

2022

Musculoskeletal Wellness Program: Register your interest!

We have developed a new program to provide better care for our patients. As Primary Care Physicians and referrers to Northern Health, we would value your input, opinions and comments.

Issue:

- There are approximate 1,400 patients with severe knee pain on the Orthopaedic Outpatient wait list. Wait time to be seen is 2-3 years!
- What is lacking is a coordinated, cost-effective, and evidence-based programs that allow patients access to appropriate management while they wait for review

Intervention:

- Patients with Knee OA referred for review will be offered a 12-week exercise, education, and nutritional program via online platform, with support from clinicians. Face to face program is under development.
- Patients will be completing regular PROMS via web-platform in line with value-based healthcare recommendations
- From hospital perspective we expect the following outcomes will be seen: 1500 knee patients will be seen and treated from specialist clinic list within 12-month, improvement in Pain, function, and quality of life, potential reduction in hospital stay for arthroplasty patients who have undergone this program
- From Primary Care perspective: Confidence that your patients will have the opportunity to engage in early treatment,. Education and resources for OA management will be available to GPs

What's novel about the program:

- Developed in collaboration with NH consumers
- Resources directed toward the unique needs of the NH patient cohort, including investment in the translation of this program into languages other than English.
- We will be developing modules for other musculoskeletal conditions such as hip OA, and back pain.

Please **email** us for further information, or to register you interest.

Thoracic Surgical Service at Northern health

Northern Hospital Thoracic Surgical Service is a well-established unit able to provide round the clock service for all manner of thoracic surgical problems including emergency operations. Our four thoracic surgeons collectively have the expertise and experience to offer a state of art service in a timely manner. The Lung Cancer tumour stream at Northern Health meets weekly to discuss, in a multidisciplinary forum, patients who are suspected or diagnosed with have cancers of the chest organs including lung, pleura and mediastinum This framework provides optimum care to patients. At Northern Health Thoracic Surgery we endeavour to provide the best care supported by the latest evidence therefore major thoracic operations are performed via a minimally invasive (keyhole) approach.

The unit also manages chest trauma (when patients do not need to be transferred to trauma centres) and non-malignant chest conditions like infections and chest deformities present since birth. With the pleural medicine team, the unit provides surgical procedures for the diagnosis and treatment of malignant and non-malignant pleural conditions including pleural effusions and pneumothorax. Operative correction of congenital chest wall deformities is another area of expertise of our team.

With the development and strengthening of the thoracic surgical service at Northern Health, the hope is that patients in the local catchment area will be able to access timely quality care without having to travel great distances.

Any queries regarding the service can be directed to NHE-ThoracicEnquiries@nh.org.au.



Cardiovascular project empowering patients

The Northern Health Cardiology Heart Failure team is aiming to improve outcomes by empowering patients to self-manage their condition, with appropriate clinical support.

The Cardiovascular Ambassador Project involves 20 participating health services and hospitals, funding a cardiovascular liaison nurse to plan, lead, implement and coordinate appropriate multifaceted interventions for each site's model of care. Heart failure self-management has been regarded as a central part of heart failure care. Self-management is the central pillar that allows patients to be managed in the community, with the support of their general practitioner. Cardiac Liaison Nurse, Madonna Goro is educating patients on heart failure self-management strategies, and offers support to patients in hospital to practice these strategies. She is also providing patients and carers with resources in their own language.

"I then follow them up with a phone call at 30 days and 90 days to evaluate whether the interventions result in sustained use of self-care strategies and to see if they require further advice or support," Madonna said.

The project is also helping to upskill nurses to reiterate education and heart failure action plans to patients through their everyday practice.

"We hope that, by nurses being well-equipped in supporting heart failure patients, and heart failure patients empowered and connected to the right services at discharge, that readmission rates reduce," Madonna said.



Fracture Diversion Project

Calling out to all GPs in the Northern Health Community!

Northern Health is pleased to announce, the Fracture Diversion Program is recommencing in 2022.

The project ran from 2017-2020 in partnership with the EMPHN and we are now ready to rebuild an independent Northern Health Program which will provide the same services as the initial: Diversion of Simple Fractures from Emergency Department to upskilled GPs, Educational resources for GP training in management of these fractures, Supervised Clinical attachments in Northern Hospital Fracture Clinic for hands-on learning, Access to support and advice from Northern Health Orthopedic doctors and involvement in reporting, quality activities and improvements in the program. If you are interested in becoming involved, please email [Dr Juliette Gentle, Head of Orthopaedic Surgery NH](mailto:Dr.Juliette.Gentle@nh.org.au)

Meet the team

Name: Dr Bibhusal Thapa

Time at NH: Two years

What is your role at NH? I am a Thoracic Surgeon and currently the Head of Unit for Thoracic Surgery

What is your background? I am of Nepalese background and educated mostly in Nepal and India. I undertook fellowship training in Thoracic Surgery at the Austin and Geelong hospitals. Before joining Northern Health, I headed the Thoracic Surgery department in a tertiary teaching hospital in Nepal and was actively involved in transferring skills I have acquired while training in Australia.

What do you enjoy about the work you do? What I enjoy most is the constant process of learning, improving and then teaching. Since I deal mostly with patients with cancers of the lung, I love that as a surgeon I am able to offer patients a chance at potential cure. In my job, I get to work closely with young doctors and I cherish the opportunity to guide and nurture them but also to learn from them.

How would you best describe yourself? I like to think of myself as a compassionate human being, a patient teacher and an able doctor. I am passionate about the work I do and believe in building teams and working collaboratively.

What do you enjoy doing when you are not working? Travelling has been my favourite pastime. I love going to new places and on road trips I simply enjoy soaking in the scenery. I am also interested in history and take every opportunity to read or hear about history of the different places I visit.

What's your favourite quote? "Our greatest glory is not in never falling but in rising up every time we fall" Confucius

Who inspires you? My parents and my teachers have been my source of inspiration. I am always inspired by people who serve selflessly.



Contact us

GP Liaison Unit

P: (03) 8405 8815 (option 5), Monday, Wednesday & Thursday

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](#)