

Monash Minute

Connecting with primary care

June 2018

Monash Health GP Liaison update: June 2018

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

Monash Aged Living website launches

Aged Living website developed for clients

Monash Health are pleased to announce the launch of their Monash Aged Living website. This new website has been designed in response to clients' frustrations with the complexities of new aged care policies and the confusing amount of information available.

The website is user friendly and covers the breadth of Monash Health's aged care services such as the Commonwealth Home Support Programme, Home Care Packages and Residential Care options.

The Referrers/Health Professionals section provides useful information about the full range of aged services we offer, as well as printable brochures.

For further information or to feedback about the website:

W: <http://www.monashagedliving.com>

E: tamara.yap@monashhealth.org

P: 9792 7806



AGED CARE
SERVICES

**Aged Living
website launches**

Clozapine GP shared care initiative

Supporting GPs to manage patients on clozapine

Clozapine is a very effective antipsychotic for managing schizophrenia, but has serious adverse effects and requires ongoing monitoring.

The Mental Health program supports GPs to manage routine reviews and prescriptions for patients who have been stabilised and are compliant with their treatment program. A brief education session is provided by the Transition Liaison Coordinator who also attends initial patient appointments to support GPs in the early phase of the shared care arrangement.

Benefits for patients:

- Easy and familiar access
- Promotes ongoing relationship with GP
- Normalises mental health care
- Person-centred care
- Early identification of possible adverse effects



GP / CLIENT TRANSITION
LIAISON COORDINATOR

**Clozapine GP
shared care
initiative**

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Benefits for GPs:

- Easy access to support and specialist advice
- Collaboration with Consultant Psychiatrist and Transition Liaison Coordinator
- Promotes ongoing relationship with GP
- Improves primary care integration with tertiary services

For further information regarding Clozapine Shared Care, please contact Joel Hanafin, GP/Client Transition Liaison Coordinator at:

E: joel.hanafin@monashhealth.org

P: 0410 422 694

Access to acute mental health services

Psychiatric Triage Service

The Psychiatric Triage Service (PTS) provides adult and early in life mental health services and after hour's triage services for aged persons mental health. It is also the intake service for the Mental Health Program at Monash Health.

How we can help?

- Discuss caller's needs for mental health services
- Provide information and advice
- Refer patients to the most appropriate service
- Organise assessments (urgent and non-urgent)
- Organise emergency responses (Police and Ambulance) if needed

The catchment of the service extends across the south east of Melbourne and covers the local government areas of:

- City of Casey
- Cardinia Shire
- City of Greater Dandenong
- City of Monash (South West)
- City of Kingston (North)
- City of Glen Eira (South)
- City of Bayside
- Frankston, and
- Mornington Peninsula

For specific aged and catchment contact information, please click on the relevant link:

- [Adult Mental Health Services Dandenong, Casey, Cardinia Shire and Frankston \(East\)](#)
- [Adult Mental Health Service Bayside, Kingston \(North\), Glen Eira \(South\) and Monash \(South West\)](#)
- [Child and adolescent Mental Health Services Glen Eira, Bayside, Kingston and Monash](#)



PSYCHIATRIC TRIAGE
SERVICE

**Intake service for
Mental Health
Programs at
Monash Health**

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- [Child and adolescent Mental Health Services South East Dandenong, Cardinia, Casey, Frankston and Mornington Peninsula](#)

For further information regarding Monash Health's Psychiatric Triage Service, please contact:

T: 1300 369 012

F: 9554 1985

New nurse and pharmacist led Oncology Clinic now open at Dandenong Hospital

Symptom and Urgent Review Clinic

The Symptom and Urgent Review Clinic (SURC) is part of the Monash Health's Department of Oncology and is a project funded by the Department of Health and Human Services. With an oncology nurse specialist and pharmacist, the clinic supports patients experiencing side-effects during cancer treatment (oral chemotherapy and supportive medication) and provides ongoing education.

Patients (or their support person) can receive over-the-phone advice and support if they have concerns or are feeling unwell. An Oncology Doctor is also available if needed.

If a patient is unable to attend the clinic, a nurse will contact their GP explaining the patient's issues and relevant information about the patient's chemotherapy regime.

We welcome and encourage calls from GPs to foster an open shared care relationship.

SURC can help with patients are experiencing:

- Nausea and/or vomiting
- Diarrhoea or constipation
- Uncontrolled or persistent pain
- Mouth ulcers/mouth soreness
- Tiredness/fatigue
- Skin rash/redness
- New cough
- Fever above 38 degrees
- Shortness of breath
- Difficulty urinating
- Confusion about medications, and/or
- Symptoms of concern.

SURC open hours:

Clinic open: Monday, Wednesday, Thursday Friday from 1.00pm – 4.00pm

Phone advice and support available: Monday – Friday 8.00am – 4.30pm

Closed on weekends and public holidays.



SYMPTOM AND
URGENT REVIEW
CLINIC

**Oncology clinic
provides advice
and support to
patients, their
families and GPs**

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For concerns outside of these hours, please call Ward 2, Moorabbin Hospital on 9928 8393.

For more information on the SURC or any other questions in regards to oncology patients at Monash Health, please contact:

E: dandenong.surc@monashhealth.org

T: 0435 960 916

Falls and Balance Clinic

Multidisciplinary assessment clinic for people with falls or balance problems

Falls and fall related injuries are a leading cause of hospitalisation for older people in Australia. The Falls and Balance Clinic provides a multidisciplinary assessment where geriatricians, physiotherapists and occupational therapists evaluate contributing factors to falls. Our team works with GPs to assess clients presenting with falls and balance issues, particularly when the reason is complex or unclear.

A care plan is provided to the client and GP following assessment, and GPs also receive a comprehensive letter and recommendations from our geriatrician.

While we are only a diagnostic assessment clinic, we can refer clients on to other services for short term rehabilitation, if required.

Key issues we can evaluate include:

- Blood pressure complexities and their contribution to falls
- Medication review and rationalisation to reduce falls risk
- Multifactorial causes of falls
- Vertigo and dizziness assessment and treatment

How to make a referral:

Referrals can be emailed or faxed to our access and intake team.

E: icareaccess@monashhealth.org

F: 9554 9151

When referring, please:

- If you are unsure of the reason for a patient's falls or balance problems, please refer them to us
- If you know why a client is falling and seeking therapy, please refer to a Community Rehabilitation Centre or Community Health Service in the first instance
- Relevant specialist correspondence and investigation results should be included
- Medical summary and current medications should be provided
- Appointments are currently only offered at the Kingston Centre.

For more information regarding the Falls and Balance Clinic, please contact:

E: emma.flanagan@monashhealth.org

P: 9265 1411

W: www.monashhealth.org/page/Falls_and_balance_clinic



FALLS AND BALANCE
CLINIC

**Multidisciplinary
assessment
clinic for falls
and balance**

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Free mindfulness-based cognitive therapy for patients experiencing 3 or more episodes of depression

An opportunity to participate in a group program that could help reduce the risk of future relapse.

Mindfulness-Based Cognitive Therapy (MBCT) is an evidence-based program for the prevention of depressive relapse. It is best suited to people who have had several episodes of depression, but who are not depressed at the time they take part in the program.

MBCT aims to help people find new ways to deal with stressful thought patterns and low mood through training in mindfulness and other skills.

The program is based at Dandenong Hospital and comprises weekly sessions lasting two hours over 8 weeks.

Monash Health is now offering free MBCT programs to people referred by a GP and living in the Monash Health catchment.

For more information on the MBCT group sessions, please contact Southern Synergy:

E: southern.synergy@monashhealth.org

T: 9902 9696



MINDFULNESS

Mindfulness-Based Cognitive Therapy available free to people in Monash Health's catchment

Training and professional development

[Clinical placement program in Cancer survivorship: Enhance your ability to care for people living with and beyond cancer](#)

Primary care professionals including GPs, Practice Nurses and community-based Allied Health professionals are invited to apply for a free clinical placement opportunity at oncology specialist clinics across Victoria to improve their skills and knowledge in Cancer survivorship care.

[For more information or to apply, click here.](#)



TRAINING AND PROFESSIONAL DEVELOPMENT

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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