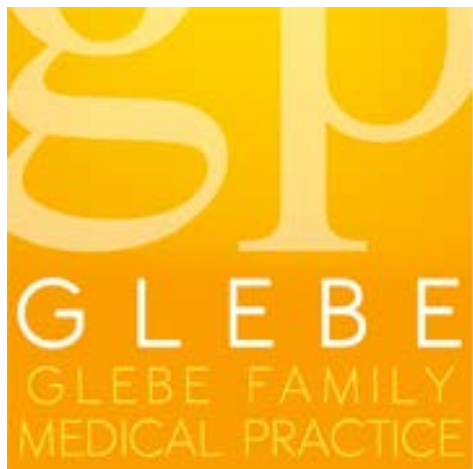


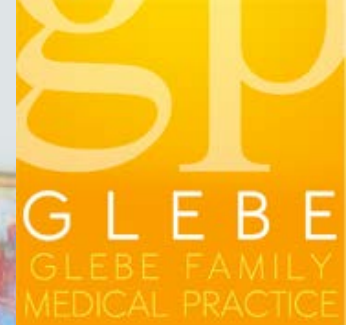
Drug and Alcohol, Mental health, and Primary Care: working at the coal face



Associate Professor Charlotte Hespe
GP, Head GP UNDA, Chair CESPHN

The Team at Glebe Family Medical Practice

Delivering Medical Care
to the Local Community
for Over 35 Years



PATIENT CENTRED GLEBE MEDICAL CARE

The primary focus at Glebe Family Medical Practice is to provide high quality medical care for the people of Glebe. Our goal is to provide patient-centred care which means that health care recommendations are based on what is best for our patients in their unique circumstances.

You can read more about our [team of specialised general practitioners here](#)

We are open 6 days a week. You can [contact us](#) to make an appointment and you can [find us](#) here.



GLEBE MEDICAL SERVICES

We offer quality and comprehensive health care to all age groups in our community. This includes preventive health care, antenatal care and paediatrics (including childhood immunisation), women's health, family planning, men's health, travel health, minor surgical procedures, chronic disease management, mental health and counselling.

Our Glebe medical practice is [fully GBA accredited](#) – we meet the rigorous RACGP standards for general practices in Australia.

We are an accredited travel immunisation centre so we can give you advice and the right vaccines for your trip including Yellow Fever vaccination. Here's more about [travel vaccinations at Glebe Medical](#)



Our Glebe Medical Practice Nursing Staff



AILSAS GREER REGISTERED NURSE

Ailsa trained at Ryde and Hornsby Hospitals, and Macquarie University. She is a former Community Nurse who has been working as a Practice Nurse in the Inner West for 6 years.

She has qualifications in Counselling, Midwifery and Gerontology, as well as General Nursing.

"I look forward to coming to the practice each day, knowing I'll be working with great doctors and will meet people who I can help. The Glebe community is so diverse it's a constant source of inspiration to me in my desire to promote better self directed health care."

CARRIE WILKINSON REGISTERED NURSE

Carrie studied at the University of Tasmania and graduated in 2007. Since then she has had experience in Cardiology, High Dependency, Accident and Emergency and Paediatric General Medicine.

She has a passion for preventative health, children's health and patient education. It is with great enthusiasm and excitement she begins her practice nurse career at Glebe Family Medical Practice.

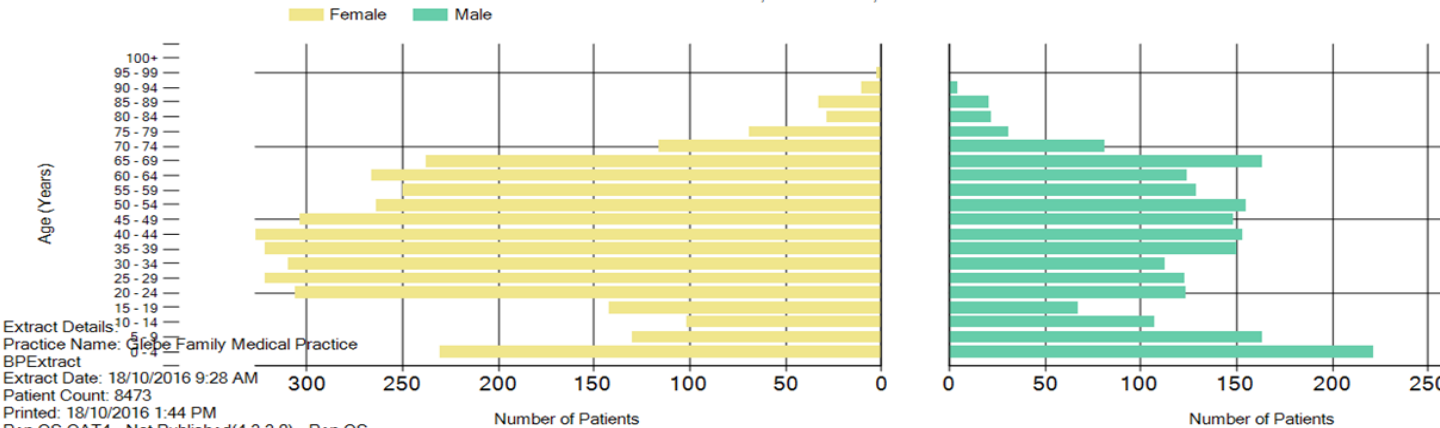


GFMP Patient Demographics

- 8,473 patients who are currently “active” in BP medical records
- 5,872 “active” patients according to RACGP criterion (3 visits in last 2 years)
- Female 3775 + Male 2096
- 374 Aboriginal and Torres Strait Islanders
482 Ethnicity not identified

Demographic Breakdown by Age [population = 5872]

Females = 3775, Males = 2096, Other = 1



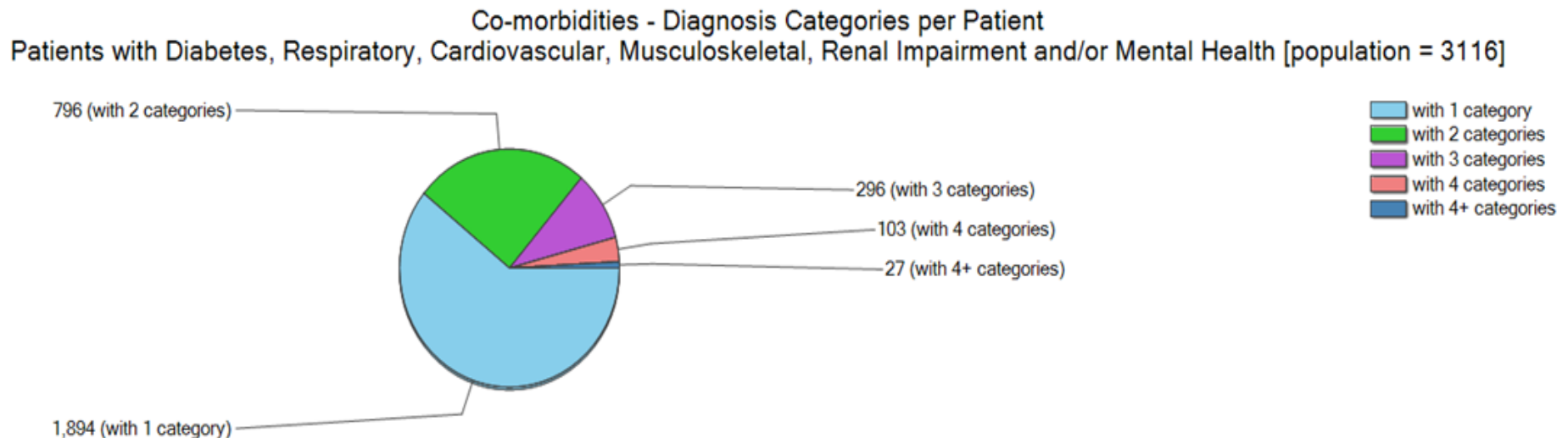
GFMP Disease Register	Numbers identified
Diabetes Type 2	239
Diabetes Type 1	19
Undefined	5
Asthma	599
COPD	130
CHD	141
Hyperlipidaemia	919
Anxiety	1036
Depression	1068
Schizophrenia	74
Bipolar Disorder	133
Autism	37
ADHD	75
Dementia	20
Osteoporosis	364
Osteoarthritis	547
Renal Impairment	92
Atrial Fibrillation	109

Complex care

Multimorbidity: (T2D, Resp, CVD, Renal, Mental Health)

426 patients \geq 3 illnesses

796 at least 2 diagnoses



Snapshot of Australian PC: BEACH 2015-16

GP “Average” 100 Consultations

Average 100 consultations

154 presenting problems

53 Chronic illness related issues

53 Prescriptions issued

25 clinical treatments delivered

11 procedures performed

6 Specialist medical referrals (9% Orthopaedic, 8% Dermatological, 8% Surgical)

4 Allied health referrals (29% Physiotherapy, 22.5% Psychologist, 11.5% Podiatrist, 9% Dietician)

31 Pathology tests ordered

7 Imaging tests ordered

Length of consultation 14.5 minutes

Over the last decade:

Average number of visits per person has increased from 5-6, Average consultation increased from 14.1 minutes to 14.9, presenting problems has risen from 149 to 154

67 million more problems, 21 million more chronic conditions needing to be managed.

Role of PHNs

PHNs have three key roles:

- Facilitate improvements in the primary health system
- Promote coordination
- Pursue integrated care

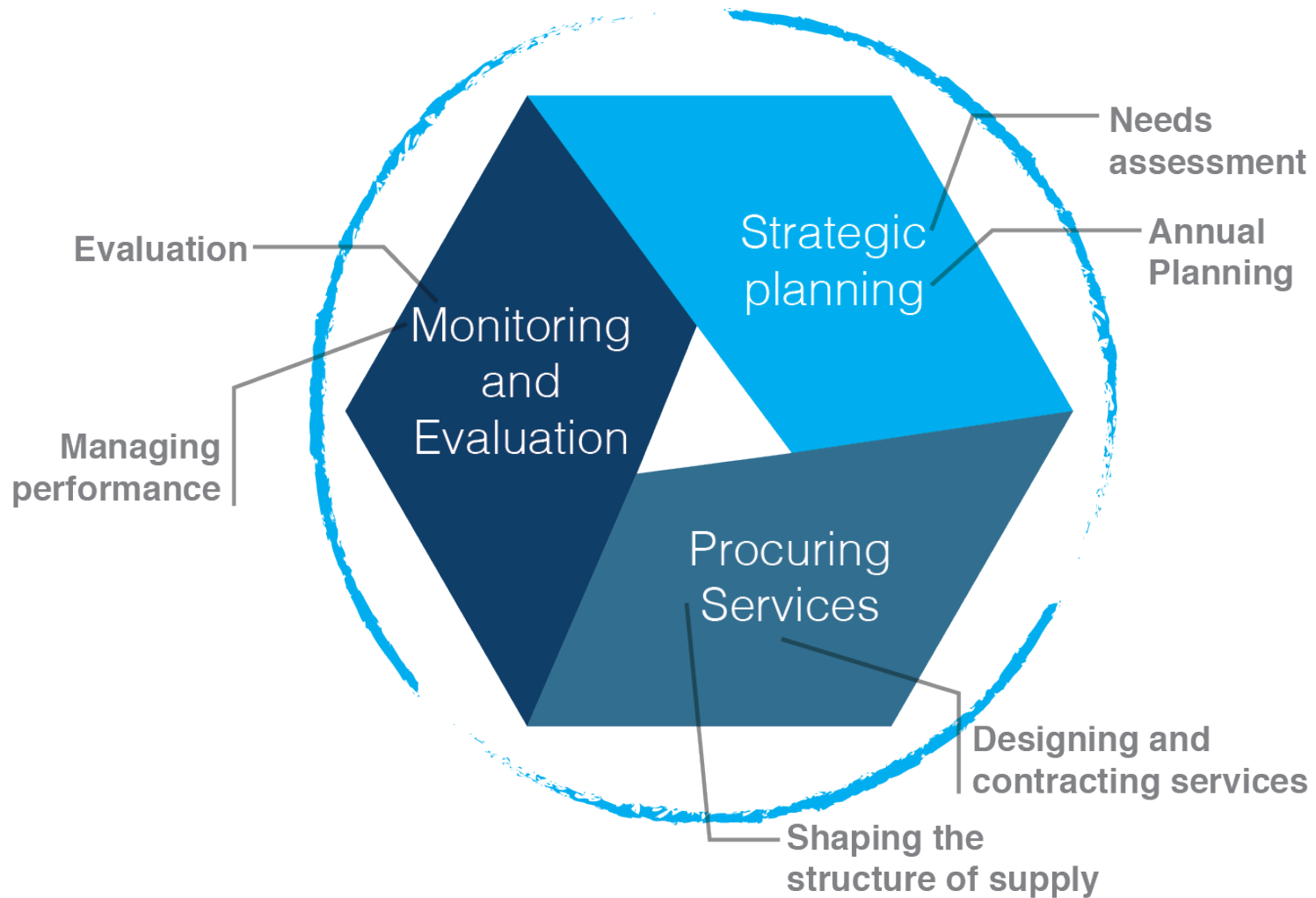
To do this involves pursuing change, innovation and system reform

CESPHN mental health aims



- Providing better outcomes to consumers
- Improving access through flexible models
- Recovery focused
- Person centred
- Focus on underserviced populations

Commissioning model



Initial experiences of commissioning as PHN



- Opportunity to address needs and gaps within our region
- Value of co-design
- Change management - importance of ensuring messaging is accurate and timely
- Early integration of input from key stakeholders
- Requires time and resources

Commissioned mental health services



- Mindfulness
- Coaching services
- Mental Health First Aid Training
- Aboriginal Youth Health and Wellbeing Project
- Psychological support services for underserved and hard to reach groups
- Early intervention service for youth experiencing severe mental illness
- headspace centres
- Suicide prevention initiatives
- Group therapies
- Mental Health Nurse Incentive Program
- GP Liaison and Alcohol and Other Drugs (GLAD) Project
- Drug and Alcohol - withdrawal, treatment and aftercare services and programs

CESPHN mental health initiatives - Education



- Managing withdrawal in the community
- Pharmaceutical drug misuse
- D&A Forum September
- Rethinking MH Forum October
- Anxiety and Depression
- Stepped care
- Low intensity treatments including online programs
- Developing mental health treatment plans
- Suicide prevention
- Severe and enduring mental illness
- Trauma informed and recovery oriented practice

CESPHN mental health initiatives - website

[Home](#) > [Mental Health](#) > Mental health for everyone

Mental health for everyone

Good mental health is a sense of wellbeing, confidence and self-esteem. It enables us to fully enjoy and appreciate other people, day-to-day life and our environment¹.

According to the **World Health Organisation** mental health is a state of wellbeing in which a person is able to:

- cope with the normal stresses of life
- work productively
- realise their potential
- contribute to the community.

A stepped care approach to mental health promotes person centred care which targets the needs of the individual. It recognises that the individual needs change and allows for flexibility for people to move across services levels to support their recovery.



Resources and links



Online and self-help supports



Face-to-face services



Suicide prevention



Emergency or crisis?

¹http://www.mentalhealth.wa.gov.au/mental_illness_and_health/mh_what_is.aspx

Trial in GP Practices with Black Dog Institute



Aims to support GPs and Practice Nurses assess and treat mental illness in a stepped care model by:

- Using an online screening tool in waiting room
- Identifying adults with anxiety and depression
- Recommending evidence based stepped care treatment (matching to needs)
- Monitor symptoms and provide feedback

StepCare Service

Data collected



Data transferred by
secure messaging



Screening via tablets
with immediate
feedback

Immediate
recommendations +
verbal scripts

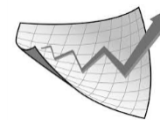
Pre-populated
Mental Health
Treatment Plan

Online
monitoring +
alerts to
patient and GP

Complete,
continue or
step-up
treatment



MHTP



Implementation of StepCare in GFMP

- Screened 100 patients in three days in March 2016
- Twice as many patients in severe range compared to other practices

Practice Name	Normal	Mild	Moderate	Severe	Total
Glebe Family Medical Practice	55	10	15	*20	100
Average across practices	67	11	12	10	100

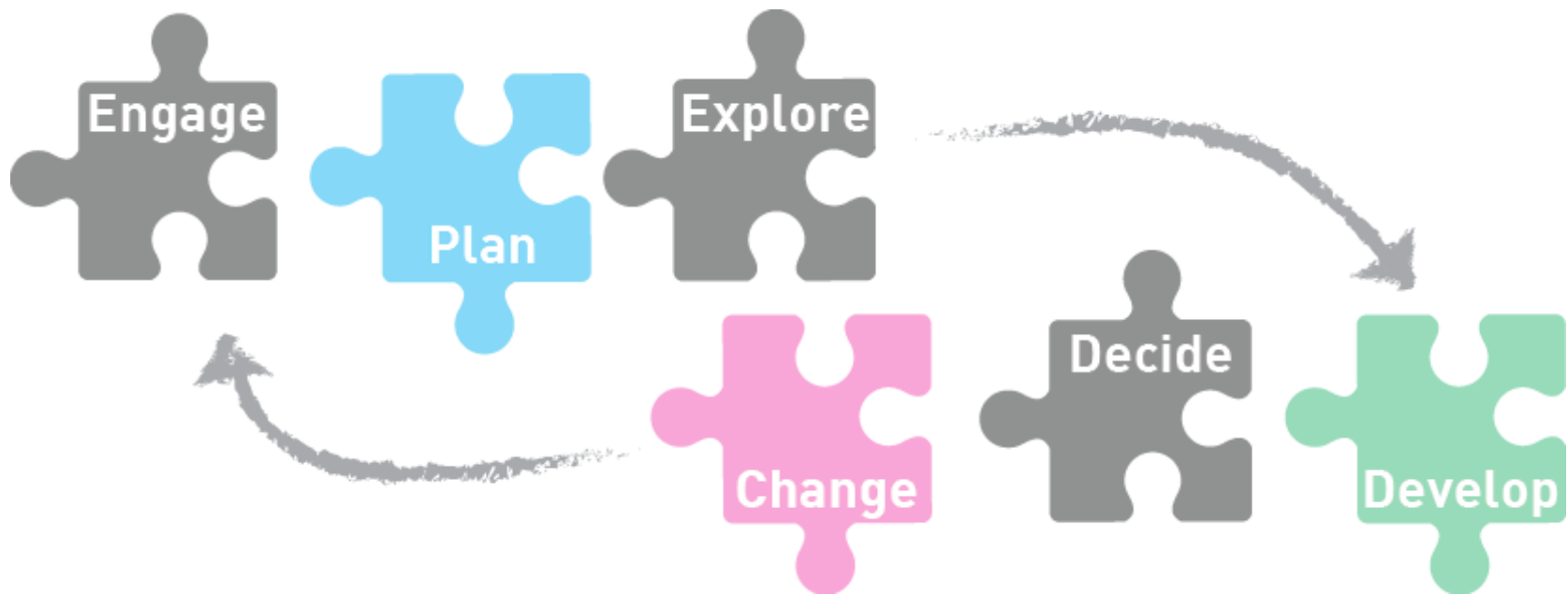
GP Liaison and Alcohol and Other Drugs Project



GLAD aims to

- Improve GP provision of drug and alcohol treatment
- Develop referral pathways and shared care between primary care and specialist services
- Reduce presentation to hospitals through intensive aftercare planning
- Build liaison capacity between sectors
- Provide education and support to prescribers to counter misuse of pharmaceutical drugs

Shaping the future



For more information



For more information on Central and Eastern Sydney PHN and our activities please visit our website.

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