

Monash Minute

Connecting with primary care

Dec 2017

December 2017 update from Monash Health GP Liaison

Please forward this newsletter onto GPs in your practice or email us at GPLiaison@monashhealth.org to subscribe to this newsletter.

National First: Polycystic Ovary Syndrome (PCOS) Service

Multi-disciplinary service co-designed by women affected by PCOS

The PCOS Service is a unique, state-wide service, and the first of its kind nationally. It was co-designed by women affected by PCOS and is staffed with a multi-disciplinary team who are committed to improving clinical care and patient experience.

The PCOS Service runs fortnightly on Friday afternoons at Monash Medical Centre, Clayton.

The PCOS Service provides:

- Specialist doctors (endocrinologists, gynaecologists)
- Group education sessions on PCOS exploring long-term complications, healthy lifestyle strategies and diabetes prevention
- Dietitian/health coach services
- Care plan summaries to assist GPs with longer-term care
- Laser hair removal for patients medically assessed for suitability (\$40.00 out of pocket per 20 minute consultation).

How do I make a referral?

Please complete the GP State-wide Referral Form including all relevant investigation results and fax it to 9594 6629.

For further information the PCOS Service:

E: diabetesadmin@monashhealth.org

P: 9594 2622

Monash Children's Hospital Specialist Consulting

Extensive medical and surgical specialist clinics

Monash Specialist Consulting (outpatient services) at Monash Children's Hospital provides an extensive range of medical and surgical specialist clinics. Our clinics are supported by multidisciplinary staff including allied health specialists, diagnostic services and interpreter services.

How do I make a referral?

Recommendations and criteria for referrals and pre-appointments differ between services and departments. For specific information, please visit 'Our Services' on our [Monash Children's Hospital website](#) and then make a referral using the *Health Professionals* tab.



NEW POLYCYSTIC
OVARY SYNDROME
(PCOS) SERVICE

PCOS Service at
Monash Medical
Centre Clayton

The logo for Monash Children's Hospital, featuring the text 'Monash Children's Hospital' in a blue, sans-serif font. The 'M' in 'Monash' is stylized with a sunburst or starburst effect above it. The text is centered within a light green rectangular box.

Monash
Children's
Hospital

MONASH SPECIALIST
CONSULTING

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How do I make an appointment?

All outpatient appointments are made by contacting Monash Specialist Consulting using the contact details below.

Referrals are received and processed daily, Monday to Saturday and triaged by our clinical teams. GPs and patients are then contacted, either with an appointment, or notified that they have been added to our waiting list.

For further information:

W: www.monashchildrenshospital.org

E: scmonashchildrens@monashhealth.org

P: 8572 3004

F: 8752 3007

Or the following services can be contacted directly:

- **Respiratory and sleep medicine**
P: 9594 2900
- **Children's Cancer Centre**
P: 8572 3456
- **Victorian Paediatric Rehabilitation Centre**
P: 8572 3054
- **Early in Life Mental Health Service**
P: 1300 369 012

Child and family dietetics and nutrition services

Community based clinics and programs

The Child and Family Program dietitians see children (aged 0-17 years) and their families for individual counselling, family and group work, and also provide resources about:

- Family nutrition
- Weight management
- Fussy eating
- Feeding issues (speech and occupational therapy) and
- Enteral feeds.

Dietitians also work with children who have complex needs and require supplements or enteral feeding (including the Monash Health Home Enteral Nutrition (HEN) Program).

We offer a range of speciality clinics and programs including a multi-disciplinary feeding clinic at our Cranbourne, Pakenham and Springvale sites for children 0-2 years, and the Fussy Eating Group for children with poor dietary intake and low physical activity (run jointly with physiotherapists).

OUTPATIENT SERVICES AT MONASH CHILDREN'S HOSPITAL



CHILD AND FAMILY
DIETETICS AND
NUTRITION SERVICES

Community based
nutrition clinics
and programs

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Referrals are accepted from acute hospitals, GPs, community agencies and parents.

To make a referral:

E: MHCaccess@monashhealth.org

T: 1300 342 273, Option 4

F: 9554 9221

For more information on the child and family dietetics:

E: childandfamilyprogram@monashhealth.org

Youth Health Hub launched

Youth and family services in the community

The Youth and Family team recently launched a new Youth Health Hub to support vulnerable and disadvantaged young people who have complex health and social issues.

The program provides individual clinical support, youth friendly health education groups, and assistance to access other community and health services. A number of health professionals are on site at the Hub including:

- Nurses with experience in sexual health education
- Social workers
- Dietitians
- Psychologists
- Music Therapist
- Communications/Speech Pathologist
- Exercise physiologist.

When does the Hub operate?

- Tuesday from 4.00-5.00pm, and
- Thursday from 4.30-6.30pm.

Eligibility:

16-25 year olds who live, or attend school, in the City of Casey, Cardinia Shire or the City of Greater Dandenong.

For further information regarding the Youth Health Hub:

E: youthtriage@monashhealth.org

P: 0434 601 300



YOUTH HEALTH HUB
LAUNCHED

**Youth and Family
Team**

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Monash Health Lung Function Laboratory

Assessing lung health

The Monash Health Lung Function Laboratory operates from Monash Medical Centre, Dandenong Hospital, and Berwick Healthcare.

We offer the following services:

- Routine lung function testing,
- Oxygen assessments (linking to SWEP program),
- Challenge testing for workplace and diving medicals, and
- Training and education in basic lung function testing.

All services are bulk billed, and our senior scientific staff are also available to assist with report interpretation and test recommendations.

How do I make a referral?

Complete the referral form available on the [Monash Lung and Sleep webpage](#) and fax it to 9594 6021.

For more information on the Monash Health Lung Function Laboratory:

W: www.monashhealth.org/page/Monash_Lung_and_Sleep

P: 9594 2811

F: 9594 2811

Jessie McPherson Private Hospital

Co-located and working in partnership with Monash Medical Centre, Clayton

Jessie McPherson Private Hospital (JMPH) works in partnership with Monash Health and is located within the Monash Medical Centre precinct. GPs can reduce patient waiting times by referring them directly to JMPH either by calling the Hospital Coordinator directly, or through our medical consultants.

Our partnership with Monash Medical Centre enables us to provide GPs and their patients with a diverse range of specialist care and facilities not available at other private hospitals such as access to the Intensive Care Unit, Coronary Care Unit, Neonatal Intensive Care Unit and High Dependency Unit. As well as the support of



ASSESSING LUNG
HEALTH

Lung Function
Laboratory



PRIVATE AND PUBLIC
SERVICES CO-LOCATED

Jessie McPherson
Private Hospital

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the 24/7 Medical Emergency Team (MET) Call response system and 24/7 theatre access.

JMPH specialities include:

- Gastrosciences (endoscopy, medical and surgical)
- Neurosurgical
- Cardiology
- Obstetric

For further information regarding admitting or referring private patients:

W: www.jessiemcpherson.org

E: bookings.jmph@monashhealth.org

P: 0458 951 299 (Hospital Coordinator)

We are interested in your feedback on how we can provide the most useful information in the Monash Minute newsletter. Please email your comments or feedback to GPLiaison@monashhealth.org

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