



# Training Update



## Director of Education and Training update

We are well into June and almost half way through 2018, it seems that time flies faster than ever.

Winter started with #CrazySocks4Docs day which is a reminder to all of us that doctors are people too and it is important to look after our own mental health, as well as that of our colleagues. As a GP registrar it is not uncommon to feel overwhelmed or stressed, particularly in your first GP term and I certainly know how that feels as I felt somewhat burnt out towards the end of my first GP term. Thankfully I was able to talk about this with friends and colleagues and of course my GP which I found extremely helpful. If you feel that you are struggling, or just need an ear to talk to make sure you reach out. There are lots of resources such as your GP, medical educator, rural support officer and registrar liaison officer. Your college membership may also provide free mental health services and [GPRA](#) has some excellent resources.

Fatigue can also play a big part in burn-out and although general practice is seen as one of the better 'work/life' balance options it can still take a toll especially if travel, study and on-call rosters creep in. The AMA has a fatigue assessment and management tool which you can access [here](#).

Following feedback from you and the medical education team, we have updated the form you complete when you are providing feedback to your supervisor. The new form will be titled 'Assessment of the placement'. It will still be found in the 'requirements' tab in your Trainee Portfolio on GPRime. We recommend that you complete this form twice a term, once half-way through to provide feedback and one at the end of the term. It is mandatory that you complete at least one a term. The feedback you provide will be visible to your supervisor. There is a new section that allows you to provide feedback on the placement that will only be visible to your medical educator.

Hopefully you have all had a training advice contact with your medical educator this term. If you haven't please book one in as soon as possible. Maintaining regular (at least six monthly) contact with your ME is important for reviewing your training plan and discussing how you are meeting your learning needs for the term. Your ME also likes to hear about how you are going in practice, if things are going well or if there are any concerns.

I look forward to meeting many of you at Fusion which is coming up this month. The program looks fantastic and I am looking forward to learning a few new things myself!

**Dr Vanessa Moran** | Director of Education and Training ACT and NSW



# Important reminders: Term placement and Medicare provider numbers

## 2018.2 term dates:

- 6 Aug 2018 – 3 Feb 2019

## Deadline for 2018.2 Medicare paperwork:

- The deadline to submit an application for Medicare provider numbers for the 2018.2 term is Friday 22 June. All Medicare initial provider number applications and other Medicare paperwork need to be sent directly to Medicare (not GP Synergy).

## Medicare provider number check:

- Once you have received your Medicare provider number, you must check your letter to confirm you have been issued with a provider number with full billing rights before you commence billing patients. Registrars with refer and request rights will only be able to refer patients and request investigations, until a provider number with full billing rights is received.

## Reminder: Academic post applications now open and close 2 July



During GP training registrars have the opportunity to build their skills in the areas of research and critical thinking through 12-month academic post training terms. Funded through the Department of Health and administered and managed by the two colleges of general practice, the post aims to provide exposure to research and the academic environment and encourages registrars to incorporate academic work into their careers.

### How to apply

Formal applications are now open and close 2 July 2018.

Registrars considering academic posts are strongly encouraged to contact GP Synergy's Research and Evaluation Unit Director, Prof Parker Magin as soon as possible on [parker\\_magin@gpsynergy.com.au](mailto:parker_magin@gpsynergy.com.au)

To apply visit:

- [RACGP website](#)
- [ACRRM website](#)

## Reminder: Rural Generalist/procedural training post applications open 19 July



Rural Generalists/procedural GPs are doctors providing important services such as anaesthetics, obstetrics, surgery, paediatrics, palliative care, and other skills in rural hospitals that do not have staff specialists providing this care.

Registrars can apply to undertake an Advanced Rural Skills Term (ARST) or Advanced Specialised Term (AST) to acquire one of these skills.

### How to apply

RG/procedural posts are managed by HETI and applications are required to be made through [NSW Health online Annual Medical Recruitment \(AMR\)](#).

Registrars considering RG/procedural skills training are strongly encouraged to contact GP Synergy's Special Programs and Education Manager, Felicity Gemmell-Smith on [felicity\\_gemmell-smith@gpsynergy.com.au](mailto:felicity_gemmell-smith@gpsynergy.com.au)

For more information visit:

- [GP Synergy website](#)
- [HETI website](#)

## Rural networking events

Over the past few weeks we have hosted a number of rural networking events for registrars across NSW with many more to come. The events provide an opportunity for registrars and their partners to connect and build relationships with other health professionals, stakeholders, and community members in their rural region.

So far this year, events have been held in Moree, Broken Hill, Nowra, Goulburn, Wagga Wagga and Tamworth. A list of upcoming events is below. Invitations will be circulated to registrars, supervisors, practice managers and stakeholders closer to the event.

### Moving to a new town?

Don't forget that we have dedicated Rural Support Officers (RSOs) who can help registrars and their families settle into a new town and form important social and professional networks. They also provide ongoing pastoral support for registrars in rural placements. Please don't hesitate to contact your local RSO if you need some assistance (contact details on the back page).

## Upcoming events

- Dubbo: 26 June
- Bathurst: 14 Aug
- Mudgee: 21 Aug
- Batemans Bay: 21 Aug
- Bega: 22 Aug
- Cooma: 23 Aug
- Port Macquarie: 28 Aug
- Inverell: 4 Sept
- Orange: 18 Sept
- Griffith: 20 Sept
- Armidale: 25 Sept
- Taree: 9 Oct
- Ballina: 18 Oct



## Aboriginal health training for registrars

It's been a busy few months for GP Synergy's Aboriginal and Torres Strait Islander Cultural Education Unit and the medical education team who have been running education sessions for registrars across the state and territory.

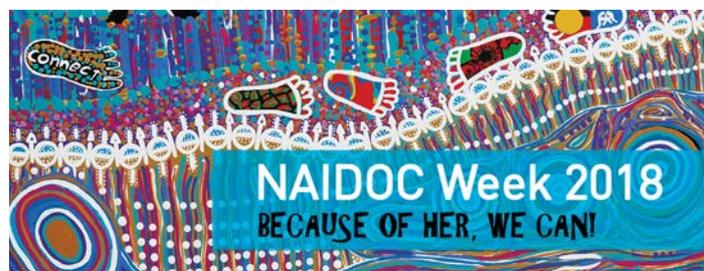
A compulsory part of a registrar's education program, the workshops featured a range of presenters from the local Aboriginal and Torres Strait Islander community. In Wagga Wagga, this included students from The Clontarf Foundation which seeks to improve the education, discipline, life skills, self-esteem and employment prospects of young Aboriginal and Torres Strait Islander men pictured below.



## National Reconciliation Week

As part of National Reconciliation Week, GP Synergy was honoured to be joined by members of the Stolen Generation who shared their personal experiences with us over a National Sorry Day morning tea. Each of GP Synergy's ten offices joined in to listen to their stories either in person or by video-conference. We sincerely thank our special guests for sharing such personal and emotional stories with us.

## NAIDOC Week: 8-15 July



This year's National Aborigines and Islanders Day Observance Committee (NAIDOC) Week theme - 'Because of her we can!' – celebrates the invaluable past and ongoing contributions that Aboriginal and Torres Strait Islander women make to the community.

NAIDOC Week is a celebration of the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

To find out how you can participate in NAIDOC Week, visit the [NAIDOC website](#).

Are you looking for more information about Aboriginal and Torres Strait Islander health, history, culture or training opportunities?



GP Synergy's Aboriginal and Torres Strait Islander health website is a great one-stop-shop for anyone looking for:

- resources to help them learn more about Aboriginal and Torres Strait Islander history and culture
- useful clinical resources
- lists of training post opportunities
- and more!

To visit the site head to: <https://aboriginalhealth.gpsynergy.com.au/>

## Clinical pearl: Music therapy for insomnia



Management of insomnia is a challenge for GPs. Pharmacotherapy is strongly discouraged (and, if used, should be strictly for short-term use).

Non-pharmacological managements are recommended. There are a range of behavioural and psychological non-pharmacological approaches. Combinations of these can be trialled.

One little-appreciated approach is music therapy. A Cochrane review and meta-analysis has found that listening to pre-recorded music daily, for 25 to 60 minutes, for a period of three days to five week significantly improves sleep quality. The size of the effect indicates an increase in sleep quality of the size of about one standard deviation in favour of the intervention compared to no treatment or treatment-as-usual. So, music therapy has a clinically as well as statistically significant effect. There were no apparent adverse-effects.

This is a potential component of a multi-modal non-pharmacological approach to insomnia management that may suit some patients.

For more information: See Jespersen KV, Koenig J, Jennum P, Vuust P. Music for insomnia in adults. *Cochrane Database of Systematic Reviews* 2015, Issue 8. Art. No.: CD010459. DOI: 10.1002/14651858.CD010459.pub2.

<http://cochranelibrary-wiley.com/doi/10.1002/14651858.CD010459.pub2/epdf>

## College fellowship assessment enrolment\*

### ACRRM fellowship assessments:

- 2018.1: Enrolments closed
- 2018.2: Assessment enrolment closes 13 July 2018

For more information visit the [ACRRM website](#).

### RACGP fellowship assessments:

- 2018.2 AKT/KFP: Enrolments closed
- 2018.2 OSCE: Enrolments open 19 March – 7 September 2018.
- 2019.1 AKT/KFP: Open 17 September – 16 November 2018
- 2019.2 OSCE: Open 17 September 2018 – 29 March 2019

For further information visit the [RACGP website](#).

\*Dates are subject to change. Always check the RACGP and ACRRM websites for the most up-to-date information.

## NSW RDN scholarships for rural health professionals

If you are a rural or remote medical, dental, nursing, midwifery, allied health or Aboriginal and Torres Strait Islander health professional, funding is now available to support your training and professional development.

- Scholarships: A payment up to \$10,000 per year, for up to two years, for further studies or training
- Bursaries: A payment up to \$10,000 (maximum of \$10,000 in total in one year) for professional development and upskilling course fees and associated accommodation and travel expenses.

For more information see [Health Workforce Scholarship Program \(HWSP\)](#)

## Key dates



**22 Jun:** Deadline for Medicare provider number paperwork for 2018.2 term.

**16 July:** Competency Assessment due for registrars in first, second and third GP terms and Extended Skills in GP.

**5 Aug:** End date term 1 2018.

For a list of important training dates, see the new key dates calendar on our [website](#).

## Sydney Child Health Program enrolments now open

The Sydney Child Health Program (formerly known as the Diploma of Child Health) is now taking enrolments for August commencement.

The program is a quality postgraduate program of study (non-award) in the continuing professional education space covering all sub-specialities from neonates to adolescents. It enhances knowledge, skills and confidence to empower healthcare professionals treating child and young people with best practice in paediatrics.

For more information [click here](#).

## GP Synergy medical student scholarship research published

Each year GP Synergy offers scholarship places for medical students to explore general practice and general practice research.

Jasmine De Giovanni, a 2017 scholarship recipient, has had her scholarship-funded study published in *Menopause – The Journal of the North American Menopause Society*. A great achievement!

## Upcoming GP Synergy events

### Registrars in their first or second GP term workshops

- All nodes:
  - Fusion Workshop 20-22 June | Sydney
- Additions:
  - North Eastern NSW Node 2 – New England/ Northwest: Black Dog | 19 June | Sydney

### Exam preparation workshops

- GP Synergy RACGP exam preparation workshops are now being planned for registrars sitting the exams in 2018.2 only. Please email Nicole Tooma for further information: [nicole\\_tooma@gpsynergy.com.au](mailto:nicole_tooma@gpsynergy.com.au)
- GP Synergy ACRRM assessment preparation workshops are currently being planned for registrars sitting ACRRM assessments. Please email Claire Doyle for further information: [claire\\_doyle@gpsynergy.com.au](mailto:claire_doyle@gpsynergy.com.au)

## A free networking event in Sydney for GP registrars

Come relax and network with other GP registrars in Sydney. This free event is open to all GPRA members and GP registrars in NSW. Taking place after the GP Synergy Fusion Workshop, registrars are encouraged to attend after the day's activities.

- **When?** 20 Jun 2018, from 5.15pm to 7pm
- **Where?** Zeta Bar, Level 4/488 George St, Sydney NSW
- **Cost?** FREE
- Drinks and light nibbles provided

**Registrations essential**, [please register here](#).

## External activities of interest

- ACCRM - Mental Health Disorders Training for Rural Practitioners (MHST) | Online virtual classroom providing participants with a good overview of the most common mental health concerns such as depression, anxiety, and somatisation disorder. | [More information](#) for dates.
- St John of God Richmond Hospital - Psychiatric Pharmacology, navigating the maze | 27 June | Castle Hill | [More information](#)
- ACRRM Rural Emergency Skills Training | 7-8 July | Coffs Harbour | [More information](#)
- ACRRM Advanced Life Support Training | 14 July | Newcastle | [More information](#)
- ACRRM Rural Emergency Obstetrics Training | 15 July | Newcastle | [More information](#)

## Need some help?

### Education Coordinators

- **Central, Eastern and South Western Sydney:**  
Tia Dickson - 02 8321 4101  
[tia\\_dickson@gpsynergy.com.au](mailto:tia_dickson@gpsynergy.com.au)
- **Hunter, Manning and Central Coast:**  
Heidi Heinz - 02 8321 4238  
[heidi\\_heinz@gpsynergy.com.au](mailto:heidi_heinz@gpsynergy.com.au)
- **Nepean, Western and Northern Sydney:**  
Kym Cashen - 02 8321 4112  
[kym\\_cashen@gpsynergy.com.au](mailto:kym_cashen@gpsynergy.com.au)
- **New England/Northwest:**  
Sally Lucas - 02 8321 4015  
[sally\\_lucas@gpsynergy.com.au](mailto:sally_lucas@gpsynergy.com.au)
- **North Coast:**  
Joanne Sayer - 02 8321 4128  
[joanne\\_sayer@gpsynergy.com.au](mailto:joanne_sayer@gpsynergy.com.au)
- **Western NSW:**  
Rachel Harris - 02 8321 4212  
[rachel\\_harris@gpsynergy.com.au](mailto:rachel_harris@gpsynergy.com.au)
- **Murrumbidgee and ACT:**  
Catherine Daly - 02 8321 4149  
[catherine\\_daly@gpsynergy.com.au](mailto:catherine_daly@gpsynergy.com.au)
- **South Eastern NSW:**  
Amanda Piatek - 02 8321 4164  
[amanda\\_piatek@gpsynergy.com.au](mailto:amanda_piatek@gpsynergy.com.au)

### Registrar Liaison Officers (RLO)

- **Western NSW:**  
Currently vacant. Please contact another RLO.
- **Nepean, Western and North Western Sydney:**  
Sama Balasubramanian –  
[RLO\\_NESydney@gpsynergy.com.au](mailto:RLO_NESydney@gpsynergy.com.au)
- **Hunter New England Central Coast:**  
Bob Vickers - [RLO\\_HNECC@gpsynergy.com.au](mailto:RLO_HNECC@gpsynergy.com.au)
- **Central, Eastern and South Western Sydney:**  
Rebecca Chan - [RLO\\_LESydney@gpsynergy.com.au](mailto:RLO_LESydney@gpsynergy.com.au)
- **South Eastern NSW:**  
Jessica Swan - [RLO\\_SouthEastern@gpsynergy.com.au](mailto:RLO_SouthEastern@gpsynergy.com.au)
- **North Coast:**  
Currently vacant. Please contact another RLO.
- **Murrumbidgee and ACT:**  
Jessica Tidemann -  
[RLO\\_MurrumACT@gpsynergy.com.au](mailto:RLO_MurrumACT@gpsynergy.com.au)

### Rural Support Officers (RSO)

- **New England/Northwest | North Coast | Hunter Manning & Central Coast:**  
Kerry Robins - [kerry\\_robins@gpsynergy.com.au](mailto:kerry_robins@gpsynergy.com.au)
- **Western NSW:**  
Maria Logan - [maria\\_Logan@gpsynergy.com.au](mailto:maria_Logan@gpsynergy.com.au)
- **Murrumbidgee:**  
Sue Hefren - [sue\\_hefren@gpsynergy.com.au](mailto:sue_hefren@gpsynergy.com.au)
- **South Eastern NSW:**  
April McFadden - [april\\_mcfadden@gpsynergy.com.au](mailto:april_mcfadden@gpsynergy.com.au)