

August 2022

GP News

Virtual GP Consults

The success of Northern Health's Virtual ED has demonstrated that healthcare can be delivered through a virtual platform. The next development is the soon to be launched **Virtual GP Consult** – a virtual service available to GPs to directly access medicine or surgical expertise to assist managing patients in primary care without sending patients to ED or to a specialist clinic. NH Virtual GP Consult gives GPs in the Northern Health catchment the opportunity to discuss complex patient management directly with specialists. GPs may attend solo, involve patients, family, or allied health in the conversation with specialists. GPs can discuss existing Northern patients as well as patients new to our service.

This service will provide 'on demand' tertiary level support for GPs managing complex care in the community avoiding lengthy delays for specialist clinic reviews and emergency department or inpatient visits.

Further information will be provided as the service approaches launch.

Disability Liaison Officer Program

We have a Disability Liaison Officer Program (DLO) at Northern Health to assist patients with disability to access Covid-19 testing and vaccinations as well as address access and barriers to the hospital or various departments such as ED, surgery and outpatients. The team are seeking referrals and can be reached on 0400 971 396 or DisabilityLiaison@nh.org.au

You can find more information [here](#).



NH- Mental Health Update

The Royal Commission into Victoria's Mental Health System made significant recommendations regarding the way mental health services are organised, integrated and governed, and proposed reforms for north and west metropolitan Melbourne. These reforms will lead to creating a more accessible, responsive and well-resourced mental health service system over the coming months and years. Northern Health became a designated Mental Health Service from 1 July 2022 and now plays a key role in the implementation of these reforms.

On 1 July, we welcomed Northern Area Mental Health Services and North West Area Mental Health Services and the staff of Merv Irvine Nursing Home and McLellan House to Northern Health. Collectively, this makes Northern Health the third largest mental health service in Victoria.

Northern Health Mental Health Division



iCOPE Perinatal Mental health Screening Tool

Northern Health is now using iCOPE digital screening tool developed by the Centre for Perinatal Excellence (COPE).

iCOPE delivers best practice mental health screening in line with the National Perinatal Mental Health Guidelines. This supports practitioners to identify new mothers at risk of anxiety and depression in the perinatal period, and directs them to information and local specialist support services.

Screening can be undertaken across all clinical settings, from in-person to remote screening at home via an SMS link sent to the patient's mobile phone.

The iCOPE platform is now available to every GP, obstetrician and maternity hospital in Australia.

To read about Northern Health's iCOPE screening program click [here](#).

For information about iCOPE and to register your interest call 1800314698

or visit www.icope.org.au



Urology & Men's Health Physiotherapy Service

This pilot 12-month complementary service was established February 2022 to assist our Urologists in providing care to clients who are:

- experiencing pain in the pelvic region (including testicles, scrotum, anus) that may be originating from the bladder and bowel; as well as musculoskeletal structures such as hip, groin, abdomen and thoracolumbar spine
- experiencing bladder symptoms such as incontinence, urgency or difficulty urinating

Commonly reported difficulties include: poor sleep, poor understanding of symptoms despite extensive investigations, inability to participate in social and work-related activities, and persistent pelvic pain.

Clients are referred to the NH Urology Service and suitable clients are referred to the Physiotherapy Service. They receive a comprehensive assessment by the Men's Health Musculoskeletal Physiotherapist and Pelvic Health Physiotherapist. and a management plan is developed. This may include comprehensive education on their symptoms, specific exercises, activity and lifestyle modification, dietary changes, bladder and bowel/gut retraining. NH looks forward to the result of this pilot project.

Meet the Team!

Name: Dr Arzoo Khalid

Time at NH: 7 years

What is your role at NH?- I am the Head of Unit for Obstetrics

What do you enjoy about the work you do?- I love to help families through the journey of pregnancy. I am passionate about providing a safe birthing experience for all women and being able to make a positive difference in someone's life.

What is your background?- I completed my medical training in Pakistan before moving to Australia and originally working in Brisbane and then Canberra before settling in Melbourne. I have worked at Royal Melbourne Hospital and Sunshine Hospital prior to commencing at Northern Health.

What do you enjoy doing when you are not working?- I enjoy doing Yoga, reading and watching historical dramas.

Who Inspires you?- I have had lots of inspirations throughout my life, but the main ones would be my parents. Their passion has always been for me to succeed in life in every aspect and to be a better human being.

What's the best place you have travelled to?- I spent time in Seville, Spain exploring the amazing historical castles and buildings. The holiday was made that much better because I was surrounded by my parents, brother and kids.

Where do you see yourself in 10 years?- I always struggle to keep improving myself and I would love to see a better me in 10 years' time.

What's your Favourite quote?- "Success is not final, failure is not fatal: it is the courage to continue that counts."



Contact us

GP Liaison Unit

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E: nh-primarycareliaison@nh.org.au

W: <https://www.nh.org.au/health-professionals/primary-care-liaison/>

Accessing Discharge Summaries via My Health Record

Northern Health uploads patient discharge summaries and pathology results to the patient's My Health Record. This means you can access this information instantly while you are in your patient's clinical file. For more information on how to do this using your clinical software [click here](#)