

## South and East Region:

Country SA PHN's South and East Region includes the Riverland, Murray Mallee and Limestone Coast.

## 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 Murray Bridge and Mount Gambier in July 2017 and Renmark in August 2017
- Collaborate with Council of the Ageing (COTA) around use of My Aged Care portal
- Engage with Aged Care Facilities, Pharmacies and General Practice to ensure better patient outcomes



## Aboriginal & Torres Strait Islander Health

### Commissioned Services:

#### Integrated Team Care (ITC)

- Moorundi Aboriginal Community Controlled Health Service Inc., Pangula Mannamurna Inc and Riverland Division of General Practice
  - 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 Murray Bridge, Raukkan and Mannum

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## CSAPHN Activity:

- Engage with Moorundi Aboriginal Community Controlled Health Service Inc., Pangula Mannamurna Inc., Riverland Division of General Practice and Country Health SA LHN on regional services



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



## Mental Health

### Commissioned Services:

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

## CSAPHN Activity:

- Partnered with SANDAS to deliver Drug and Alcohol workshop in Mt Gambier in August 2017
- Engage with community Mental Health network group in Mount Gambier and Naracoorte
- Involvement in Mental Health week activities
- Attend Mental Health professional network meetings in Riverland
- Engage with headspace to provide better Mental Health services to Limestone Coast schools
- Engage with suicide prevention network groups in Mt Gambier and Naracoorte
- Engage with Local Drug action team



## 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

#### 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

#### 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
  - RDGP will deliver the HEAL program in the Riverland and South East areas
  - Summit Health will deliver the HEAL program in the Murray Mallee



## CSAPHN Activity:

- Facilitate Advance care directive workshops to provide support and education to community and health professional in Mt Gambier and Renmark in 2017
- Liaise with Local Councils to deliver Embrace body image movie session for schools and communities
- Regular network meeting with Local Health Advisory Councils for services improvement and support



## 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 Berri in August 2017
  - Managing Mental Health delivered in Naracoorte in May 2017 and Mount Gambier in August 2018

#### Doctors Health SA

- Providing Doctors Health workshops for general practice
  - Delivered in Murray Bridge during 2016, Berri in March 2017, Mount Gambier in April 2017 and Naracoorte in June 2017

#### BMP Healthcare Consulting

- Provided Frailty Workshops to general practice, community health, aged care facilities & allied health professionals
  - Delivered in Penola in February 2017

## CSAPHN Activity:

- Partnered with Benchmarque to deliver Chronic Disease management workshops in Naracoorte in February 2017
- 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
- Partnered with Avant Group to deliver Providing Effective Risk Management workshops for general practice in Mt Gambier and Naracoorte in May 2017



# South and East Region

## 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 South and East region (Riverland, Murray Mallee and Limestone Coast), CSAPHN engages with:

- Limestone Coast Community Service Roundtable
- Riverland Community Services Alliance
- <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>

