

2019 Autumn/Winter Edition

A Note from the Chair

Welcome to the Autumn/Winter edition of the NGPN newsletter.

There has been a lot happening since our last newsletter.

Membership is now open for the 2019/2020 financial year. Those of you who held membership for 2018/2019 should have now received your Membership renewals. If you have not yet received your invoice our Membership, the Application form can be found [here](#) or email admin@nepeangpnet.org to request a form. I encourage everyone to take up Membership as we have some exciting CPD Events and Member Benefits coming this financial year.

The AGM and election of Board Members was held on 7th December, 2018. Your Board Members are:

Chair: Dr Hany Gayed
Vice Chair: Dr Anju Aggarawaal
Treasurer: Dr Mark Dowsett
Secretary: Dr Viviane Leventhal
Committee: Dr Anju Aggarawaal

This year's AGM is to be held on Friday 6th December and will be followed by our December CPD event. I encourage all financial members to attend or to appoint a Proxy. Nominations for two Board positions will be called for in November.

The annual NGPN Planning Day was held in March to plan the focus and direction of the NGPN for the coming year. Supporting our Members and General Practice in the Nepean area remains our primary focus with plans for growth in the areas of Member Benefits and Associate Membership for out of area GPs in the Blue Mountains and Hawkesbury.

Our Membership continues to be represented on the Clinical Council and GP Advisory Committee by the Board. A current topic being discussed is the integration of the Health Care Homes initiative. There are two practices in our LHD who are conducting the pilot Health Care Homes program and 10 within the NBMPHN.

Our First Friday CPD Events continues to draw greater attendance numbers and I encourage you to invite your colleagues to come and join us. Membership is not a requirement to attend the CPD events and attendance attracts two Category 2 RACGP self-directed activity points.

I look forward to seeing you at our upcoming CPD events.

Dr Hany Gayed
Chair NGPN

CPD Events You May Have Missed

Month	CPD Topic	Guest Speaker
September 2018	The ABC of Pituitary Disorders for Learning Practice	Assoc. Prof. Bernard Champion, Endocrinologist
October 2018	Hernias, Gallbladders and Weight Loss	Dr Sulman Ahmed, General & Hepatobiliary Surgeon
February 2019	Falls and Fractures	Dr Neeta Menon, Geriatrician
April 2019	Dysphagia Following Stroke	Belinda Hill, Speech Pathologist
June 2019	Medicinal Cannabis in General Practice	Dr Manus Bosman, GP
July 2019	Application of the Biopsychosocial Model in Management of Chronic Pain	Olly Zekry

Contact Heather admin@nepeangpnet.org if you would like a copy of the presentations (if available).

Upcoming CPD Events

Date: Friday 2nd August, 2019

Topics: **Kidney Stone Update**

Speakers: Dr Raymond Ko

Venue: Wentworth Healthcare, Level 1, Suite 1, Werrington Park Corporate Centre, 14 Great Western Highway, Kingwood

Date: Friday 6th September, 2019

Topics: **Navigating the Short Term Restorative Care Program**

Meet our new McGrath Breast Care Nurse for Penrith and Blue Mountains

Speakers: Suzi Pawley, Deputy Manager Support Packages – Ageing, Benevolent Society
Sarah Maguire, Clinical Nurse Consultant – Cancer Services, NBMLHD

Venue: Wentworth Healthcare, Level 1, Suite 1, Werrington Park Corporate Centre, 14 Great Western Highway, Kingwood

Date: Friday 4th October, 2019

Topic: **IT Security in General Practice** (Also open to Nurses and Practice Administration Staff)

Speaker: Jeff Hawkes, Service Manager, Your IT Desk

Venue: Wentworth Healthcare, Level 1, Suite 1, Werrington Park Corporate Centre, 14 Great Western Highway, Kingwood

Farwell Tina

Please join us in wishing Tina Calarco a fond farewell as she leaves us after 9 years with NGPN and the Nepean Division of General Practice. Tina, we thank you for all your hard work and commitment to General Practice in the Nepean region. Luckily we can still see your smiling face at NMBPHN.

How to Register your RACGP Self-directed Activity Points

With the end of the 2017-2019 triennium fast approaching we thought it would be timely to help you to register your RACGP Category 2 points for self-directed activities. All of our CPD events attract two Category 2 QI&CPD points as they qualify as “lecture-style seminars” where the GP has attended the event because they view the event as educational and appropriate to their field of practice.

To record your QI&CPD Self-directed Activity Points log on to myRACGP and navigate to myCPD. Complete the Declaration and then click on “Submit a self-directed activity” and enter the details of the CPD Event.



The RACGP advises that GPs can log up to 20 Category 2 self-directed activities per triennium and recommends that you keep the CPD Event Flyer and your Certificate of Attendance as evidence of your participation in the CPD event. If you have require your Certificate of Attendance for a particular event or a CPD Event Flyer from our back catalogue please email admin@nepeangpnet.org and let us know.

This information has been sourced from the RACGP QI&CPD Program [Handbook for general practitioners 2017-2019](#)

McGrath Breast Care Nurse Now at Nepean Cancer Care Centre



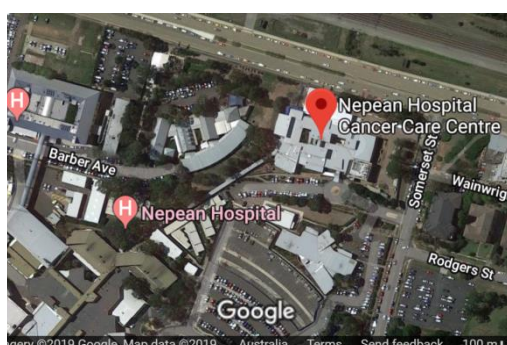
NBMLHD has been fortunate enough to have the McGrath Foundation fund a McGrath Breast Care Nurse at Nepean Hospital.

Our McGrath Breast Care nurse is Sarah Maguire. Sarah is a Registered Nurse who also has a Graduate Certificate in Oncology and a Graduate Diploma in Palliative Care.

Sarah has a big job to do, especially with the geographical area that our NBMPHN covers, however she's up for the challenge. Sarah wants GPs to know that she's available to any breast cancer patient at any stage in their breast cancer treatment, from diagnosis right through to follow-up.

If you have a patient who has recently received a breast cancer diagnosis then Sarah encourages you to give her a call so that she can get them in to the Cancer Care Clinic as soon as possible. Clinics for new patients are held weekly on a Thursday and Sarah advises that she aims to get a new patient seen at the next weekly clinic following a diagnosis. The referral process is easy. GPs need only write a standard detailed referral letter that includes relevant clinical history, pathology and a list of current medications. This referral letter needs to be faxed to **4734 2330**. The patient will need to take any recent scans with them to their appointment.

The Nepean Cancer Care Centre is located at:
Nepean Hospital
Corner of the Great Western Highway and
Somerset Street, Kingswood.
Phone 4734 3500.
Fax 4734 2330.



If you or a patient wants to get in contact with Sarah you can leave a message for her on **4734 4439**, call her mobile **0409 699 105** or email her at sarah.maguire1@health.nsw.gov.au Sarah is available Tuesday to Friday from 8am to 4pm.

Sarah will be giving a brief talk about how she supports patients and their families as well as the referral process as part of our September CPD event. Please register your attendance by emailing admin@nepeangpnet.org.au

More information about the McGrath Foundation can be found [here](#).