

Our activity

In July 2015, Country SA PHN started working to increase the efficiency and effectiveness of the health system in regional and rural South Australia.

Since then we've made considerable headway in building a more collaborative, more responsive health system for the many South Australians who live outside of metropolitan Adelaide.



We've held more than 750 face-to-face meetings with health providers – from audiologists and optometrists to aged care facilities and GP super clinics.



We've tripled our community engagement levels over the first 12 months.



We've forged links with more than 1,100 health-related organisations across the region – from the Outback to the South-East.

mental health



Mental health is a serious issue, particularly for people living in remote and rural areas.

Our work in this area includes:

Developing Partners in Recovery, a program to support people with severe and persistent mental illness across the region.

Increasing the provision of mental health counselling services.

Assisting access to free or low cost psychology services to targeted priority groups.

Improving community-based services to support people caring for those with mental health issues.

Implementing short to medium term counselling to support young people, and mothers with babies.

Examining the introduction of MasterCare, a centralised cloud platform for mental health providers state-wide.

Discharge Planning Services to help better support patients in the gap between discharge and re-entry into the mental health system.

Delivering suicide prevention education.

Providing ongoing funding for **headspace**, the youth mental health specialists.

Conducting Mental Health Alcohol and Other Drug forums for both service providers and consumers at 18 sites across country SA to ensure the voice of the local community in the commissioning of these services.

health services



For the best outcomes we must ensure health services match community need, so Country SA PHN has been active in this area:

Funding an extensive range of allied health care services in major regional and rural centres, including:

- podiatry
- speech pathology
- physiotherapy
- drug and alcohol services
- occupational therapy
- midwifery
- youth support and more

Supporting extended GP consulting hours in areas of need.

Partnering with the Royal Flying Doctor Service to increase on-ground health services in under-served areas.

research and coordination



Vital for effective planning, actions and communication, in our first 12 months we have:

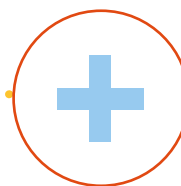
Development and maintenance of a Comprehensive Needs Assessment for rural South Australia. This data is shared with local councils, health advisory councils, community groups and consumer advisory committees.

Conducted detailed mapping of available health service across the region and compiled information on available on-line resources.

Develop flexible database of health care providers, including GPs, mental health specialists, pharmacists and other health-care providers.

Established and maintained relationships with relevant stakeholders, including general support and data-sharing agreements with GPs.

drug and alcohol



As part of our new role to undertake drug and alcohol treatment planning and commissioning from 2016/17 we are:

Addressing the increased demand for access to drug and alcohol treatment through transparent commissioning.

Conducting needs based and targeted planning in response to the changing needs of the community.

Supporting region specific, cross-sectoral, and integrated approaches to drug and alcohol treatment services.

Promoting and championing linkages with mental health services, to better support integrated/coordinated treatment for clients with comorbid mental health disorders.

Ensuring targeted and culturally appropriate drug and alcohol treatment services for Aboriginal and Torres Strait Islander people which link to broader Indigenous health services.

Identifying the most capable providers to deliver regional drug and alcohol treatment services.

Consulting with peak bodies, stakeholders and the community to determine priorities and identify local strategies and solutions.

aged care



As our population continues to grow older it is vital that adequate and suitable support is in place. We have been:

Developing Active Aging, an online resource covering harm prevention, services and local referral options.

Expanding Silver Connections project which allows GP to conduct video consultations with people in aged care facilities.

Collaborating to avoid unnecessary hospitalisation of dementia patients.

Supporting care planning for palliative care patients, as well as planning for Dementia and Palliative Care workshops.

Partnering with the University of New South Wales, Alzheimer's Australia and the Dementia Training Study Centres to deliver six Dementia workshops to general practice in rural locations.

Partnering with peak bodies (Australian Practice Nurse Association and Decision Assist) to plan for workshops on terminal care and end of life care planning for general practice and allied health practitioners.

Partnering with Council of the Ageing to sponsor and promote their 2016 Club of the Year award.

Making local connections with Collaborative Project Officers via local Councils, including participating in committee meetings such as the Positive Ageing Taskforce.

indigenous health



Indigenous Australians still face significantly worse health outcomes compared to the rest of the populations. To help address this, Country SA PHN:

Provide a 24/7 on-call service, via telephone and video, in the APY lands.

Established collaborative partnerships with existing providers to improve access, streamline funding and determine priorities.

Promoting wider awareness and use of existing health services.

Facilitating cultural safety training for providers.

community advisory committees



Local input is vital to ensure effective health planning and service provision, so we have delivered:

Maintenance and expansion of the Country SA PHN Community Advisory Committees with ongoing support provided for their local initiatives and activities.

Partnered with the Barossa Local Health Cluster and the Mid North Local Health Cluster to deliver a two-part event on youth issues including sexual health, alcohol and other drugs.

Provision of support to the Limestone Coast Community Services Roundtable to develop a 2016-2018 regional action plan focussed on social, health and housing outcomes for people in region.

workforce support and education



An effective health service relies on a dedicated and skilled workforce. Country SA PHN has provided considerable additional support including:

Expanded Acute Care Triage education for nurses across Country SA.

Coordinating and strengthening workforce strategies for GPs, nurses and practice managers.

Conducted a Primary Health Care nurses survey to ensure appropriate network support and opportunities for clinical upskilling are provided.

Partnering with Country Health SA LHN and the Australian Practice Nurse Association to plan diabetes cycle of care workshops.

Conducted a Practice Managers survey to ensure appropriate support and professional development opportunities are provided, including partnering with the Australian Association of Practice Managers.

Partnering with Drs Health SA to deliver a range of education and services to improve access to health care training for all doctors and medical students. This includes face to face inter-professional learning, online education, after-hours clinic support, establishment of telemedicine capabilities and 24 hour phone support.

Partnering with the South Australian Professional Medical Education Association to deliver 12 education events to health care professionals across country SA, focused on identified important topics including mental health, pain management, respiratory emergencies and autoimmune diseases.

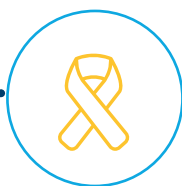
Partnering with the Pakistani Medical Association and the SA Indian Medical Association to support their training and educational programs.

Sponsorship and promotion of the Rural Doctors Association of South Australia's educational Masterclass, including supporting rural registrars to attend.

Partnered with the Northern Territory PHN to sponsor and promote the 2015 Rural Doctors Association of Australia conference which was delivered in South Australia.

Partnered with Services for Australian Rural and Remote Allied Health (SARRAH) to sponsor and promote their 2016 national conference.

prevention



By working to prevent health issues we reduce pain and loss, take the strain off resources and reduce costs. That's why we have been:

Partnering with Cancer Council SA on a 12-month trial to increase rates of breast, cervical and bowel cancer screening.

Rolling out the Chronic Disease Virtual Clinical Care service, using state-of-the-art tele-monitoring to manage chronic disease in a person's home.

Country Access to Cardiac Health – a telephone-based health management system.

Developed a state-wide collaborative approach on immunisation, to support providers and engage the public.

Partnering with the Drug and Therapeutic Information Service to maintain a quality use of medicines committee in the Fleurieu Peninsula.

Partnering with peak bodies and community groups to deliver information and educational workshops to GPs on domestic violence.