

# Service Update

March 2025

## DIRECTOR UPDATE

Here at VVSC, we are excited about 2025. During 2024, over 22 different hospital specialties co-consulted with primary healthcare clinicians. In addition, we commenced pathways to support rural and regional patients access hospital specialist care. 2025 will see us focus on further engagement with non-hospital GP specialists to improve accessibility. We believe strongly that this collaboration between hospital and non-hospital specialists helps overcome fragmentation in care and enables more patients to receive expert-informed care, provided by their trusted clinician, closer to home. Our second focus will be on developing strong partnerships with other primary care clinicians and rural/ regional centers so that every patient across the state has access to the care they need.

DR JOANNA LAWRENCE



## PAEDIATRIC ENDOCRINOLOGIST UPDATE

Dr Gabby Atlas, Paediatric Endocrinologist shares some 'top tips' below:

- Suspicious about a new diagnosis of diabetes in a child? Perform point of care glucose testing (fingerprick or urine). If not available, sent directly to the ED. It is not advised to arrange formal bloods, which delays the diagnosis and puts the child at risk of life-threatening diabetic ketoacidosis.
- When referring a child with concerns about growth or puberty, arrange a bone age xray in preparation for the consultation.
- New/evolving hypothyroidism - we would typically treat with thyroxine if the TSH rises above 10.
- Typical timing for onset of puberty is age 8-13 in girls and 9-14 in boys. Signs of breast development in females or genital changes in males prior to this warrants an urgent review.

DR GABBY ATLAS

## REVISED ASTHMA GUIDELINES

Our **Paediatric Asthma Nurse Specialist**, Katie, helped develop the RCH updated guidelines for children with asthma. Click on the links for each age group to read our latest recommendations:

[1-5 years](#)

[6-11 years](#)

[Adolescents  
\(12 years+\)](#)

KATIE ROGERS

# Specialties Available

## Monday

- Geriatrician
- Endocrinologist
- Paediatrician
- Palliative Care Nurse Practitioner
- Psychiatrist (Age 65+)

## Tuesday

- Rheumatologist
- Complex Adolescents Consultant (Paediatrician)
- Infectious Diseases Consultant
- Adult Medicine Consultant
- Epilepsy Specialist (Neurologist)
- Paediatric Continence Nurse
- Wound Specialist Nurse
- Paediatric Allergist
- Cardiologist

## Wednesday

- Dermatologist
- Sexual Health Consultant
- Haematologist
- Neurologist
- Peri Operative ENT Nurse Education
- Palliative Care Physician
- Diabetes (Endocrinologist)
- Adult Medicine Consultant
- Geriatrician
- Psychiatrist (Adult)

## Thursday

- Dermatologist
- Haematology
- Paediatric Allergist
- Paediatrician
- Paediatric Asthma Nurse Specialist

## Friday

- Gastroenterologist
- Paediatric Sleep and Respiratory Consultant
- Nephrologist

## Starting soon

- *Musculoskeletal Physiotherapy Consults*
- *Medical Obstetrics*
- *General Medicine*

### ADMIN UPDATE

Our **education sessions** are BACK!

We are excited to recommence our bi-monthly events!

**Duration:** 40 minutes - 30 minute presentation, 10 minutes for Q&A

**Delivery:** mix of virtual and in person

**Variety of topics including:** MANAGEMENT OF ADHD, MIGRAINE MANAGEMENT THROUGH INJECTABLES, PAEDIATRIC ALLERGY - WHEN TO REFER, AND MORE!

Visit our website for more information [vvsc.org.au](http://vvsc.org.au)