



Training Update



Supervisor Liaison Officer (SLO) update

It has been a challenging influenza season with unexpected morbidity and mortality. Our thoughts are with the many affected.

GP Synergy SLOs recently attended a bi-annual national SLO Network Meeting in Sydney. A variety of research papers were presented including "Home visits and nursing home visits by early-career GPs: a cross-sectional study", Magin et al. The research suggests we need to be proactive in inculcating registrars in the nursing home environment. By taking registrars on home visits, allocating patients and developing an expectation of registrars we will be able to share the workload in the future. I will be changing my practice and taking future registrars to visit nursing homes.

Dr Aline Smith is now the SLO for Central, Eastern and South Western Sydney. We welcome her and look forward to working together.

GP supervisors should be aware that SupportGPT is available to supervisors to support registrar education in first and second GP terms. SupportGPT is available by default to the nominated supervisor, however, supervisors that have a first or second term GP registrar can also request access through IS support (please email [HYPERLINK "mailto:IS_Support@gpsynergy.com.au" IS_Support@gpsynergy.com.au](mailto:IS_Support@gpsynergy.com.au)). There are also four modules on supervision for supervisors (accredited for ACRRM and RACGP continuing professional development). If you would like to access SupportGPT for these modules please also contact [IS Support](#).

Another teaching tool I would like to foster is Direct Observation Teaching (DOTs) - found in GPrime2 under Forms, Documents and Links - search 'Supervisor Toolkit'. Sitting in on consultations with your registrar provides invaluable information on communication skills, knowledge and management in the local setting. The opportunity to observe and provide constructive feedback is indispensable. Teaching the art of general practice is our forte and registrars greatly benefit from this form of mentoring.

We are still looking for an SLO in the ACT and Hunter New England Central Coast regions. If you are interested please advise.

James Boyd

Supervisor Liaison Officer - South Eastern NSW

Seasonal celebrations and award nights

It's nearly that time of the year again! Keep an eye out for your invitation to our end of year seasonal celebration and award nights:

- Western NSW: Tuesday 7 November 2017, Taronga Western Plains Zoo, Dubbo
- Hunter, Manning and Central Coast: Wednesday 15 November 2017, Mereweather Surfhouse, Newcastle
- South Eastern NSW: Thursday 16 November 2017, Admirals Room, Novotel, Wollongong
- Murrumbidgee and ACT: Friday 17 November 2017, Margaret Whitlam Pavilion, National Arboretum, Canberra
- New England/North West: Tuesday 21 November 2017, Tamworth Jockey Club, Tamworth
- Nepean, Western and Northern Sydney: Wednesday 22 November 2017, Castle Hill Country Club, Castle Hill
- Central, Eastern and South Western Sydney: Wednesday 29 November 2017, Bondi Icebergs Club, Bondi
- North Coast: Thursday 7 December, BreakFree Aanuka Beach Resort, Coffs Harbour

For further information, please contact your local event coordinator or [Paula Lamont](#).

Term placement reminder

Thank you to all practices that have updated their practice profile indicating their training capacity for the 2018.1 (Feb to Aug) term.



Key dates:

18 Oct: On 18 Oct practices will be advised of training caps on the number of registrars per supervisor and practice.

23 Oct: At midday on 23 Oct, placement lists will open for registrar application.

15 Dec: Deadline for Medicare provider number paperwork.

If you have any queries or require assistance, please don't hesitate to contact your Practice Liaison and Support Officer (PLSO).

A list of useful resources, including a detailed FAQ guide and term placement information webinar recordings, can be found on GPRimme2 under 'Forms, Documents and Links' – just search 'term placement'.

New app to learn Australian Aboriginal history

At the recent Australian Indigenous Doctor Association (AIDA) Conference, we were excited to launch a new app designed by GP Synergy Aboriginal Liaison Officer and Moree Elder, Val Dahlstrom to ensure younger generations understand Aboriginal and Torres Strait Islander history since colonisation.

The app, in the form of a solitaire game, provides players with insights into the events that have shaped the health of Aboriginal and Torres Strait Islander people.

"Australian history belongs to all of us, Aboriginal and non-Aboriginal people alike.

"No matter where you go these days you will always see someone playing games on a phone or other gadget.

"I like solitaire and I respect our history, and it concerns me that people don't seem to know all that much about it.

"So put the two of them together and we are planting a seed which will sprout, and flower so that our history is there for others to see, and to own and cherish."

How to access the app:

Solitaire Explore is freely available from the Apple App Store and Google Play for Android – simply search '**Solitaire Explore**'



Bega networking event

It was great to catch up with registrars, supervisors, practice staff and stakeholders at the networking event in Bega held earlier this month. The event was coordinated by our Rural Support Officer Team.

Upcoming events include:

- 21 November: Broken Hill | RSVP: [Maria Logan](#)
- 1 December: Singleton | RSVP: [Kerry Robins](#)



GP Synergy events



All nodes - events:

- Clinical Teacher Training Workshop | 3 Nov | Sydney – new supervisors only | RSVP – [Nicole Tooma](#)
- Clinical Teacher Training Workshop | 18 Nov | Canberra – new supervisors only | RSVP – [Nicole Tooma](#)
- Webinar: Influences on registrar prescribing | 12 Oct | RSVP – [Angie Honeyman](#)
- Webinar: How to support your registrar to prepare for the RACGP exams | 9 Nov | RSVP – [Angie Honeyman](#)

Regional activities:

Central, Eastern and South Western Sydney

- Facilitating clinical reasoning | 10 Oct | Chippendale | RSVP – [Nicole Tooma](#)
- Facilitating clinical reasoning | 26 Oct | Liverpool | RSVP – [Nicole Tooma](#)

Hunter, Manning and Central Coast

- Facilitating clinical reasoning | 25 Oct | Taree | RSVP – [Jacky Porter](#)

Murrumbidgee and ACT

- Facilitating clinical reasoning | 4 Nov | Wagga Wagga | RSVP – [Claire Doyle](#)

Nepean, Western and Northern Sydney

- Facilitating clinical reasoning | 11 Oct | North Sydney | RSVP – [Nicole Tooma](#)
- Facilitating clinical reasoning | 14 Nov | Parramatta | RSVP – [Nicole Tooma](#)

New England/Northwest

- Facilitating clinical reasoning & Topic 2 TBA | 28 Oct | Tamworth | RSVP – [Brianna Pettit](#)
- Facilitating clinical reasoning & Topic 2 TBA | 2 Dec | Inverell | RSVP – [Brianna Pettit](#)

South Eastern NSW

- Facilitating clinical reasoning | 1 Nov | Wollongong | RSVP – [Robyn Fanning](#)
- Facilitating clinical reasoning | 4 Nov | Bega | RSVP – [Robyn Fanning](#)

The 2018 timetable for supervisor and registrar education programs are currently being finalised and will be available in early November.

Upcoming events of interest

- North Coast PHN and Ballina Byron Clinical Society - Ballina Byron Clinical Society Meeting | 19 October | Ballina | [More information](#)
- Black Dog - Advanced Training in Suicide Prevention | 21 October | Moree | [More information](#)
- RACGP - CEMP Course Intermediate ALS | 24 October | Sydney | [More information](#)
- RACGP - CEMP Course Advanced ALS | 29-30 October | Sydney | [More information](#)
- ACRRM - Rural Emergency Skills Training (REST) | 25-26 November | Coffs Harbour | [More information](#)

For further information please see the [External Education Activity Noticeboard](#).

Key dates

18 Oct: Practices notified of their training cap

23 Oct (midday): Registrars can start applying to practices in their allocated grouping for 2018.1 GP placements

20 Nov: Competency assessments of registrars in their first or second GP terms due*

15 Dec: Medicare provider number paperwork deadline

15 Jan: Competency assessments of registrars in all GP terms due*

4 Feb: End date 2017.2 term

5 Feb: Start date 2018.1 term

*These dates are indicative only and may vary if a registrar is part-time or commenced a GP term after the first week of term.

In profile: Top exam scorer, New England/Northwest registrar Dr Phyo Kyaw with his supervisor, Dr Paul Saad.



Dr Phyo Kyaw received the highest RACGP AKT exam score amongst GP Synergy registrars this term. His supervisor Dr Paul Saad is passionate about rural health care and training registrars in Quirindi.



Dr Kyaw: To be honest, I didn't expect to do so well in the AKT. I felt that I would pass, but it was quite a surprise when I realised my score.

I regularly studied over the phone with my friend from Darwin. I would suggest listening to advice from your medical educators – Donna (Dr Donna Quinn, GP Synergy Senior Medical Educator) recommended I study the eTG and I found it very useful. Another important thing is to do practice exam questions from RACGP and GP Synergy.

I'm loving GP training. The best part is that I get to make important clinical decisions while knowing that help from supervisors is just a phone call or a knock on their door away.

Rural training is the best in many ways, you see a mix of interesting presentations that you may not necessarily come across in city practice.

In towns like Moree and Quirindi, there are admitting rights to local hospital where you can continue caring for your regular patients. Good continuity of care – it's a whole package.

I like the idea of being able to give long term care to patients and providing individualised and holistic care to people in a community as well as the prospect of a good work life balance. I look up to my mother who is a GP in Myanmar – all those factors made me choose GP training.



Dr Saad: I have been a GP in rural areas for 10 years. My journey as a rural GP started in Baradine, far western NSW in 2008.

I moved to Quirindi in 2013, and started here as a solo GP.

I've always been passionate about teaching and sharing my knowledge with other doctors.

When I realised Quirindi needed more services and doctors, I accredited the surgery with GP Synergy. Since 2013/2014, we've had many registrars who've passed their exams, and are now fellows. Many of them have chosen to stay on at the surgery.

It's important for local communities that GPs supervise registrars, supervisors play an important role in strengthening the link between patients and registrars.

I'm very proud of all my registrars who became fellows, Dr Kyaw has made us feel very proud and privileged to have him on board at the surgery and in Quirindi.

I was in emergency when I found out about his score – I started telling the nursing staff about my registrar and his results – it was a very nice feeling of happiness and success.

Need some help?

Practice Liaison and Support Officers (PLSO)

- **Central, Eastern and South Western Sydney:**
 - Lexi Kyle - 02 8321 4084
lexi_kyle@gpsynergy.com.au
- **Hunter, Manning and Central Coast:**
 - Lucinda Coble - 02 8321 4237
lucinda_coble@gpsynergy.com.au
- **Nepean, Western and Northern Sydney:**
 - Emie Roy - 02 8321 4068
emie_roy@gpsynergy.com.au
- **New England/Northwest:**
 - Lucinda Coble - 02 8321 4237
lucinda_coble@gpsynergy.com.au
- **North Coast:**
 - Rhonda O'Dell - 02 8321 4126
rhonda_odell@gpsynergy.com.au
- **Western NSW:**
 - Kim VanBruchem - 02 8321 4211
kim_vanbruchem@gpsynergy.com.au
- **Murrumbidgee and ACT:**
 - Jodie Hay - 02 8321 4145
jodie_hay@gpsynergy.com.au
- **South Eastern NSW:**
 - Jodie Hay - 02 8321 4145
jodie_hay@gpsynergy.com.au

Supervisor Liaison Officers (SLO)

- **Western NSW:**
Dr Ken Hazelton - ken_hazelton@gpsynergy.com.au
- **South Eastern NSW:**
Dr James Boyd - james_boyd@gpsynergy.com.au
- **North Coast:**
Dr John Vaughan - john_vaughan@gpsynergy.com.au
- **Nepean, Western and Northern Sydney:**
Dr Cecile Dinh - cecile_dinh@gpsynergy.com.au
- **Murrumbidgee:**
Dr Ken Mackey - ken_mackey@gpsynergy.com.au
- **Central, Eastern and South Western Sydney:**
Dr Aline Smith - aline_smith@gpsynergy.com.au

Whilst we continue to recruit to regions, please contact one of the SLO team listed above who will be able to assist in the interim.

Positions vacant:

Are you interested in becoming an SLO? Find out more by visiting our website under employment opportunities or contact Nicky Doneva on nicky_doneva@gpsynergy.com.au

Expressions of interest are currently being sought for the following SLO positions:

- Hunter New England Central Coast
- ACT

ReCEnT study reveals registrar dietitian/nutritionist referral patterns

The Registrar Clinical Encounters (ReCEnT) project team recently had a paper published in the Nutrition & Dietetics Journal examining for the first time, registrar referrals to dietitians/nutritionists.

The study involving 1124 registrars and 227 190 problems/diagnoses, found 587 (0.26%) resulted in dietitian/nutritionist referral, with the most common problems/diagnoses relating to overweight/obesity (27.1%) and type 2 diabetes (21.1%). 60.8% of referrals to a dietitian/nutritionist were for a chronic disease, and 38.8% were related to a Chronic Disease Management plan.

The study demonstrated that registrars are more likely to refer established patients with chronic disease and complex care needs to dietitians/nutritionists than other patients.

For more information about the paper go to:

<http://onlinelibrary.wiley.com/doi/10.1111/17470080.12377/abstract>

For more information about ReCEnT visit our [website](#).

Dr Rachelle Silver completes the channel swim in less than 16 hours



In a previous training update we featured Dr Rachelle Silver - a former GP registrar who decided to swim the English Channel to raise money for PANDA – a not-for-profit organisation that supports women and their families who are suffering from antenatal and postnatal anxiety or depression.

We are delighted to report Rachelle was successful in her attempt, completing the swim in 15 hours and 54 minutes.

“Some aspects of the swim were what I expected, some aspects went better like my nutrition and being in the cold water; whereas being in French waters with the strong tides and currents was harder than I expected.

“With everything I had given up and worked for it was terrifying to think I wouldn’t get there.

“To finish the swim was a huge relief, and to also exceed the fundraising target was a relief,” she said.

At time of print, Rachelle has raised more than \$26,000 for PANDA – well above her \$20,000 target.

You can read more about Rachelle’s journey [here](#).