



victorian refugee
health network



Primary Care Forum

Tuesday 6 September 2016

Contents

Contents	2
Summary	3
Participant List	4
Primary Health Care Forum Program.....	6
Workshop Summaries: key points and actions.....	7
Communicable diseases	7
Mental health in the primary care context.....	8
The social determinants of health.....	9
Photos	10

Summary

The annual Victorian Refugee Health Network (the Network) Primary Care Forum was held on Thursday 6 September at Foundation House in Brunswick.

The Primary Care Forum began in 2014 in response to the increasing interest and growing size of the Network's Primary Care Working Group. The annual Primary Care Forum allows the Network to showcase work in primary care and bring together stakeholders to network, share ideas and share their practice.

The 2016 forum was planned with input from the Network's Primary Care Project Advisory Group and we thank them for their contributions.

The objectives of the forum were:

- To facilitate an interface between primary care practitioners, specialist healthcare providers, researchers and policy makers
- To share models of practice, identify issues and solutions for addressing the health care needs of people of refugee backgrounds, including asylum seekers
- To provide a formal setting for ideas sharing, learning and developing connections with others undertaking similar work

The forum brought together more than seventy primary health care practitioners including GPs and refugee health nurses, specialist services, settlement and asylum seeker support services, policy makers and researchers from both metropolitan and regional Victoria.

Participants then choose from one of three interactive workshops including: communicable diseases; the social determinants of health; mental health in the primary care setting. A brief summary of these discussions have been included.

Evaluation results indicated that 95% of respondents rated the forum 'very good' or 'good'. Key themes from the evaluations indicated that participants found the presentation of projects, the panel discussion and workshops beneficial. Participants also particularly enjoyed the networking opportunities.

"The reports were amazing to hear about, especially the community consultation and disability for people from refugee backgrounds"

"Hearing about the projects that are happening, especially about the engagement and support of GP Practices and Mental Health Workshop"

"All very useful! Good to hear other projects going on and to re-invigorate ideas on what to do in own work place. I attended ID workshop and very good. Disability support session also VERY useful"

"Great effort in putting together, so beneficial and networking is gold" (forum participant)

Participant List

Sejla Ferhatbegovic	AMES
Margot Williams	ASRC
Michael Kinyua	ASRC
Louise Wilson	Asylum Seeker and Refugee Health Hub Brunswick
Sheenagh McShane	Asylum Seeker Resource Centre
Josephine Li	Australian College of Optometry
Carol Miobuchowski	Barwon Health
Alison Ragg	Barwon Health
Heather Roydhouse	Barwon health
Christine Elliott	Bendigo Community Health Service
Tracey Cabrie	Cabrini
Alison Coelho	CEH
Ross Barnett	City of Whittlesea
Melanie Block	cohealth
Jess Tran	cohealth
Joanne Gardiner	cohealth
Nasro Yussf	cohealth
Serena Bourne	cohealth
Lindy Marlow	cohealth
Jamuna Parajuli	Darebin Community Health
Alistair Sandison	Department of Health and Human Services
Angela Soupourmas	Department of Health and Human Services
Claire Borlase	Dianella Health
Natalie Henry	Dianella Health
Maria Loupetis	EACH Social & Community Health
Jane Howden	EACH Social & Community Health
Jacqui Cousins	EACH Social & Community Health
Merilyn Spratling	EACH Social and community health
Marion Bailes	EACH Social and Community Health
Jacinta Collins	Eastern Melbourne PHN
Julia Fagg	Eastern Melbourne PHN
Reginald Shwe	Foundation House
Therese Meehan	Foundation House
Kath Cooney	Foundation House

Alison Guida	HARP Barwon Health
Tere Dawson	Health Issues Centre
Debbie Hocking	Howard Florey Institute
Rachael Trimbos	Hume City Council
Saraswati Upadhya	Iris Grange
Sue Jaraba	ISIS Primary Care
Sarah Chong	ISIS Primary care
Sarah Christensen	ISIS Primary Care
Rachel Agok Biar	Jesuit Social Services
Chris Camwell	Life Without Barriers
Katina Nomikoudis	Life Without Barriers
Francesca Grossi	Life Without Barriers
Anne Mugo	Life Without Barriers
Mohammad Daud Karimi	LINK Health and Community
Ning Wang	Locum GP
Prabha Shrestha	Melton Community Health Centre
Jacqui McBride	Monash Health
Nilakshi Gunatillaka	Monash University
Suresh Sundram	Monash University
Cheryl Campbell	North Western Melbourne PHN
Samantha Milford	North Western Melbourne PHN
Muhamad Zamri Salom	Plenty Valley Community Health
Wendy Cisar	Plenty Valley Community Health
Ros O'Toole	Plenty Valley Community Health
Tim Andrews	Primary Care Connect
Rebecca Eckard	Refugee Council of Australia
Emily Harris	South East Melbourne PHN
I-Hao Cheng	South East Melbourne Primary Care Partnership
Shiva Vasi	Southern Synergy, Dept. Psychiatry, Monash University
Manila Aryal	The Royal Melbourne Hospital
Lauren Tyrrell	Victorian Refugee Health Network
Philippa Duell-Piening	Victorian Refugee Health Network
Samantha Furneaux	Victorian Refugee Health Network
Chris Lemoh	VIDS - Monash
Dalal Sleiman	Whittlesea Community Connections



Primary Health Care Forum Program

Tuesday 6 September 2016

Foundation House, 4 Gardiner Street, Brunswick 3056

9.00	Registrations	
9.15	Welcome and house-keeping	Chair: Dr Joanne Gardiner
9.30	Report Launch <i>Engaging and supporting general practice in refugee health</i>	Samantha Furneaux, Maria Loupetis, Sarah Christensen and Sue Jaraba
10:30	Presentation <i>Primary Health Networks and refugee health</i>	Samantha Milford & Michelle Ferrari Melbourne Primary Care Network
11.00	<i>Morning tea</i>	
11.30	Presentation <i>Talking about health and experiences of using health services with people from refugee backgrounds</i>	Lauren Tyrrell, Victorian Refugee Health Network Michael Kinyua, Project Advisory Group Member
12.15	Interactive panel discussion <i>Working with people from refugee backgrounds living with a disability</i> Chair: Philippa Duell-Piening, Victorian Refugee Health Network	<ul style="list-style-type: none"> • Sorayya, consumer representative • Aaron Van Ree, Program Co-ordinator HSS and SRSS, AMES Australia • Meagan Price, Team Leader Diversability, Settlement and Community Services
1.15	<i>Lunch and networking - Poster session and display tables</i>	
2.00	Concurrent workshops	
	A	B
	C	
	Chair: Dr Kudzai Kanhutu Presenter: Dr Chis Lemoh	Chair: Lindy Marlow Presenter: as below
	Theme: Communicable diseases <ul style="list-style-type: none"> • Hep B • STI • HIV • TB 	Theme: Social determinants of health <ul style="list-style-type: none"> • Food security - ASRC • Employment – Paulette d'Argent, Foundation House • Housing - cohealth
		Theme: Mental health in the primary care context <ul style="list-style-type: none"> • Cross cultural care and approaches
3.30	Plenary <i>Closing remarks</i>	Chair
4.00	Evaluation and close	

Workshop Summaries: key points and actions

The afternoon workshops allowed for interactive discussion about particular areas of interest. Workshop chairs documented the key themes and key actions arising from the workshop discussions.

Communicable diseases

Chair: Dr Kudzai kanhutu

Presenter: Dr Chris Lemoh

TB key points

1. Tuberculosis is a very common condition worldwide and in persons from refugee like background. One in three people worldwide have TB.
2. Practitioners should be aware of the difference between latent TB and active TB.
3. TB can be treated and prevented.

Actions

1. Encourage testing for TB in all persons of refugee like background.
2. Refer to a clinic for consideration of treatment whenever TB is suspected (latent or active).
3. Address low vitamin D and poor nutritional status as part of the comprehensive TB management program.

Hepatitis B key points

1. Hepatitis B is common and can show no obvious signs until the person has severe illness or liver damage.
2. Viral hepatitis remains a common cause of preventable cancer deaths in persons of refugee like background.
3. There is no such thing as a healthy carrier of Hepatitis B.

Actions

1. Test everybody for Hepatitis B and vaccinate anyone who is not immune to Hepatitis B.
2. Ensure that people who have chronic Hepatitis B are enrolled in active surveillance e.g. with GP or other health practitioner.
3. Focus on lifestyle habits which will improve liver health. E.g. avoidance of smoking, alcohol. Eating a diet rich in fruit and vegetables.

Mental health in the primary care context

Chair: Sue Casey

Facilitators: Professor Suresh Sundram and Dr Debbie Hocking

Key discussion points

- Highlighted 4 psychological stages for asylum seekers – honeymoon; transition; emergent; desperation. Common trajectory, not everyone gets to final stages.
- Ask how the client makes meaning of all that has happened? How does the client understand what is happening?
- Important to understand safety needs
- What is important to address in your role? Who else is involved?
- How does the client's story/narrative make you feel? How do you process? So you can be helpful?
- The client needs to maintain hope – You need to hold that hope while the client is with you and ensure you give it back when the session is finishing. This cannot be false hope – eg about visa outcomes.
- Acknowledge strengths and resilience
- Importance of continuity of relationship – if this is relevant to your role. Other considerations with single sessions
- Patient centred care
- Risk assessment and safety planning
- Everyone is different.

The social determinants of health

Chair: Gordon Conochie

Facilitators: Patrick Lawrence and Chony Bazerghi

Paulette D'Argent, Foundation House

Dr Joanne Gardiner, cohealth

Key messages

1. Enable workers to be flexible to be able to respond to various social determinants of health
2. We can't solve problems by focusing on one thing
3. Maslow's Hierarchy of Needs

Actions

1. Organisations should involve refugees and people seeking asylum in program design and review
2. Primary Health Networks – train GPs on social determinants of health. Use HealthPathways to provide information on other services e.g. housing
3. Settlement and health services need to collaborate better
4. Go to www.rightfood.org.au and consider joining
5. Primary Health Network could consider doing a special profile on refugees and asylum seekers in health needs assessment
6. Buy from the ASRC Food Justice Truck and share it with friends and colleagues

Photos

