

Monash Minute

Connecting with primary care

March 2019

Monash Health GP Liaison update: March 2019

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

Monash Pathology Collection Services

Did you know that Monash Pathology provides collection services in our community through multiple collection centres?

Did you know that Monash Pathology bulk bills and accepts any pathology request form?

Monash Pathology have opened new collection centres in:

Frankston

Peninsula Family General Practice
1B Vera St Frankston
Ph: [0436 689 745](tel:0436689745)

Langwarrin

St Augustine Medical Centre
Shop 18, 385 Cranbourne Frankston Road, Langwarrin
Ph: [0417 341 357](tel:0417341357)

For a list of all our collection centres, please visit:
<https://monashpathology.org/collection-centres/>

For further information regarding:

- Our services
- Request forms
- Result delivery
- Enquiries about how we can set up a collection centre in your practice

Please contact Kristy De George, Client Relationship Manager

E: kristy.degeorge@monashhealth.org

P: [0412 967 407](tel:0412967407)

MonashPathology
MonashHealth

**New collection centres
now open in**

**Frankston
and
Langwarrin**

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Victorian Integrated Care Community of Practice Forum

We recognise the importance of developing local relationships and want to work collaboratively to integrate clinical and community services within the region.

To achieve this, Monash Health is working with the Department of Health and Human Services, South Eastern Melbourne Primary Health Network and the Australian Disease Management Association to implement the Victorian Integrated Care Model. This model aims to improve integration and care coordination between health services and the primary care sector, for people with chronic conditions within our catchment.

You are invited to a community of practice forum where you can network with peers, and other local service providers, and discuss how integrated care can work at a local level

[Register for this event](#)

For further information about the Victorian Integrated Care initiative, please contact Annie Campbell, Project Lead.

E: annie.campbell@monashhealth.org

P: 0402 303 795



**Victorian Integrated
Care Model**

**Community
of Practice Forum**

Falls and Balance Clinic – Kingston Centre

A reminder about our service.

Who should I refer?

Any patient for whom falls, near-falls and/or balance issues are a concern, particularly if the cause is unknown. This service is available for all ages and is free under Medicare.

What will patients receive?

- Most patients will receive a comprehensive in-home Occupational Therapy Assessment.
- Patients then attend the Kingston Centre (Cheltenham) for a Comprehensive Geriatric Assessment with a Geriatrician. This assessment focuses on falls and balance, and also covers a review of medications, continence, cognition, pain, bone-health, chronic illness and more.
- Patients are then assessed by a Physiotherapist and will receive a vestibular, balance, gait and strength assessment. They may then be provided with tailored exercises or referred on for further physiotherapy at one of our Community Rehabilitation Centres.

Current wait times?

- Current wait list times are short, and patients will most likely be assessed within 6 weeks of receiving the referral.



**Falls and Balance
Clinic**

Kingston Centre

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Other important information

- If the patient only requires vestibular treatment with one of our physiotherapists, please note this on the referral so we can expedite their appointment with one of our vestibular specialists.
- If your patient cannot provide a clear history, please ensure they understand that they need to have a relative or carer who can attend the appointments with them.
- We will provide you and your patient with a comprehensive list of recommendations and make relevant onward referrals.

For referrals, please send a letter, medication list, and relevant investigations to:

E: icareaccess@monashhealth.org

F: 9554 9151

Improved appointment availability for imaging referrals from GPs Update from Diagnostic Imaging.

Did you know that Monash Imaging accepts medical imaging requests from general practitioners?

Monash Imaging is the imaging department of Monash Health. We have facilities at:

- Monash Medical Centre, Clayton
- Dandenong Hospital
- Moorabbin Hospital
- Casey Hospital
- Monash Children's Hospital (dedicated paediatric-imaging)

Our comprehensive Imaging services are 100% bulk billed for all Medicare-eligible patients. Where fees are applicable, they remain as fair as possible.

Initiatives to improve services:

We have worked hard to reduce wait times and improve availability for outpatient and private appointments, while continuing to provide timely emergency and inpatient services.

Some of our improvement initiatives include:

- Updated and expanded fleet with state of the art imaging and reporting technology in MRI, CT, BMD, PET and ultrasound
- Evening and weekend MRI services
- Appointment of a second medical physicist, who together with our medical imaging technologist, radiologist and nuclear medicine consultants, review protocol ensuring scans are optimised, with the lowest radiation possible, while maintaining high imaging quality

To provide feedback, order referral pads, request access to electronic reports, register for access to the online portal, or to request a visit from our Monash Imaging Client Relationship Manager, please contact:

E: kristy.grossmann@monashhealth.org

P: 0466 366 447

For site contact details, how to access the service and more you can also refer to our [Monash Imaging webpage](#)



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Caring for your patients after cardiac surgery

After heart surgery, patients are discharged to their GP with information on how to care for their wounds. GPs can optimise their patient's post-operative course by reinforcing the following key points.

Wound Care

- Dressings **MUST** be reviewed and taken down 3-5 days following discharge from hospital.
- Under normal circumstances, wounds should not need a dressing longer than one week following discharge.
- Mediastinal sutures need to come out **10 days** following removal of drain tubes in hospital
- Suture line wounds should be covered up again with a waterproof dressing **ONLY** if there is a clear haemoserous ooze. They must then be checked regularly.
- **NO** betadine, lotions, creams, powders to be put on suture line wounds.
- Please encourage female patients to wear a loose-fitting bra.

Monitor for any signs of infection. If infection is suspected, call the Cardiothoracic Registrar on call **9594 3268** or **9594 6666** immediately. If necessary we will arrange to review the patient.

Medications

- It is recommended patients take paracetamol for the first two weeks after discharge. If patients require stronger analgesia after two weeks, please contact the hospital.
- Instructions for diuretics such as frusemide will be documented on the patient's discharge summary. Usually, we recommend ceasing the Lasix once the patient has returned to their pre-operative weight. Please refer to the patient's discharge summary as well.

Emotional support

- Open heart surgery can be very stressful and psychologically draining for both the patient and their family. We recommend that patients seek their GP's advice if they are experiencing depressed feelings after three months.

Cardiac rehabilitation

- Post-surgery, your patient will be referred to an outpatient cardiac rehabilitation program where they will learn more about their condition and other topics such as medication management, diet, and exercise. Please encourage your patients to attend as evidence supports benefits in exercise capacity, quality of life and psychological well-being.

Useful resources

- The Heart Foundation: www.heartfoundation.org.au
- Australian Centre for Heart Health- Cardiac Blues: www.australianhearthealth.org.au
- Wound care: www.monashheart.org.au/index.php/for-medical-professionals/wound-care

For further information regarding cardiac surgery:

E: pauline.ryan@monashhealth.org

T: **9594 3260** or **9594 6666** and ask to speak to the Cardiothoracic Registrar on call.



**Post-operative
Cardiac surgery**

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Monash Health Community Pain Clinic

The Monash Health Community Pain Clinic offers pre-clinic education (known as PACE) sessions for new clients. Clients can attend the 5-hour session which is offered at Dandenong, Cranbourne, Pakenham and Parkdale. After PACE, patients can choose to be assessed at the Pain Clinic.

The Monash Health Community Pain Clinic is based at Kingston Centre. It is an interdisciplinary outpatient service for patients with a history of pain greater than 3 months. The clinic provides education, comprehensive assessment, intervention and rehabilitation.

To streamline the care pathway between primary and tertiary care, we will be launching a GP contact telephone advice line and sending out a fact sheet for GP's over the next few months. For more information visit the [pain clinic](#)



Community Pain
Clinic

Kingston Centre

We are interested in your feedback about the Monash Minute newsletter. Please email your comments or feedback to GPLiaison@monashhealth.org

Connect with us

 GPLiaison@monashhealth.org

 9594 6666

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