



Office of Rural & Remote Health

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Primary Health Happenings

Issue 25

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ANHF

Would you recognise
a heart attack? Free
DVD available

RHD Register program wins Indigenous health award

Queensland's involvement in a national response to Acute Rheumatic Fever (ARF) and Rheumatic Heart Disease (RHD) has been recognised in the 2011 Queensland Health Healthcare Improvement Awards.

The RHD Register and Control Program, which was launched in Cairns last year, is a joint Queensland Health and federal government initiative for better management of ARF and prevention of RHD.

Queensland Health RHD Project Manager Masoud Ali-Akbari said the program team was thrilled to be a joint winner in the "Improving Indigenous health outcomes: closing the gap" category.

"It's a great honour that this important program has been recognised," he said.



"ARF is a condition caused by an untreated infection of group A streptococcus bacteria. The untreated infection can cause inflammation throughout the body including the heart, brain, skin and joints. Although the onset of ARF is dramatic and painful, it causes no lasting damage to the brain, joints or skin.

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Acute Rheumatic Fever and Rheumatic Heart Disease Workshop

DAY ONE Wednesday, 23 rd November 2011	DAY TWO Thursday, 24 th November 2011
<ul style="list-style-type: none"> • Introduction & Welcome / Housekeeping / Overview • Roles and Responsibilities of RHD Coordinators • Overview of ARF / RHD • Putting a notification onto the database • Flagging a patient on the database and in MR • Assigning a rheumatic fever care plan • Assigning a rheumatic heart disease care plan • Adding a process • Editing a care plan • New care plans in Ferret for the future • Data entry and modification for individual PHCC • What happens when a patient goes to Brisbane for heart surgery • Performance Indicators • PHC Happenings • Resources & education • Chronic Disease Guidelines • PCCM • ABCD • RHD DVD “All But Forgotten” 	<ul style="list-style-type: none"> • Overview: What is ARF & RHD • Epidemiology • Current status in NAHS • Diagnosis of ARF • Barriers to timely / accurate diagnosis ARF & RHD - how can this be improved locally? • Management of sore throats • Skin health • Oral health • Delayed diagnosis ARF / RHD • Referral systems / resources • Management of ARF • Secondary prophylaxis <ul style="list-style-type: none"> o monitoring secondary prophylaxis delivery o breakout Groups o reasons for poor prophylaxis uptake/ delivery • Secondary prophylaxis failure • Diagnosis of RHD - echocardiogram • Management of RHD • RHD in Pregnancy / RHD and Surgery • GECHO Project • Dent • RHD Education “The Heart of the Matter” • Assessment / feedback / evaluation
<p>LEARNING OUTCOMES</p> <p>By the end of the RHD DATA MANAGEMENT training day participants will have an understanding of and be able to:</p> <ol style="list-style-type: none"> 1. Maintain and utilise an accurate and efficient register and RHD recall system (e and paper) 2. Evaluate and report on local RHD control strategies and rates of disease. 3. Be aware of the responsibilities and role of a RHD site coordinator and of consent requirements 	<p>LEARNING OUTCOMES</p> <p>The ARF / RHD training workshop has been developed to assist the RHD site coordinator to:</p> <ol style="list-style-type: none"> 1. Identify the causes of ARF and RHD 2. Identify individuals / groups who are most at risk 3. Recognise the signs & symptoms of ARF / RHD 4. Identify ways at their site how to raise awareness about ARF 5. Discuss ways to improve patients coming to clinic for treatment

REGISTRATION FORM

RHEUMATIC HEART DISEASE

WORKSHOP

Cairns

Wed 23rd & Thurs 24th November 2011
Ground Floor William McCormack Building
5 Sheridan St Cairns
Meeting Room Kurrajong & Melaluca

**(If you have any trouble finding the venue,
please call Michele on ☎ 0428 739 743)**

Name
Position
Health Care Facility

Please fax your registration form to Michele Clark
CNC RHD Program
Fax 07 4051 4322

Feel free to call Michele if you have any questions about the workshop
☎ 0428 739 743
☎ 42265538

Places are limited to 10 attendants, so please book early
Morning and afternoon tea provided

ASMR 50th National Scientific Conference

INDIGENOUS HEALTH: ACTION on Prevention

Cairns Convention Centre, Cairns, Queensland
November 13th – 16th

Sessions to include:

- *Primary and preventative health care*
- *Mental and psychosocial health*
- *Maternal and child health*
- *Infectious disease*
- *Amplifiers of chronic disease*



2011 Firkin Orator: *Sir Mason Durie, Massey University, New Zealand*

2011 Edwards Orator: *Dr Sandra Eades, Baker IDI, Australia*

For more information please visit:

www.asmr-nsc.org.au



FREE WOMENS HEALTH CLINICS

October 2011

Clinics are conducted by a Mobile Women's Health Nurse trained in Women's and Sexual Health (employed by Queensland Health)

Services offered at the clinics at no cost include:

Pap smears, Sexual health screening and Education / information on: menopause, breast health, nutrition, continence, contraception, healthy lifestyle etc.

Referrals can be made to other health service providers if required

Women of all ages are welcome and appointments can be made by phoning the numbers listed beside the clinics below

Location	Phone	Date
Port Douglas	4099 5518	Monday 3 rd October 2011
Westcourt *	4226 4333	Tuesdays 4 th & 18 th Oct
Cow Bay	4098 9296	Tuesday 4 th Oct
Julatten	4094 2037	Wednesday 5 th Oct (am)
Mossman	4098 2005	Wednesday 5 th Oct (pm)
Smithfield	4226 4800	Fridays 7 th & 28 th Oct
Mount Garnet	4097 9101	Monday 10 th & Wed 12 th Oct
Ravenshoe	4097 6502	Tuesday 11 th Oct
Innisfail Mamu HS	4061 4477	Tuesday 11 th Oct
Tully Hospital	4068 4144	Wednesday 12 th Oct
Mission Beach	4068 9722	Thursday 13 th Oct
Atherton	4091 0263	Thursday 13 th & Tues 25 th Oct
Mareeba Hospital	4092 9322	Friday 14 th & Thurs 27 th Oct
Kuranda *	4093 89633	Monday 17 th Oct
Kowrova *	0410 569 003	Monday 17 th Oct
Cardwell	4066 8518	Monday 17 th Oct
James Cook Uni	4226 4812	Tuesday 18 th Oct
Innisfail Hospital	4226 4812	Wednesday 19 th Oct
Cooktown	4043 0170	Thursday 20 th Oct
Edmonton	4226 4900	Thursday 20 th Oct
Chillagoe	4094 7500	Wednesday 26 th Oct
Mount Surprise	4062 3171	Monday 24 th Oct
The Lynd	4062 1970	Tuesday 25 th Oct
Georgetown	4062 1266	Wednesday 26 th Oct
Croydon	4745 6133	Thursday 27 th Oct
Yarrabah	4056 0100	Monday 31 st Oct

*this clinic is conducted by an experienced Indigenous Women's Health Worker

RHD Register program wins Indigenous health award

Continued from page 1.

However, it can cause permanent damage of the heart and when this occurs it is known as RHD. RHD can ultimately be fatal. “The only sure way to stop ARF recurring, and the progression into RHD, is for the person to have bicillin injections every four weeks. But unfortunately the injections must continue for a long time – often 10 years or more. Such a demanding treatment schedule makes patient compliance a major challenge.”

Mr Ali-Akbari said the program is working across primary health clinics, local hospitals, different communities and patients.

“We aim to raise awareness of ARF and RHD among practitioners and the general public, and increase the number of patients and clients presenting for treatment,” he said. “We also monitor each patient’s movements and outcomes, and ensure cases are documented on the Queensland RHD Register.”

RHD is uncommon in non-Indigenous Australians, but remains one of the major killers of young Aboriginal and Torres Strait Islander people. “Aboriginal and Torres Strait Islander people are up to eight times more likely than non-Indigenous Australians to be hospitalised for ARF and RHD, and 20 times as likely to die from it,” Mr Ali-Akbari said.

“But there have been several success stories since the launch of the program, and our team has been able to identify and manage more cases of ARF and RHD.” Mr Ali-Akbari said ARF and RHD can be prevented if the right screening, management, notification and follow-up processes are put in place, and that is where the RHD register helps. “We believe it’s really starting to make a difference, especially with the follow-up and education work the team has been undertaking,” he said.

“We have also been building awareness and capacity within Primary Health Care centres, and developing culturally appropriate educational resources for patients, family members and Indigenous health workers. “Through this, we hope to prevent the need for surgical intervention, and better manage cases of RHD and ARF. “As the RHD Register and Control Program consolidates further, we are confident that it will result in enhanced quality of care for many RHD patients.”

The RHD Register and Control Program team are:

- **Masoud Ali-Akbari** (Program Manager)
- **Laurette Lubbers** (Project Officer and resource development)
- **Rob Wilcox** (Data Officer)
- **Michele Clark** (Clinical Nurse Consultant Cairns and Hinterland and Cape York HSDs)
- **Margaret Naughtin** (Clinical Nurse Consultant Mount Isa HSD)
- **Simone Gough** (Clinical Nurse Consultant Torres Strait and Northern Peninsula Area HSD)
- **Ken Secher-Jorgensen** (Clinical Nurse Consultant Townsville and Mackay Health Service HSDs)
- **Valmay Fisher** (Indigenous Health Worker Liaison)
- **Miranda Koskela** (Indigenous Health Worker Liaison)

Three team members from the RHD Register and Control Program collected the award in Brisbane on Wednesday this week (31 August).



PaRROT is a free, fully flexible training program that focuses on chronic disease prevention, detection and management been developed for all primary health care workers and attracts professional development points.

The Orientation Program was launched in May 2011. It has since been included in a Queensland Health E-Alert, Spotlight and promoted at the Quality and Safety Conference in August. 315 people have enrolled in the Orientation course, with many providing positive feedback to the team. If you haven't yet enrolled in the Orientation course, we urge you to enrol on line today at www.health.qld.gov.au/parrot.

The Child Health Check course has been piloted by 65 people and is now being redeveloped for inclusion on our new e-learning platform. It should be available in November 2011.

The Induction Course development has also commenced, with the first sessions ready for review by the end of October 2011.



Diagnosis of Acute Rheumatic Fever

Best practice care for a person presenting with a suspected case of Acute Rheumatic Fever is to have the person transferred to a facility where specialist and echocardiogram review is possible

Diagnosis of ARF, particularly in children is often difficult and can be compromised if the acute episode has subsided. Missed diagnosis will result in progression of the illness to rheumatic heart disease.

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POSTGRADUATE STUDIES

GRADUATE DIPLOMA IN INDIGENOUS HEALTH PROMOTION

Self-determination, social justice and equity are the key values and principles that underpin effective health promotion.



"This course has benefited me both personally and professionally. I acquired more knowledge and confidence, and now have an increased ability to serve my community. I have more to give and share with my people."

SARAH BOYNE
GRADUATE DIPLOMA
INDIGENOUS HEALTH PROMOTION
2011 GRADUATE

Indigenous Health Promotion aims to improve Aboriginal and Torres Strait Islander health by preventing illness and injury through early detection and intervention, and by minimising harm associated with existing conditions.

This means identifying community strengths, needs and health priorities, and developing, implementing and evaluating an action plan.



ABOUT THE COURSE:

- The course was developed in consultation with Aboriginal and Torres Strait Islander health professionals and is based on national and international best practice in indigenous health promotion.
- The course is delivered in block mode allowing interstate students to fly in and out to attend workshops.
- Travel, accommodation and meals are paid for by DEEWR so students only need to cover the course costs, which can be done through HECS.
- No other university offers a Graduate Diploma in Indigenous Health Promotion.
- The graduate diploma is designed for Aboriginal and Torres Strait Islander health workers and others who have a role in promoting the health of their communities.

CORE UNITS	UNIT CODE	CREDIT POINTS	DELIVERY MODE	SEMESTER OFFERED
Community Profiling and Setting Priorities	INDH 5211	6	Face-to-face	One
Health Promotion Program Planning	INDH 5212	6	Face-to-face	One
Goals, Objectives and Strategies	INDH 5213	6	Face-to-face	One
Communication	INDH 5221	6	Face-to-face	Two
Research and Evaluation	INDH 5224	6	Face-to-face	Two
Art, Science and Politics of Prevention	INDH 5227	6	Self-directed, face-to-face	Two

CAREER PROSPECTS

Health promotion roles are available in community-controlled and mainstream health services, in regional Aboriginal and Torres Strait Islander networks and non-Aboriginal and Torres Strait Islander community and non-government organisations, and in universities, schools and workplaces.

ENTRY REQUIREMENTS

Successful applicants must have:

At least three years experience working in and encouraging Aboriginal and Torres Strait Islander communities to take action to improve their health.

Prior learning that shows they can complete a course of study (for example a degree or equivalent, but we recognise all forms of tertiary education).

Demonstrated support for their candidature from their community and, where possible, their employer.



JAKE BYRNE

GRADUATE DIPLOMA INDIGENOUS HEALTH PROMOTION - 2011 GRADUATE

"I was sitting in a job that wasn't very fulfilling and I wanted more. I was looking for a way to better myself and my prospects. I knew that further education was the best way to do this.

Turned out that the course was great! You pick up a lot of skills and knowledge that apply directly to situations you'll face as a health worker in the community."

COURSE DURATION

Full-time one-year: 6 x one-week workshops.

APPLICATION INFORMATION

Email or call Jonathan Birch (contact details below) for up to date information on the application process.

SYDNEY SCHOOL OF
PUBLIC HEALTH



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Will you recognise your heart attack?

Free warning signs of heart attack DVD now available

Did you know...

- Heart attacks claim one Australian life every 51 minutes
- 1 in 3 people would **not** call 000 if experiencing severe chest pain

With heart attacks, every minute counts. Too many people die because they take too long to call Triple Zero (000) for an ambulance.

The Heart Foundation's 'Will you recognise your heart attack?' campaign is committed to saving lives by supporting Australians to learn the warning signs of heart attack and understand the importance of getting help fast by calling Triple Zero (000)

As part of this commitment, the Heart Foundation has developed a free educational DVD. Narrated by cardiologist, Professor Ian Meredith, the 6 minute captioned DVD uses two scenarios to visually demonstrate the varying warning signs of heart attack and what to do. It also includes information on:

- What a heart attack is
- Why it's important to act quickly and call Triple Zero (000)
- Simple steps that can be taken to reduce the risk of having a heart attack.

The DVD has been developed for viewing in a variety of settings including general practice or hospital waiting rooms, pharmacies, staff rooms, in-house or in-flight television, or as part of first aid training and other health education

View the DVD or order a free hard copy

- View the DVD online at: www.heartattackfacts.org.au
- Order a free copy, by contacting the Heart Foundation's Health Information Service on 1300 36 27 87 or email health@heartfoundation.org.au.