



Training Update



RLO update

Hello everyone, hope you have all been well and winter is not biting too hard. Some key things to ensure your ship sails smoothly is to ensure your practice logs are up-to-date and that you complete your competency assessments. Remember that the administrative aspects of general practice training mould the clinical components together. There is no water molecule without covalent bonds.

We wish the best of luck to registrars receiving results – ACRRM StAMPS (Primary Curriculum) results on 6th July and RACGP OSCE results on the same date. In other news, rural generalist training applications open on the 19th July. If you are interested, ensure you contact your Medical Educator (ME) to discuss this further.

One important facet of your self-worth is seeing value in yourself. This can be in the way you perceive yourself as a professional at work, a sports person on the field, or an individual at home. Many general practice registrars see our profession as being undervalued. They do the best they can whilst working in systems that sometimes work against them. This takes its toll physically, psychologically, and emotionally. Fatigue sets in, personalities clash, and one can really suffer. I implore you to not only seek assistance for yourself if necessary but also facilitate fellow registrars if you recognise they require it. GP Synergy and the colleges have support systems to assist you. It may only take contacting your ME or RLO to ensure help transpires. Your self-esteem and wellbeing matters.

The general practice landscape is currently experiencing an evolution in how to deliver good quality training. In a sea of many differing opinions one may feel their own voice being drowned out. Do not let this hold you back. If you have something to say then please feed it back. Your input is what shapes training for the future. Sluggish movement in the space of change can be altered by increasing volumes of feedback. Get involved and contribute. Commence discourse with GPRA, your voice on all things GP training related. Talk to your ME or RLO about what can be done better. Your input counts. You matter. General practice registrars truly represent the ongoing metamorphosis of the profession. The time to act is now.

Dr Sama Balasubramanian | Registrar Liaison Officer - Nepean, Western and Northern Sydney

Reminder to check registrar Medicare provider numbers



Once you have received your Medicare provider number, please check the letter to confirm you have been issued with a provider number with full billing rights before you commence billing patients.

Registrars with refer and request rights will only be able to refer patients and request investigations, until a provider number with full billing rights is received.

Please contact your education coordinator if you have any queries.

College fellowship assessment enrolment*

ACRRM fellowship assessments:

- 2018.2: Assessment enrolment closes 13 Jul 2018

For more information visit the [ACRRM website](#).

RACGP fellowship assessments:

- 2018.2 OSCE: Enrolments open 19 Mar – 7 Sep 2018
- 2019.1 AKT/KFP: Open 17 Sep – 16 Nov 2018
- 2019.2 OSCE: Open 17 Sep 2018 – 29 Mar 2019

For further information visit the [RACGP website](#).

*Dates are subject to change. Always check the RACGP and ACRRM websites for the most up-to-date information.

Clinical pearl: Honey for short-term treatment of nocturnal cough in children aged 12 months and older



Registrars will often manage children with Upper Respiratory Tract Infections (URTIs) and parents will often request treatment of their child's URTI-associated cough. Cough associated with an URTI in children does not usually require treatment. It is certainly contra-indicated to give over-the-counter cough and cold treatments to children under 6 years of age. This is because these medications can cause accidental overdose and serious adverse reactions in children.



Also, coughing is protective – it helps clear mucus from lungs. Treatment of cough, however, may be reasonable when the cough interferes with sleep. Honey may be used as a short-term symptomatic treatment of nocturnal URTI-related cough in children **older than 12 months** (honey is contraindicated in children younger than 12 months of age – botulism has been reported in association after eating honey in this age group).

Dosage: 0.5 – 2 teaspoons (2.5 – 10 g) of honey at bedtime. The honey can be given in a drink such as warm water.

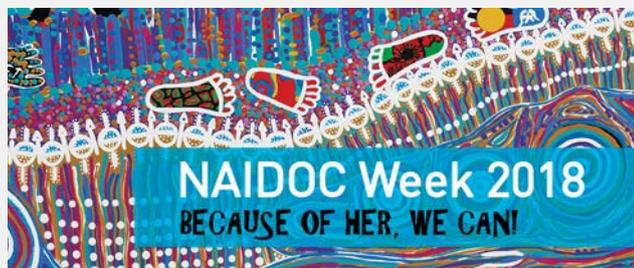
Points for caution:

- Do not give honey in children younger than 12 months.
- Prolonged use of honey is likely to cause dental caries. Honey is for short-term use only. Prolonged cough should not be treated with honey.

Reference: The Handbook of Non-Drug interventions (HANDI):

<https://www.racgp.org.au/your-practice/guidelines/handi/interventions/children/honey-for-coughs-in-children-with-urti/>

NAIDOC Week: 8-15 July 2018



It's NAIDOC Week during 8-15 July and there are a number of events being hosted across Australia to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

To find local event near you visit: <https://www.naidoc.org.au/>

Change to GP Synergy flight subsidies

For events held from 1 July 2018 where GP Synergy subsidises flights, GP Synergy will only reimburse flights that meet the following requirements:

The cheapest, non-flexible flight fares must be booked at least 11 days prior to date of travel.

Any flight changes are at the registrar's expense.

Special consideration for reimbursement due to extenuating circumstances outside of these requirements can be made using the *Registrar Support Application Form*.

For further information please see the [Registrar Support Guidelines](#) for more information.

Meet procedural GP Registrar – Dr Lauren-Marie Vernon

Dr Lauren-Marie Vernon has moved to New England/ Northwest for her first term of GP training and to use her anaesthesia skills.

Why did you decide to become a GP?

I decided to become a GP because I want to be a good all-round doctor. I want to know how to manage a wide variety of problems, and you lose that if you only specialise in one thing.

I chose to become a rural generalist, because I think you get the best of both worlds; a great and flexible lifestyle and a career that is challenging, stimulating and rewarding.

What are you enjoying about GP community-based training?

I'm excited about providing continuity of care; getting to know patients and seeing them through from the first presentation of a problem, to diagnosis, treatment and follow up. You don't get to do that in most other areas of medicine.

I'm also enjoying expanding my knowledge of managing common, everyday problems that people face.

What do you like about training in Moree?

I'm looking forward to getting the most out of training that I can, so far, it's both a lot more challenging but also more rewarding than I expected!

The opportunity I have in Moree is unique, in that I can provide anaesthetics, cover the ED, manage inpatients in the hospital, see nursing home patients as well as spend time in GP land.

It seems like the perfect training ground for becoming the good all-round doctor that I want to be.

Also, the artesian hot water is pretty cool!



Rural generalist/procedural training post applications open 19 July

Rural generalist/procedural GPs are doctors providing important services such as anaesthetics, obstetrics, surgery, paediatrics, palliative care, and other skills in rural hospitals that do not have staff specialists providing this care.

How does procedural training fit in with the AGPT program?

For doctors pursuing Fellowship of the Australian College of Rural and Remote Medicine (FACRRM), 12 months of procedural skills training counts as the 'Advanced Specialist Training' year in the ACRRM program.

For doctors pursuing Fellowship of the Royal Australian College of General Practitioners (FRACGP), in order for you to be able to count 12 months of Advanced Rural Skills Training, you must enrol in the Fellowship of Advanced Rural GP (FARGP) as part of your training.

How do registrars apply?

Rural generalist/procedural posts are managed by HETI and applications are required to be made through NSW Health online Annual Medical Recruitment (AMR).

Registrars considering Rural generalist/procedural skills training are strongly encouraged to contact GP Synergy's Special Programs and Education Manager, Felicity Gemmell-Smith on felicity.gemmell-smith@gpsynergy.com.au and your medical educator.

For more information visit:

- [GP Synergy website](#)
- [HETI website](#)

Webinar invitation: Rural generalist/ procedural training

GP Synergy is hosting a webinar to help registrars, prevocational doctors and medical students find out more about procedural training opportunities in NSW and ACT.

Date: Wednesday 8 August 2018

Time: 7.00pm-8.00pm

[Find out more](#)

Key dates

16 July: Competency Assessment due for registrars in first, second and third GP terms and Extended Skills in GP.

5 Aug: End date term 1 2018.

For a list of important training dates, see the new key dates calendar on our [website](#).



ACRRM courses

Mental Health Disorders Training for Rural Practitioners

This course has a specialised focus on rural and remote Australia by addressing issues such as isolation and drought.

This course provides you with:

- discussion-based learning, both during and after the session, with participants able to learn from one another within the virtual classroom
- an opportunity to learn after office hours so as to not interfere with clinical time
- the ability to attend from wherever you are throughout rural and remote Australia, and
- opportunities to make up two sessions if they are missed.

After successful completion of the course your attendance will be reported to the GPMHSC then Medicare, which will allow you access to Medicare item numbers 2715 and 2717.

For further information about the courses or to register visit [Mental Health Disorders Training for Rural Practitioners](#).

Cultural Awareness module: PIP Indigenous Health Incentive

ACRRM's Cultural Awareness module on RRME0 aims to provide knowledge and awareness of Australian Indigenous cultures in the context of health care. It is suitable for all ACRRM members who wish to participate in the Practice Incentives Program (PIP) Indigenous Health Incentive.

This module will:

- Address the health care needs of culturally diverse and disadvantaged groups/Aboriginal and Torres Strait Islander Health
- Address the health care needs of culturally diverse and disadvantaged groups/Mental Health (MH)
- Apply a population health approach MH
- Apply a population health approach/Aboriginal and Torres Strait Islander Health
- Provide medical care in the ambulatory and community setting/Aboriginal and Torres Strait Islander Health
- Provide medical care in the ambulatory and community setting (MH).

For further information on the Cultural Awareness module visit the [ACRRM website](#).

RACGP Transition to independent general practice workshops

RACGP NSW&ACT and the NSW New Fellows Committee have developed an event over two days – two comprehensive and interactive general practice workshops for new fellows, registrars and international medical graduates.

Learn about medical compliance, the Australian healthcare system, hiring and contracting processes, skin cancer management and sexual health. Hands-on suturing practice, plastering and cervical screening sessions are all included.

Date: Part 1 – Saturday 4 August 2018 | Part 2 – Saturday 18 August 2018

Location: North Sydney NSW 2060

Cost: RACGP member \$250 for one workshop \$375 for both workshops | Non-member \$350 for one workshop \$475 for both workshops

[Find out more](#)

And congratulations goes to...

➔ RACGP award winners

GP Synergy extends our sincere congratulations to the NSW and ACT RACGP award winners:

- General Practitioner of the Year 2018 – Associate Professor Katrina Anderson (ACT)
- General Practice Supervisor of the Year 2018 – Dr Penny Browne (NSW)
- General Practice of the Year 2018 – Glebe Family Medical Practice (NSW)
- General Practice Registrar of the Year 2018 – Dr Shashenka Withanage (NSW)

➔ Tharawal Aboriginal Corporation CEO, Darryl Wright

Congratulations to Darryl Wright chief executive of [Tharawal Aboriginal Corporation Airds](#) on being awarded a Member of the Order of Australia for his dedication and work for his community.

Tharawal Aboriginal Corporation Airds is one of the Aboriginal community controlled health services accredited for GP training. [Read more](#)

➔ Retiring GP Supervisor, Dr Colin Rose

Best of luck to retiring GP supervisor Dr Colin Rose - 47 years after moving from the city to Taree, Dr Rose reflects on life as a rural GP - he has some wonderful stories of being a GP and part of the community. [Read more](#).

➔ Aboriginal Liaison Officer, Val Dahlstrom

Congratulations to our Aboriginal Liaison Officer Val Dahlstrom who has been awarded Aboriginal Female Elder of the Year in the Moree Reconciliation Gala Awards for her unmatched service to the community. What a well deserved honour! [Read more](#).

External activities of interest

- ACRRM Advanced Life Support Training | 14 July | Newcastle | [More information](#)
- Western NSW PHN - Embedding Aboriginal & Torres Strait Islander Cultural Safety in Western NSW General Practice and Primary Health | 15 August 2018 | Bathurst | [More information](#)
- Western NSW PHN - Embedding Aboriginal & Torres Strait Islander Cultural Safety in Western NSW General Practice and Primary Health | 16 August 2018 | Orange | [More information](#)
- ACRRM - Ultrasound Workshop | 18 August | Mascot | [More information](#)
- ACRRM Rural Emergency Skills Training | 23-25 August | Wagga Wagga | [More information](#)
- Advanced Paediatric Life Support - APLS Course | 1-2 September | Canberra | [More information](#)
- ACRRM Rural Emergency Skills Training | 15-16 September | Mascot | [More information](#)

Upcoming GP Synergy events

Registrars in their first or second GP term workshops

Foundation/Frameworks and Regional Workshop 1:

- Western NSW Node 1: 6-8 Aug, Dubbo
- Western NSW Node 2&3: 8-10 Aug, Canberra
- Lower Eastern NSW Node 1&2:
 - GPT1/PRRT1: 6-7 Aug, Liverpool
 - GPT2/PRRT2: 7-8 Aug, Liverpool
- Lower Eastern NSW Node 3: 8-10 Aug, Canberra
- Lower Eastern NSW Node 4: 6-8 Aug, Wollongong
- North Eastern NSW Node 1: 8-10 Aug, Coffs Harbour
- North Eastern NSW Node 2: Mon 6-8 Aug, Armidale / 9 Aug VMO Day, Tamworth
- North Eastern NSW Node 3: 6-7 Aug, Newcastle
- North Eastern NSW Node 4&5:
 - GPT1/PRRT1: 6-7 Aug, Liverpool
 - GPT2/PRRT2: 7-8 Aug, Liverpool

Exam preparation workshops

- GP Synergy RACGP exam preparation workshops are now being planned for registrars sitting the exams in 2018.2 only. Please email Nicole Tooma for further information: nicole_tooma@gpsynergy.com.au
- GP Synergy ACRRM assessment preparation workshops are currently being planned for registrars sitting ACRRM assessments. Please email Claire Doyle for further information: claire_doyle@gpsynergy.com.au

Need some help?

Education Coordinators

- **Central, Eastern and South Western Sydney:**
Tia Dickson - 02 8321 4101
tia_dickson@gpsynergy.com.au
- **Hunter, Manning and Central Coast:**
Heidi Heinz - 02 8321 4238
heidi_heinz@gpsynergy.com.au
- **Nepean, Western and Northern Sydney:**
Kym Cashen - 02 8321 4112
kym_cashen@gpsynergy.com.au
- **New England/Northwest:**
Sally Lucas - 02 8321 4015
sally_lucas@gpsynergy.com.au
- **North Coast:**
Joanne Sayer - 02 8321 4128
joanne_sayer@gpsynergy.com.au
- **Western NSW:**
Rachel Harris - 02 8321 4212
rachel_harris@gpsynergy.com.au
- **Murrumbidgee and ACT:**
Catherine Daly - 02 8321 4149
catherine_daly@gpsynergy.com.au
- **South Eastern NSW:**
Amanda Piatek - 02 8321 4164
amanda_piatek@gpsynergy.com.au

Registrar Liaison Officers (RLO)

- **Western NSW:**
Currently vacant. Please contact another RLO.
- **Nepean, Western and Northern Sydney:**
Sama Balasubramanian –
RLO_NESydney@gpsynergy.com.au
- **Hunter New England Central Coast:**
Bob Vickers - RLO_HNECC@gpsynergy.com.au
- **Central, Eastern and South Western Sydney:**
Rebecca Chan - RLO_LESydney@gpsynergy.com.au
- **South Eastern NSW:**
Jessica Swan - RLO_SouthEastern@gpsynergy.com.au
- **North Coast:**
Currently vacant. Please contact another RLO.
- **Murrumbidgee and ACT:**
Jessica Tidemann -
RLO_MurrumACT@gpsynergy.com.au

Rural Support Officers (RSO)

- **New England/Northwest | North Coast | Hunter Manning & Central Coast:**
Kerry Robins - kerry_robins@gpsynergy.com.au
- **Western NSW:**
Maria Logan - maria_Logan@gpsynergy.com.au
- **Murrumbidgee:**
Sue Hefren - sue_hefren@gpsynergy.com.au
- **South Eastern NSW:**
April McFadden - april_mcfadden@gpsynergy.com.au