



# Newsletter

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## Important Dates

1st July – Case Discussion : Danny By  
 2nd July – School Term 2 Finishes  
 13th July – SIM 2B Shirley Fung  
 14th July – Mini Release: Ken Wangu  
 3rd July - Exam Applications Close  
 19th July - School Term 3 Begins  
 21st July - Mini Release : Beth Miller  
 22nd July Mini Release: Cate Price  
 22nd July Mini Release: Shirley Fung  
 23-25th July - Fellowship Prep. Proc

## Exceptional numbers for GP Training



There has been an unprecedented response from applicants wishing to join the Australian General Practice Training program with Sturt Fleurieu. 55 applicants have applied to undertake general practice training at Sturt Fleurieu in 2011. 20 applicants for general pathway and 35 applicants for rural pathway.

Applications for the Australian General Practice Training (AGPT) program closed on Wednesday the 16<sup>th</sup> June. The results at this stage indicate there were 1203 applications for 900 positions Australia wide.

The applicant numbers for 2011 are almost double the amount compared to last year. Interviews for the 34 placements on offer will commence in the last week of August and applicants will be informed of the outcomes by early September.

## Increased PGPPP Placements



Sturt Fleurieu takes over management of an additional three PGPPP placements from SAIMET on the 1<sup>st</sup> July 2010 – the SA Prison Health Service, the Second Story Adolescent Health Service, and Drug and Alcohol Services SA.

These 13 week placements provide additional opportunities for RMO's to get a wider variety of experiences as part of their hospital rotations. These changes increase the program managed by Sturt Fleurieu from 8 to 11 placements, a total of 62 full time training weeks!

We are working closely with all Sturt Fleurieu supported PGPPP participants to ensure that funding for these placements continues beyond the 2010 training year.

## Accreditation Update

Sturt Fleurieu is due to be reaccredited by GPET, RACGP and ACRRM throughout 2010.

The accreditation review team will be meeting with Registrars, Supervisors, Medical Educators and Sturt Fleurieu Stakeholders in small groups to discuss aspects of the training program that Sturt Fleurieu delivers. Topics to be discussed will cover broad criteria such as program management, education and training, educational competence, registrar well-being, and feedback, review and improvement processes. Focus group meetings will take place at Mt Lofty House on the 18<sup>th</sup> and 19<sup>th</sup> August.



## Where Am I?

**Name:** Dr Cate Price

(Sturt Fleurieu RME/  
GP at Flagstaff Hill Medical Centre)

**Location:** Cambridge, UK



Greetings from Cambridge UK, a beautiful University town situated 100kms north of London. I am living here for three months while my husband Simon does a sabbatical at *Addenbrookes Hospital*.

We arrived in mid-April to perfect spring weather; sunshine, daffodils and blossoms, which turned into typical May weather of grey skies and rain. Now summer is trying to make an appearance as we enjoy long, lazy evenings.

I have quickly adapted to Cambridge life. I cycle everywhere, dodge the pesky tourists and chain my bike to any available space. I have been very busy sleeping in, visiting cathedrals, historic homesteads and art galleries and attending musical concerts and plays. Our local pub is *The Plough* and we have enjoyed discovering the delights of English cider.

I visited *Addenbrookes Hospital* to attend the Cambridge GP training sessions - a combination of our mini/maxi release and GP Supervisor sessions. The GP Registrars meet weekly on Wednesday afternoons with their Medical Educators. These sessions are quite informal and there is a regular Registrar presentation.

I attended a two day course for GPs to become associate GP trainers; full GP trainers require a postgraduate certificate in medical education. Being formally taught how to teach was an interesting process and made me reflect on my teaching style.

I also attended the Cambridge GP trainers meeting, which was held in a delightful village complete with thatched cottages and was a six-mile bike ride from Cambridge. I gave a talk about Australian General Practice. The most interesting points for the English GPs was our Medicare system and the need to see patients in order to earn money, and ECT visits (not done in Cambridge, but admired by a GP who had visited Australia).

We discussed the English "e-portfolio" which required the GP Registrars to enter various aspects of their training and reflect, then the supervisor assessed their entry. One of the issues was the lack of relevance and details of some of the entries. I think our GP Advanced case discussion is a better use of Registrar and Supervisor's time.

I met with Dr Fiona Walters and discussed the academic GP training in Cambridge (similar in concept to our academic year, but integrated from the start of the GP training). I also spoke with one of the academic GP Registrars about his research in TIA management in general practice.

Finally, I will be visiting a practice next week and sitting in for the day with Jaana, a registrar.

It will be sad to leave Cambridge, I will miss the greenness, the water and my bicycle, but I will be happy to return to Adelaide and see the ocean and sun again.

## GP Compass: Exploring GP Careers

This year Sturt Fleurieu, Adelaide to Outback and Greater Green Triangle launched GP Compass in South Australia as a pilot program. The aim of the program was to promote general practice to prevocational doctors at all major hospitals.

Early in 2010 we appointed Hospital Ambassadors, distributed "Going Places" magazines and held educational events.

Our first dinner meeting was held at *Red Ochre* where Medical Educators and Supervisors taught Interns and RMOs about shoulder joint injections and knee aspirations. The next dinner meeting was held at the *Lion Hotel* with a presentation on insulin use in the hospital and community setting.

We also held lunchtime teaching sessions on general practice dermatology. All sessions were well attended and met with much enthusiasm.

This program has provided a means for raising general practice awareness and promoting the GP career and training programs. Many thanks to all Medical Educators who gave their time to help us with this program!

A report on the program has been submitted by Nyoli Valentine GP Compass Co-ordinator to GPRA for review.



## Derm-start Workshops

Derm-start is an award winning program designed to help Registrars learn more about how to deal with the multitude of dermatology problems including skin presentations. This year, there will be four Derm-start workshops which will be held on the **25<sup>th</sup> August, 29<sup>th</sup> September, 20<sup>th</sup> October** and the **17<sup>th</sup> November**. All sessions will be held at the Greenhill Road boardroom and will commence at 6:30pm. Registrars wishing to attend these workshops should email their expressions of interest to Sallie Goff at: [sallie.goff@sfgpet.com.au](mailto:sallie.goff@sfgpet.com.au)

## Payments: GPRIP

The introduction of the new General Practice Rural Incentive Program (GPRIP) commenced on 1<sup>st</sup> July 2010. Specific details on the program requirements have been sent direct to each registrar. For further queries regarding the program please contact Jennifer Evitts via email at: [jennifer.evitts@sfgpet.com.au](mailto:jennifer.evitts@sfgpet.com.au) or call 8536 5000.

## TMO Opportunities 2011

Applications for a number of exciting Trainee Medical Officer (TMO) procedural posts are now open at Mt Gambier Hospital and Districts Health Service. Check the [SAIMET site](#) for application details and closing dates. Listed below are the available procedural post opportunities.

### MT GAMBIER & DISTRICTS HEALTH SERVICE

- 10–110 DRANZCOG (12 months part–time)
- 10–150 General Training – with Paediatrics
- 10–160 Dip Anaesthetics (6 months)
- 10–250 General Practice Training – with Paediatrics
- 10–600 Emergency Medicine ACRRM Advanced Specialised Training

July						
MON	TUES	WED	THURS	FRI	SAT	SUN
			<b>1</b> Case Discussion, DB	<b>2</b> School Term 2 Finishes	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b> Sim 2B SF	<b>14</b> Mini Release KW	<b>15</b> Finance & Risk Management Committee (Teleconference)	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b> School Term 3 Begins	<b>20</b>	<b>21</b> Mini Release BM	<b>22</b> Mini Releases CP & SF	<b>23</b> Fellowship Preparation Program	<b>24</b> Fellowship Preparation Program	<b>25</b> Fellowship Preparation Program
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> Management Committee Meeting Case Discussion, CP	<b>30</b>	<b>31</b>	



## Hospital Dinner at Tiffin's



Hospital Registrars were joined by PGPPP Interns at the hospital dinner held on Friday the 18<sup>th</sup> June. Dr Nyoli Valentine provided attendees with a fascinating presentation on *Managing Insulin in Type 2 Diabetes in the Hospital and Community*.

Dr Ian McCombe hosted the evening and was joined by Julia Phipps. One of our RLO's, Cassandra Fairhall, assisted by running a case study group that followed the presentation.

Thank you to everyone who attended. It was an enjoyable and relaxed evening and we look forward to seeing all of you at the next hospital dinner on **Friday the 3<sup>rd</sup> of September**. Remember to write this date down in your diaries.

## RLO Report

Whew, we're halfway through the year already! We hope everyone is going well despite the gloomy weather.

In June, we held an exam tips session at the Sturt Fleurieu Greenhill Rd office. This was well attended with over a dozen people and we thank everyone for coming. We would like to particularly thank Danny Byrne, Shirley Fung, Romany Topsfield and Ken Wanguhu for presenting on the night. They were very generous in giving their time to support the Registrars and their advice was extremely valuable.

If you weren't able to make it on the night, most of the exam tips and resources have been included in a recent email, so please check your inbox. We have also provided a list of websites for exam tips on the next page so make sure you check it out.

If you have any great tips you'd like to pass along, please let us know and we can email them to all of the Registrars.

Best wishes for a great month,  
Bronwyn, Cassandra and Trinh

## RACGP Exam Results

Congratulations to the following registrars who have recently passed all components of their exams:

Arto Kartika  
Zanna Murfit  
Lisa White  
Rachel Hawker  
Kate Hancock  
Mary Dare  
Sarah Parker  
Jessica Pitman  
Megan McLaughlin

## Practice Profile

### Belair Medical Clinic

The *Belair Medical Clinic* consists of a small committed team with two full time doctors, one registered nurse, two practice managers and three reception staff and is located in the southern foothills of Adelaide.

The clinic is committed to a holistic approach to medicine with a particular focus on family care and women's health. Other areas of medical interests include preventative health, counselling, minor surgery, women's health, geriatrics, pediatrics, antenatal care and chronic disease care.

Close proximity to the *Blackwood Hospital* also offers access to a number of specialists from various different medical fields such as orthopaedics, general surgery, gastroenterology, gynaecology, oncology, allied health and ENT.

The clinic sees a range of patients such as neonatal, families and the elderly including nursing home patients.

The practice consulting room and the treatment room are equipped with ECG linked computers. Other facilities at the practice include an obstetric doppler, and an accredited vaccine fridge.

This month, the clinic will be adding the final touches to their extensive practice refurbishment. Changes include new furniture, floor coverings and a fresh coat of paint.



## Websites for Exam Tips

The RLO's have been busy preparing a list of exam tips for the upcoming RACGP exam. They have been trawling the internet and testing various websites for unique and useful tips. The RLO's have provided a list of web links and commentary on these sites which are listed below:

- The RACGP website**  
<http://www.racgp.org.au/assessment>  
 This site contains information you need to enrol for and sit the RACGP exam. Please check this site regularly as things do change, for example the CPR requirement has recently changed.
- GPRA Exam Preparation website**  
<http://www.onlineexamresources.com.au>  
 This site includes tips from former registrars, practice questions, and recommended resources. You don't need to be a GPRA member to use the site, but now would be a great time to sign up – you can do this online and it's free!
- Sturt Fleurieu gp-Start website**  
<http://www.gpstart.com.au/Default.aspx>  
 Form a study group and try testing each other on the very useful bank of OSCE exam questions provided on the gp-Start website in the case discussion area.
- The Student Learning Centre website**  
<http://media.otago.ac.nz/r73SjLdJm2/EvuJTRRc/Formingastudygrp.ppt.pdf>  
**How to Study website**  
<http://www.how-to-study.com/study-skills/en/studying/38/study-groups/>  
 These two sites provide practical advice on forming an effective study group.
- Dermnet: New Zealand Dermatology website**  
<http://dermnetnz.org/doctors/quizzes/>  
 This site is very popular and has a quiz section for you to test yourself. It's a little clunky, but they do provide answers for you to check against your responses.
- OnExamination website**  
<http://www.onexamination.com>  
 This site was talked about at the exam tips workshop.

There are several sites aimed at GP registrars in the UK which offer practice questions for a subscription fee. If you are keen to find extra questions, these sites might be worth checking out. Likewise, there are lots of preparatory sites for the American Board of Family Medicine exams. Most are subscription-based. You can find these sites through a Google search at:  
[www.google.com.au](http://www.google.com.au)

## Exciting GP role

### Springbank Medical Centre, Burton

Requires a GP to join our AGPAL accredited, modern, bulk billing practice. The practice is located in a shopping centre, open 7days and is fully computerised. We are in Area of Need / District of Workforce Shortage therefore overseas trained doctors can apply. We have Practice Nurses, a Psychologist, Physiotherapist and a Podiatrist.

**Contact:** Dr Chris Mkandala on 0413167620 or Dr Rakesh Mohindra on 0419720000

### Important Dates to Remember NEXT MONTH

4th August – Semester 2 Commences  
 5th August – Mini Release: Cate Price  
 10th August – SIM 3B: Danny Byrne  
 18th August – Mini Release: Danny Byrne  
 19th August – Mini Release: Ken Wanguhu  
 19th August – Mini Release: Shirley Fung  
 21st August – RACGP Written Exam (AKT/KFP)  
 21st August – Mini Release: Beth Miller (Anke Doley's group)  
 24th August – Intern Term 3 Finishes  
 24th-26th August – Applicant Interviews (general pathway)  
 25th August – Intern Term 4 Begins  
 31st August-2nd September – Applicant Interviews (rural pathway)

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Winner  
 GPET  
 Innovation Award