Registrar Liaison Officer (RLO) update

We are now two months in to the current term and many of us are thinking about applications for next year. Re-enrolment has now closed and the placement portal will be open on 22 October.

You may have heard news recently of GPRA's discontinuation of the 2018 NTCER negotiations. This has come after a significant amount of discussion within the GPRA Advisory Council, of which all our RLOs are members, and several phone and face-to-face meetings between the GPRA and GPSA negotiation teams. Far from giving up on the fight for fair and reasonable pay conditions for GP Registrars, GPRA have made this decision in order to draw attention to the need to replace the NTCER with a more modern and equitable approach for the employment of registrars and will continue to advocate for registrar rights.

So, where to from here? Although GPRA no longer considers it viable to endorse the 2017/18 NTCER as ‘fair and reasonable’ for registrars, we recognise the need for the current NTCER to remain in place, in terms of minimum employment conditions, and so it will continue to apply for your 2019 terms.

GPRA and your RLOs will also continue to be available to provide advice on interpretation of the NTCER for any issues or concerns which may arise.

As always when applying and interviewing at practices, ensure that you cover essentials such as working hours, education and supervision arrangements, remuneration and leave. If there are specific leave requests or hours required, discuss these early and ensure they form part of your written agreement. Consider things specific to the practice such as nursing support, expected patients per hour, breaks, weekend rostering, nursing home visits, etc. If you have any issues or concerns, please contact your RLO, we are here to help and always happy to hear from you!

Dr Rebecca Chan | Registrar Liaison Officer - Central, Eastern and South Western Sydney

Term placement reminder

Re-enrolment for the 2019.1 (Feb-Aug 2019) term has now closed.

If you did not re-enrol during the re-enrolment period, please contact your education coordinator ASAP.

Key dates:

By 5pm 17 Oct: Registrars seeking GP terms in 2018.1 will be notified of their grouping allocation.


7 Dec: Deadline for Medicare Provider number paperwork.

If you need assistance at any time during the placement process, please contact your education coordinator. A list of useful resources, including a detailed FAQ guide and term placement information webinar recordings, can be found on GPRimme2 under ‘Forms, Documents and Links’ – just search ‘term placement’.

Fellowship assessment enrolment*

ACRRM fellowship assessments:

• 2018.2: Assessment enrolment closed 13 Jul 2018

For more information visit the [ACRRM website](https://acrrm.org.au).

RACGP fellowship assessments:

• 2019.1 AKT/KFP: Enrolment closes 16 Nov 2018
• 2019.1 OSCE: Enrolment closes 29 Mar 2019
• 2019.2 AKT/KFP: Enrolment opens 18 Mar - 17 May 2019
• 2019.2 OSCE: Enrolment opens 18 Mar - 13 Sept 2019

For further information visit the [RACGP website](https://www.racgp.org.au).

*Dates are subject to change. Always check the RACGP and ACRRM websites for the most up-to-date information.
CPR and ALS requirements and courses for registrars

As you start your planning for the 2019.1 term, now is a great time to plan how you are going to meet your CPR and ALS requirements if you haven’t already.

What are the requirements for CPR and ALs for registrars?

CPR and ALS requirements vary according to your fellowship college/s.

<table>
<thead>
<tr>
<th>College</th>
<th>Requirement</th>
<th>Timing</th>
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<tr>
<td>ACRRM</td>
<td>CPR</td>
<td>There are no specific separate CPR requirements.</td>
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|           | ALS         | • Rural Emergency Skills Training (REST) by the end of first year Primary Rural and Remote Training (PRRT1); AND  
             |             | • One further ACRRM accredited Tier 1 course or two accredited Tier 2 courses. |
| RACGP     | CPR         | Within the 12 months PRIOR to commencing GPT1.                         |
|           | CPR         | Within the 12 months PRIOR to applying for fellowship.                 |
|           | ALS         | Within the 4 years PRIOR to applying for fellowship.                  |

Furthermore, if you are going to be working as a Visiting Medical Officer (VMO) during your rural training, we strongly encourage you to attend an ALS course before commencing the term. Financial support is available as outlined further below.

What courses will meet these requirements?

Courses must be accredited with your fellowship college to count towards your requirement.

To find a list of accredited courses, please see the CPR and ALS Requirements and Guidance Document for GP Registrars available on GPRime under ‘Forms, Documents and Links’.

Does GP Synergy provide financial support to meet these requirements?

Rural pathway registrars training in rural areas MMM 3-7 can apply for GP Synergy funding once during their training towards accredited ALS course fees or an ACRRM accredited emergency course as specified in the Registrar Support Guidelines.

On application, general pathway registrars who complete a rural general practice training term that includes Visiting Medical Officer (VMO) work from 1 February 2017, may be eligible to apply for funding once during their training for ALS course fees as specified in the Registrar Support Guidelines.

For full details, please see the Registrar Support Guidelines and Forms available on GPRime under ‘Forms, Documents and Links’.

For more information

Please see the CPR and ALS Requirements and Guidance Document for GP Registrars available on GPRime under ‘Forms, Documents and Links’ and contact your education coordinator if you have any queries.

EOI now open for REST course for GP Synergy registrars

ACRRM will be hosting a REST course at GP Synergy’s Liverpool offices on Saturday and Sunday 19-20 January 2019.

Due to limited places, only GP Synergy rural registrars who have VMO responsibilities, or are significantly clinically isolated, are invited to submit an expression of interest to attend.

Registrars will be invited to expression their interest to attend shortly.

Nowra ALS course for GPs and GP registrars

South Coast Simulation are running an RACGP accredited ALS course for GPs and GP registrars on Saturday 19 January 2019.

Cost: $550-660

Places are limited and early registration is encouraged. To register visit: https://www.scsimulation.com/product/als-190119/
Rural Generalist Foundation Year and second intake AST applications close 19 October

HETI Foundation Year program

Applications are now open for entry to the HETI Foundation Year program (recommended for doctors interested in rural generalism who are currently based in hospital).

To apply please go to NSW JMO eRecruit at https://nswjmo.erecruit.com.au/Default.aspx and search for job number 18647 or search for Rural Generalist.

HETI second intake – Advanced Skills Training (AST) positions

Applications are open for vacant Advanced Skills Training positions.

To apply please go to NSW JMO eRecruit at https://nswjmo.erecruit.com.au/Default.aspx and search for job number 18742 or Rural Generalist.

A list of advanced skills training positions is attached to the advertisement in eRecruit.


New Griffith two-year AST position

The Griffith training pathway provides 24 months GP procedural training. The first 12 months will be in emergency medicine and the second 12 months will be in your choice of six AST positions in obstetrics, anaesthetics, surgery, paediatrics, internal medicine or emergency medicine.


Further information

Contact GP Synergy Special Programs and Education Manager, Felicity Gemmell-Smith if you have any queries on felicity.gemmell-smith@gpsynergy.com.au or 1300 477 963.

Networking event snaps

September saw more rural networking events held around our regions, with networking events held in Port Macquarie, Inverell, Orange, Griffith and Armidale, the latter joined by local MP Barnaby Joyce.
Farm day

Murrumbidgee registrars had the opportunity to see first hand the working conditions and challenges for farmers when they went out to Maroubra Park at Collingullie last month. Some photos of the day are below.

Clinical Pearls: Management of ‘pulled elbow’

Subluxation of the radial head (pulled elbow) is a relatively common presentation. It typically occurs in children aged 1-4 years and is often (but not always) precipitated by a sudden pull on the child’s arm by an adult or taller person. This results in subluxation of the radial head as the radial head is pulled through the annular ligament.

The child will not be using the affected limb. The elbow will be held in extension and the forearm in pronation. There should be no other indication of injury, with no swelling, deformity or bruising of the elbow or wrist and, on palpation, tenderness is usually absent. The child will be distressed only on elbow movement.

This is a classic presentation and x-rays are not indicated unless another differential diagnosis is suspected (that is, if there is significant tenderness, swelling, bruising or deformity) or if attempted reduction fails.

Management is with manipulation. There are two alternative manoeuvres: the pronation manoeuvre and the supination manoeuvre:

**Pronation manoeuvre**

- sit the child on the parent’s lap
- apply pressure over the radial head with one hand and hold the child’s hand with your other hand
- fully pronate the forearm and flex the elbow (you may feel a click over the radial head)
- review after 10 minutes.
- if reduction fails after two attempts using pronation, then supination can be attempted (one-two times).

**Supination manoeuvre**

- sit the child on the parent’s lap
- apply pressure over the radial head with one hand and hold the child’s hand with the other
- fully supinate the forearm and flex the elbow (you may feel a click over the radial head)
- review after 10 minutes.

These manoeuvres are illustrated on the Royal Children’s Hospital website: [https://www.rch.org.au/clinicalguide/guideline_index/Pulled_Elbow/](https://www.rch.org.au/clinicalguide/guideline_index/Pulled_Elbow/)

A Cochrane review found that the pronation method might be more effective and less painful than the supination method. Note that recurrences are not uncommon.

**References**

- [Royal Children’s Hospital Clinical Practice Guidelines](#)
- [RACGP HANID Guidelines](#)
- [Cochrane Database of Systematic Reviews 2012, Issue 1, Art. No.: CD007759](#)
Meet the GP: GP Supervisor, Dr Keith Hamd

Not many GPs can say they began their GP training in the same room they now practice from – GP supervisor Dr Keith Hamd grew up in Western Sydney, completed his GP training there and is now a practice owner in Woodcroft.

Why did you decide to become a supervisor?

I had been looking forward to becoming a supervisor ever since I was lucky enough to have fantastic supervisors during my own training. They really have inspired me to become the best supervisor I can be.

The support and teaching I received during my training helped me get through my exams and become a better GP clinically. I felt it was my duty and privilege to be able to provide this for others. Learning is always a two-way street and being able to learn from training registrars while sharing from your experience is very rewarding.

From your experience what makes a good supervisor?

I think being able to put yourself in another’s shoes and understand their experiences is vital. I strongly believe in tailoring the educational experience to the individual and not resorting to a ‘one size fits all’ model.

Why did you decide to become a practice owner?

Being a practice owner opens opportunities to be able to make the greatest impact for the community. The ability to implement changes, innovations and make decisions that can assist patients, registrars and the entire community is a large reason for me wanting to become a practice owner.

Was it something you always wanted to do?

I have always wanted to do the utmost I can to provide the best care for the community as well as ensuring a positive and thriving work environment. I could think of no better way to do this than to become an owner.

What are the challenges?

Learning the ropes of being a practice owner without prior experience is a stimulating challenge. There are increased responsibilities in balancing the business aspect with the clinical aspect. From staffing to finances and changes to healthcare, it is all a steep learning curve but made easier with the tremendous support of Dr Kiran Amin (practice co-owner).

What are the benefits?

There are many benefits of being a practice owner, but the greatest is being able to provide the opportunity to train future registrars. I had many fulfilling and memorable experiences during my training and provided the chance to do the same for others is very rewarding. Another benefit is being able to set the clinical standards required for optimal healthcare for our patients.

Illawarra and Southern Practice Research Network (ISPRN) Showcase & Workshop

Saturday 3 November | 9.00am-1.30pm | Nowra Golf Club, 86 Fairway Dr, North Nowra

Registrars are invited to attend ISPRN's annual research showcase. The showcase will provide an opportunity for you to hear about research that is being undertaken in primary care and a workshop on research development.

Cost: Free. Lunch provided.

Register here. Please RSVP to by 19 October.

About ISPRN: The Illawarra and Southern Practice Research Network (ISPRN) is housed within Graduate Medicine, UOW. ISPRN works alongside health professionals to mentor them through the research process by providing academic and administrative support.
Upcoming GP Synergy events

Registrars in their first or second GP term workshops
- Western NSW Node 1: 30 Oct – 1 Nov, Dubbo
- Western NSW Node 2: 31 Oct – 2 Nov, Griffith
- Western NSW Node 3: 17-19 Oct, Canberra
- Lower Eastern NSW Node 1: 19 Oct, Liverpool
- Lower Eastern NSW Node 2: 14-16 November, Wollongong
- Lower Eastern NSW Node 3: 17-19 Oct, Canberra
- North Eastern NSW Node 1: 22-24 Oct, Coffs Harbour
- North Eastern NSW Node 2: 15-17 Oct, Armidale
- North Eastern NSW Node 3: 18-19 Oct, Newcastle
- North Eastern NSW Node 4: 24 Oct and 26 Oct, Liverpool

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: nicole.tooma@gpsynergy.com.au
- GP Synergy ACRRM assessment preparation workshops are currently being planned for registrars sitting ACRRM assessments. Please email Claire Doyle: claire.doyle@gpsynergy.com.au

External events of interest

- Head and Neck Pain Workshop
  Western NSW PHN
  Tues 30 Oct 2018 | Orange
  Registration

- Birthing in the Bush
  Prevocational Obstetrics and Gynaecology Society
  Sat 24 Nov 2018 | Orange
  Registration

- REST Course - GP Synergy registrars
  ACRRM
  Sat and Sun 19-20 Jan 2019 | Sydney (venue TBC)
  Please contact Claire Doyle for registration

- South Coast Simulation
  ALS course for GPs and GP registrars (RACGP accredited)
  Sat 19 Jan 2019 | Nowra
  More information

Need some help?

Education Coordinators
- Central, Eastern and South Western Sydney:
  Tia Dickson - 02 8321 4101
  tia_dickson@gpsynergy.com.au
- Hunter, Manning and Central Coast:
  Heidi Heinz - 02 8321 4238
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- Nepean, Western and Northern Sydney:
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- Murrumbidgee and ACT:
  Jessica Tidemann - 02 8321 4149
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- South Eastern NSW:
  Amanda Piatek - 02 8321 4164
  amanda_piatek@gpsynergy.com.au
- North Coast:
  Currently vacant. Please contact another RLO.
- Western NSW:
  Daniel Rudd - RLO_western@gpsynergy.com.au
- Nepean, Western and Northern Sydney:
  Rajdeep Ubeja – RLO_NESydney@gpsynergy.com.au
- Hunter New England Central Coast:
  Bob Vickers - RLO_HNECC@gpsynergy.com.au
- Central, Eastern and South Western Sydney:
  Rebecca Chan - RLO_LESydney@gpsynergy.com.au
- South Eastern NSW:
  Jessica Swan - RLO_SouthEastern@gpsynergy.com.au
- North Coast:
  Currently vacant. Please contact another RLO.
- Murrumbidgee and ACT:
  Jessica Tidemann - RLO_MurrumACT@gpsynergy.com.au

Registrar Liaison Officers (RLO)
- Western NSW:
  Daniel Rudd - RLO_western@gpsynergy.com.au
- Nepean, Western and Northern Sydney:
  Rajdeep Ubeja – RLO_NESydney@gpsynergy.com.au
- Hunter New England Central Coast:
  Bob Vickers - RLO_HNECC@gpsynergy.com.au
- Central, Eastern and South Western Sydney:
  Rebecca Chan - RLO_LESydney@gpsynergy.com.au
- South Eastern NSW:
  Jessica Swan - RLO_SouthEastern@gpsynergy.com.au
- North Coast:
  Currently vacant. Please contact another RLO.
- Murrumbidgee and ACT:
  Jessica Tidemann - RLO_MurrumACT@gpsynergy.com.au

Rural Support Officers (RSO)
- New England/Northwest | North Coast | Hunter Manning & Central Coast:
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- Western NSW:
  Maria Logan - maria_logan@gpsynergy.com.au
- Murrumbidgee:
  Sue Hefren - sue_hefren@gpsynergy.com.au
- South Eastern NSW:
  April McFadden - april_mcfadden@gpsynergy.com.au