1 took out the top prize with a staggering loss of 174.7kgs winning \$20,000. Our second Burgaga Burawa team came third with a total loss of 118.6kgs, winning \$5,000. The \$25,000 prize money will be used to fund and support more teams in the next challenge which kicks off in September.

The teams would like to extend their thanks to the Western Sydney Local Health District Tabacco team, NSW Health, Nepean Community Neighbourhood Services and Brad Waugh, CEO Panthers on the Prowl for their support.

If you have an Aboriginal or Torres Strait Islander patient that you think will benefit from this challenge, please contact our Aboriginal Project Coordinator Robyn Taylor at [robyn.taylor@wentwest.com.au](mailto:robyn.taylor@wentwest.com.au) for more information.

Congratulations to all NSW Knockout Health Challenge participants for taking the first step and working towards a healthier you.





## Events

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### My Health Record Training on Best Practice

Wednesday 7th August 2019

6:30pm - 9:00pm

### General Practice Quality Improvement Series: Accreditation, Data Driven Improvement and PIP QI

Tuesday 13th August 2019

6:00pm - 9:30pm

### My Health Record: Allied Health, GPs and Specialists

Wednesday 14th August 2019

6:30pm - 9:30pm

### Mental Health Professional Network Event - Aboriginal Cultural Awareness Training

Wednesday 21st August 2019

6:00pm - 9:30pm

## Other News

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### World Hepatitis Day

World Hepatitis Day this year was held on Sunday 28th July, with the aim of raising awareness around viral hepatitis and the impact it has worldwide. The theme for this year was “Find the Missing Millions”, with a focus on finding people living with hepatitis who are undiagnosed and linking them to care.

Health care professionals play a critical role in the testing, diagnosis and treatment of hepatitis B and hepatitis C. Early intervention and appropriate treatment can significantly improve outcomes for those living with viral hepatitis.

More information and resources are available for GPs on the Australasian Society for HIV, Viral Hepatitis and Sexual Health Medicine website.

### Healthily and MedicalDirector

Patient education specialist Healthily has collaborated with MedicalDirector, Australia’s leading medical software and information provider, to help health professionals deliver personalised patient education information to improve health literacy and support behaviour change.

☒ Healthily’s GoShare platform has been integrated in MedicalDirector solutions and is now available to health

professionals across Australia.

## Assessing Work Capacity for Patients with a Psychological Condition

Comcare recognises the critical role GPs play in helping people with ill health or injury to recover and participate in work. To support GPs in their role, they have produced a five-minute video providing better practice information and recommendations on how to practically assess capacity for work for patients with a psychological condition.

For further information contact Angie Deegan on (03) 9914 6358.

## GP Association Meeting

The following GP Association Meeting is coming up in Western Sydney:

Blacktown: An Approach to Obesity Management for the Busy Clinician and Case Presentations, Wednesday 7th August.

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