

Central Region:

Country SA PHN's Central Region includes the Adelaide Hills, Alexandrina, Fleurieu Peninsula and Kangaroo Island.

Background:

The Country SA PHN is the primary health network covering the country regions of South Australia.

Established by the Federal Government, PHNs are now operating Australia-wide. The key objectives of the PHNs are to increase the efficiency and effectiveness of medical services for patients, particularly those at risk of poor health outcomes, and to improve the coordination of care to ensure patients receive the right care in the right place at the right time. PHNs will achieve this through population health planning (needs assessments/data analysis) including service gap identification; health care commissioning; practice support services so that GPs are better placed to provide care to patients and avoid hospital; supporting general practices with safety and quality; and assisting general practices with eHealth.

Key Priority Areas:

Our six key priority areas are Aged Care, Aboriginal Health, Digital Health, Mental Health, Population Health and Health Workforce.



Aged
Care



Aboriginal
Health



Digital
Health



Mental
Health



Population
Health



Health
Workforce





Aged Care

Commissioned Services:

Active Ageing SA Inc

- Maintain, extend and actively promote the Falls SA website

DATIS – Medicines optimisation

- Detect, assess, monitor and prevent adverse effects with pharmaceutical products in patient care
- Support regional multi-disciplinary medication advisory committees

COTA

- Deliver practical support with understanding and navigating the My Aged Care gateway. Support is delivered by trained Aged Care Peer Champions, who provide telephone and face-to-face support with understanding and using My Aged Care gateway to older people

CSAPHN Activity:

- Partnered with Decision Assist who provide specialist palliative care and advance care planning advisory services to aged care providers and general practitioners caring for recipients of aged care services
 - Advanced Care Planning delivered in Victor Harbor in July 2017
- Collaborate with Council of the Ageing (COTA) around use of My Aged Care portal community forum held in Victor Harbor during October 2017
- Engage with Aged Care Facilities, Pharmacies and General Practice to ensure better patient outcomes
- Led Residential Aged Care Facility Network meetings in Mount Barker and Victor Harbor during November 2017
- Engage with Positive Ageing Taskforce and Dementia Action Groups
- Partnered with Alzheimer's Australia SA to deliver Memory and Ageing workshop to community at Port Elliott Computing Centre in July 2017
- Partnered with Active Ageing Australia to deliver Falls Prevention workshop in Victor Harbor in July 2017
- Engage with Fleurieu Aged Care Tourism Working Group and the Adelaide Hills Aged Care Tourism Group
- Partnered with the Australian Primary Health Care Nurses Association (APNA) to deliver 'Timely Diagnosis of Dementia' workshop in Mount Barker in April 2017





Aboriginal & Torres Strait Islander Health

Commissioned Services:

Integrated Team Care (ITC)

- **Moorundi Aboriginal Health Service**

- Work with general practice and Aboriginal & Torres Strait Islander communities to improve access to culturally sensitive and appropriate primary healthcare services
- Focus on better management of chronic conditions to close the gap in life expectancy

Moorundi Aboriginal Health Service

- Deliver the “Deadly Choices” program including chronic disease management, tobacco cessation, nutrition & physical activity, harmful substances, healthy relationships and access to health checks in Victor Harbor

CSAPHN Activity:

- Engage with Moorundi Aboriginal Health Service and Country Health SA LHN on regional services in the Adelaide Hills and Fleurieu
- Attend Reconciliation Action Group meetings facilitated by Country Health SA
- Attend monthly Nunga lunches in Victor Harbor
- Collaborating with Moorundi Aboriginal Community Controlled Health Service and ReLink Australia to combine health and wellbeing education with physical activity for indigenous people



Digital Health (eHealth)

CSAPHN Activity:

PEN Computing Systems

- Offering general practice access and licensing to clinical information management tools
 - CAT PLUS - Clinical Audit Tool CAT 4
 - Cleansing CAT
 - Practice Aggregation Tool (PAT CAT)
 - Topbar Clinical System Support Tool

Cisco Systems Inc.

- Offering general practice video technologies (Cisco Jabber) that facilitates remote care delivery

General practice support:

- Management of patients, data, systems and processes
- Support with all digital health platforms and e-Health requirements
- Regular webinars on a range of digital health topics

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- Promotion of the benefits of My Health Record and information on system use



Mental Health

Commissioned Services:

- Please refer to [Service Provider](#) listing on CSAPHN website
<http://countrysaphn.com.au/phnactivity/commissioningandtendering/csaphn-service-providers>

CSAPHN Activity:

- Engage with the Youth Networks in Adelaide Hills and Southern Fleurieu
- Involvement in Mental Health Week activities
- Attend Mental Health Professionals Network meetings in the Adelaide Hills and Fleurieu
- Support community event 'Breaking the Cycle' in April 2017 in Victor Harbor and in October 2017 in Kangaroo Island, addressing domestic violence and alcohol & other drugs
- Collaborated with Standby Response 'Pathways to Care' workshop providing support after suicide on Kangaroo Island in October 2017
- Collaborated with BSAC (British Sub Aqua Club), Fleurieu Aquatic Centre and Reclink Australia to provide a "Come and try Dive" session in Victor Harbor for Veterans Week in October 2017



Population Health

Commissioned Services:

Country Health SA LHN

- Delivery of allied health and primary care services in populations under 5000. Positions include:
 - Specialist nurse roles in chronic disease management
 - Dietitian / Nutritionist
 - Podiatrist
 - Physiotherapist / Exercise physiologist
 - Mental health clinician

These services were released by open tender to market in October 2017

Cancer Council of South Australia

- Cancer Screening Checklist Trial completed during June 2017 with the aim of increasing cancer screening rates in general practice

National Heart Foundation (SA)

- Enabling the content on the cardiovascular disease absolute risk calculator to be used on mobile devices
- Provides 16 primary health care nurses a scholarship to participate in the Heart Foundation Nurse Ambassador Program

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CATCH (country access to cardiac health)

- Provides country access to cardiac rehabilitation

Health Care Homes

- CSAPHN has been selected as one of the ten regions for the Commonwealth Government Health Care Homes Trial. A Health Care Home is an existing general practice or Aboriginal Community Controlled Health Organisation (ACCHO) that commits to a systematic approach to chronic disease management
 - CSAPHN webpage - <http://countrysaphn.com.au/healthprofessionals/health-care-homes>

PHN Immunisation Hub

- The Adelaide and Country SA PHNs have jointly implemented the SA PHN Immunisation Hub
 - The SA PHN Immunisation Hub provides education, mentoring and networking for service providers, engagement, advocacy and resources for the community, and facilitates nurse led clinics
 - Travel Immunisation/Zostavax update delivered in Victor Harbor in December 2016

Healthy eating and Lifestyle

- CSAPHN has commissioned the HEAL program to direct services at the management of overweight and obesity, unhealthy eating and insufficient physical activity
 - Summit Health will deliver the HEAL program in the Adelaide Hills, Fleurieu Peninsula and Kangaroo Island areas

CSAPHN Activity:

- Facilitated Advanced Care Directives workshops to provide support and education to the community and health professionals on Kangaroo Island in October 2017
- Attend Community Service Forums in the Adelaide Hills and Fleurieu regions to enable networking opportunities and promotion of health services



Health Workforce

Commissioned Services:

GPEX

- Preferred provider for education delivery
 - Professional development delivered through face-to-face regional workshops for primary health care professionals to extend their knowledge and skills
 - National Cervical Screening Program Update delivered in Mount Barker in June 2017 and Victor Harbor in November 2017

sapmea

- Provides targeted education in the CSAPHN region

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- Management of Burns in Rural Regions delivered in Victor Harbor in April 2017 and Mount Barker in July 2017

Doctors Health SA

- Providing Doctors Health workshops for general practice
 - Delivered in Kingscote in February 2017 and Stirling in October 2017

BMP Healthcare Consulting

- Provided Frailty Workshops to general practice, community health, aged care facilities & allied health professionals
 - Delivered in Victor Harbor in April 2017

CSAPHN Activity:

- Partnered with the National Asthma Council to deliver a Spirometry workshop in Kingscote in February 2017 and Strathalbyn in February 2017
- Partnered with the National Asthma Council to deliver a Primary Care Asthma update in Hahndorf and Victor Harbor during 2016
- Partnered with Benchmark to deliver Chronic Disease management workshops in Victor Harbor and Mount Barker during 2016
- Delivered inaugural joint SA PHN Conference in April 2017 with over 250 primary health care professional attendees
- Partnered with Sound Radiology and MIGA to deliver a Radiology Update for rural GPs in August 2017
- Support Practice Manager & Primary Care Nurse Networks to inform, educate and network
- Partner with UniSA regarding allied health workforce needs
- Partnered with Rural Doctors Association SA (RDASA) to support Registrar attendance at annual Masterclass in August 2016 and 2017

Community Collaborations:

CSAPHN seeks genuine connection with rural and remote communities to help identify gaps, needs and trends as well as to provide feedback on the activities we undertake and the services we commission.

In the Central region (Adelaide Hills, Fleurieu & Kangaroo Island), CSAPHN engages with:

- Fleurieu Region Community Services Advisory Committee
- <http://countrysaphn.com.au/phnactivity/clinical-and-community-governance>

For more information, please subscribe to our monthly newsletter detailing CSAPHN activity as well as external primary health care news - <http://countrysaphn.com.au/phnactivity/newsroom/newsletter>

