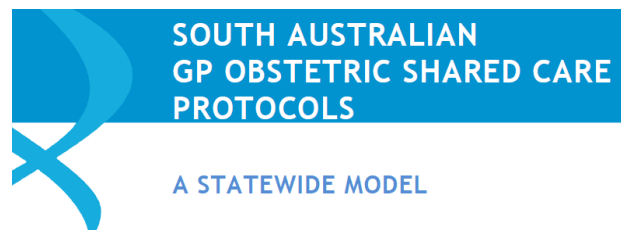


GP OBSTETRIC SHARED CARE (SA) PROGRAM Newsletter – Summer 2011



On behalf of the staff of GP partners Adelaide, the Midwife Coordinators and the GP Advisors to the OSC Program, we would like to wish you a very happy festive season and thank you all for your ongoing support.

SA GP Obstetric Shared Care Protocols – Updated Version – Available Now!



The SA GP Obstetric Shared Care Protocols have been revised utilising the expertise of Obstetricians from each of the metropolitan public hospitals, Midwives and GP Advisors to the program. The protocols have been developed in accordance with contemporary professional standards of care and outline the minimum standards of clinical practice required by General Practitioners providing maternity services in South Australia.

The SA Perinatal Practice Guidelines underpin the Protocols. The October 2011 version is now available at the following link:

<http://www.gppadelaide.org.au/Portals/6/Programs/osc/2011-10/111012%20SA%20GP%20OSC%20Protocols%20FINAL.pdf>

New GP Advisors to the OSC Program

We have welcomed two new GP Advisors to the GP Obstetric Shared Care Program to replace Dr Sarah Sen and Dr Suzi Pedler who have both retired from the program after many years of valued participation .

Introducing: Dr Cate Price

Cate Price is a GP with 14 years experience working in Adelaide’s southern suburbs. She is currently working at Flagstaff Hill. Cate worked for several years in the Antenatal clinic at the Women’s and Children’s Hospital and still works there on a casual basis.

Cate is also a medical educator with Sturt Fleurieu GP training.

Introducing: Dr Dragica Sosa

Dragica Sosa is a GP with 20 years experience working in Adelaide’s northern and north eastern suburbs. She currently works in Newton. Dragica has been involved with GP OSC since its introduction in the Northern Division of General Practice and at the Lyell McEwin Hospital in the early 1990s. She was on the SA Health Antenatal Models of Care Work Group that developed the original statewide obstetric shared care protocols in 2003.

In addition to clinical practice she is involved in GP Registrar education with Adelaide to Outback GP Training.

Attention GP Registrars: Are you moving practice in February 2012?

With the start of the new, 2012, training year, many GP registrars will be moving practice location. Help us to keep your Obstetric Shared Care accreditation and contact details up to date.

Contact Janet Salamon at GP Partners Adelaide with your new contact details:
jsalamon@gppadelaide.org.au or phone: (08) 8112 1100

CPD Events for 2011

Title	Dates/Time/Speaker	Venue
OSC Accreditation Seminar	Date: 11 th February 2012 Time: 8.45am to 4pm	GP partners Adelaide
Vaccinations in Pregnancy/Supplements and Lifestyle in Pregnancy (OSC)	Date: 6 th March 2012 Time: 6.30pm to 9pm Facilitator: Dr Rod Pearce, Neil Hotham, Pharmacist, Dr Cate Price	GP partners Adelaide
OSC Update Day	Date: 28 th April 2012 Time: 8.45am – 4.00pm	Belair Country Club

The Unsettled Neonate (OSC)	Date: 2nd May 2012 Time: 6.30pm to 9pm	GP partners Adelaide
OSC Accreditation Seminar	Date: 23 rd June 2012 Time: 8.45am to 4pm	Limestone Coast
Hypertension, Preeclampsia and Epigenetics (OSC)	Date: 24 th July 2012 Time: 6.30pm to 9pm	Lyell McEwin Hospital
OSC Update Day	Date: 11 th August 2012 Time: 8.45am – 4.00pm	Grange Golf Club
Medical Complications and Dermatology Issues in Pregnancy (OSC)	Date: 10 th September 2012 Time: 6.30pm to 9pm Facilitator: Dr Bill Jeffries, Dr Karen Koh, Dermatologist	GP partners Adelaide
Treatment of Infections in Pregnancy including STI's (OSC)	Date: 16 th October 2012 Time: 6.30pm to 9pm	Flinders Medical Centre
OSC Accreditation Seminar	Date: 3 rd November 2012 Time: 8.45am to 4pm	GP partners Adelaide

Midwife Coordinators News

Reminder

If you receive correspondence from the GP Obstetric Shared Care Midwife it is imperative that you read it as it contains valuable clinical information e.g. when Anti-D will be delivered to your rooms or if patients require added screening throughout their pregnancy, including bloods or monitoring for growth anomalies.

Vital patient information can be missed, compromising patient safety and quality of care.

The South Australian Patient Assistance Transport Scheme (PATS) provides country patients and approved escorts with some reimbursement of the cost of travel and accommodation when they are required to travel over 100 kilometres (each way) to receive specialist medical treatment.

There have been some improvements to The Patient Assistance Transport Scheme for more information go to

<http://www.countryhealthsa.sa.gov.au/Services/PatientAssistanceTransportSchemePATS.aspx>

News Items

Iodine Supplementation In Pregnancy and Breastfeeding

In 2010 the National Health and Medical Research Council (NHMRC) began recommending that all women who are pregnant, breastfeeding or considering pregnancy take an iodine supplement of 150 micrograms each day (NHMRC 2010).

Iodine is a trace element essential for synthesis of the thyroid hormones. These hormones play a vital role in the early growth and development stages of most organs, in particular the brain. Iodine plays a critical role in neuropsychological development of the foetus throughout gestation and in the first two years of life.

The Australian population is identified as mildly iodine deficient. Iodine uptake by the thyroid is significantly higher in pregnancy and breastfeeding. The recent fortification of bread with iodised salt (with the exception of organic bread) does not provide sufficient dietary iodine intake for pregnant and lactating women (NHMRC 2009) and so supplementation of 150 micrograms daily is recommended. Women should use appropriate commercial supplements. They should not take kelp supplements nor kelp based products because they contain varying doses of iodine.

Women with pre-existing thyroid disease should seek specialist advice before taking any iodine supplements.

To read more:

NHMRC Iodine Supplementation for Pregnant and Breastfeeding Women:

http://www.nhmrc.gov.au/files_nhmrc/publications/attachments/new45_statement.pdf

Perinatal Practice Guidelines:

<http://www.health.sa.gov.au/PPG/Default.aspx?PageContentID=2016&tabid=266>

Vitamin D testing in pregnancy

South Australian GP Obstetric Shared Care Protocols recommend Vitamin D screening at the booking bloods for those identified at risk. This includes women who are darker skinned, wear veils, are housebound or are newly arrived refugees.

National Prescribing Service also lists the following as at risk populations, people who:

- use medicines that interfere with vitamin D metabolism

- have malabsorption syndromes
- have limited access to sunlight because of a chronic illness or disability or because of working conditions such as shift work
- avoid the sun as they are at increased risk of skin cancers
- are obese

There has been uncertainty about Medicare compliance and Vitamin D testing. Medicare Australia's National Compliance Program 201-2011 states they have concerns about pathology tests being ordered for health screening purposes, particularly routine ordering of Vitamin D tests.

If the guidelines are followed and Vitamin D testing is performed on at risk women in pregnancy there should be no repercussions with Medicare.

Pregnant women identified at risk should immediately be commenced on appropriate medication i.e. Vitamin D 1,000IU one tablet daily. Higher dose preparations should not be used. For further information:

South Australian GP Obstetric Shared Care Protocols

<http://www.gppadelaide.org.au>

Perinatal Practice Guidelines

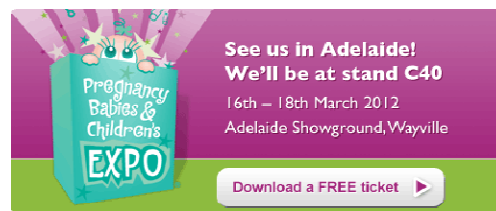
<http://www.health.sa.gov.au/PPG/Default.aspx?PageContentID=2011&tabid=266>

National Prescribing Service

http://www.nps.org.au/health_professionals/publications/nps_news/current/vitaminD

The Pregnancy, Babies and Children's Expo will be held from the 16th-18th March 2012.

As part of the promotional strategy for the program the GP Obstetric Shared Care Program will have a stand at this event providing an opportunity to advertise to the wider community.



If you have any comments or possible news items, please contact Janet Salamon:
jsalamon@gppadelaide.org.au