

MY HEALTH MY VOICE

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SCHOOL OF HEALTH

Schools now offer a much wider range of support services for students than in the past, but health services in schools are often still quite limited.

The Doctors in Secondary Schools (DISS) program aims to change that, putting a GP directly into schools one day per week.

Students can make appointments to see the GP just as they would outside of school, but without having to take extra time out of class to do so.

Dr Erin Gordon is one of the first DISS GPs, based at Mount Alexander College (MAC) in Flemington.

"It's a pretty amazing opportunity and I think we are really privileged to be able to be a part of the school community," Dr Gordon said.

MAC Student Wellbeing Coordinator Carmel Nielsen says students have embraced having a GP at the school.

"The students have been very open to it. Erin's schedule's been full for the last three weeks, so it's been a very good response," Ms Nielsen said.

More information is available at the Victorian Department of Education and Training [website](#).

Get Involved

The Australian Government is discussing how data in the My Health Record system may be used in future. You can have your say by:

- Providing a written submission by 17 November 2017 OR
- Completing the online survey by 17 November 2017 OR
- Participating in the Consumers Health Forum national webinar on 16 November 2017 at 12.30pm

Have your say at www.myhealthrecorddata.healthconsult.com.au/public-consultations/



Australian Government

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An Australian Government Initiative

My Health, My Voice is a newsletter of North Western Melbourne PHN, a non-profit organisation working to improve health care in our local communities.

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FREE KIDS FIRST AID PROGRAM

We are funding 1500 free tickets to infant and toddler first aid training sessions for parents and parents-to-be at various locations in Melbourne's northern and western suburbs.

The sessions will run from November this year until mid-2018.

They will teach parents how to respond to a range of medical situations, from choking, to burns, allergies, injuries and drowning. They will also include infant, child and adult CPR.

The sessions will run for 3.5 hours and be delivered by Tiny Hearts First Aid.

Parents and parents-to-be who live in the NWMPHN region can register their interest for the training sessions at www.tinyheartsfirstaid.com/northwestmelbourne



CARING FOR YOURSELF

Do you find it difficult to balance caring for others, whilst also taking care of your own health and wellbeing?

NWMPHN is supporting Carers Victoria to run a free two-part webinar series for carers.

The webinars will discuss the importance of self-care and will provide strategies to help you sustain yourself.

You do not have to leave home to join the session, as it is a webinar and is accessed online.

For more information please go to www.carersvictoria.org.au/how-we-help/education/webinars/

You can also call Carers Victoria on 1800 242 636 or email education@carersvictoria.org.au



PAP TESTS ARE CHANGING

Cervical cancer is one of few cancers that can be largely prevented through screening (Pap tests).

Most women diagnosed with cervical cancer have not had regular Pap tests.

At the moment, women aged 18 to 69 are encouraged to have a Pap test every two years.

As of 1 December 2017, women aged 25 to 74 will be encouraged to have a Pap test (to be called a HPV test) every five years.

Until this change occurs, women aged between 18 and 69 years who have ever been sexually active should continue to have a Pap test when due.

For more information see your doctor or visit the Cancer Council Victoria website at www.cancervic.org.au/preventing-cancer/attend-screening/cervical-screening

