

# IMPACT



Issue 6, September 2019





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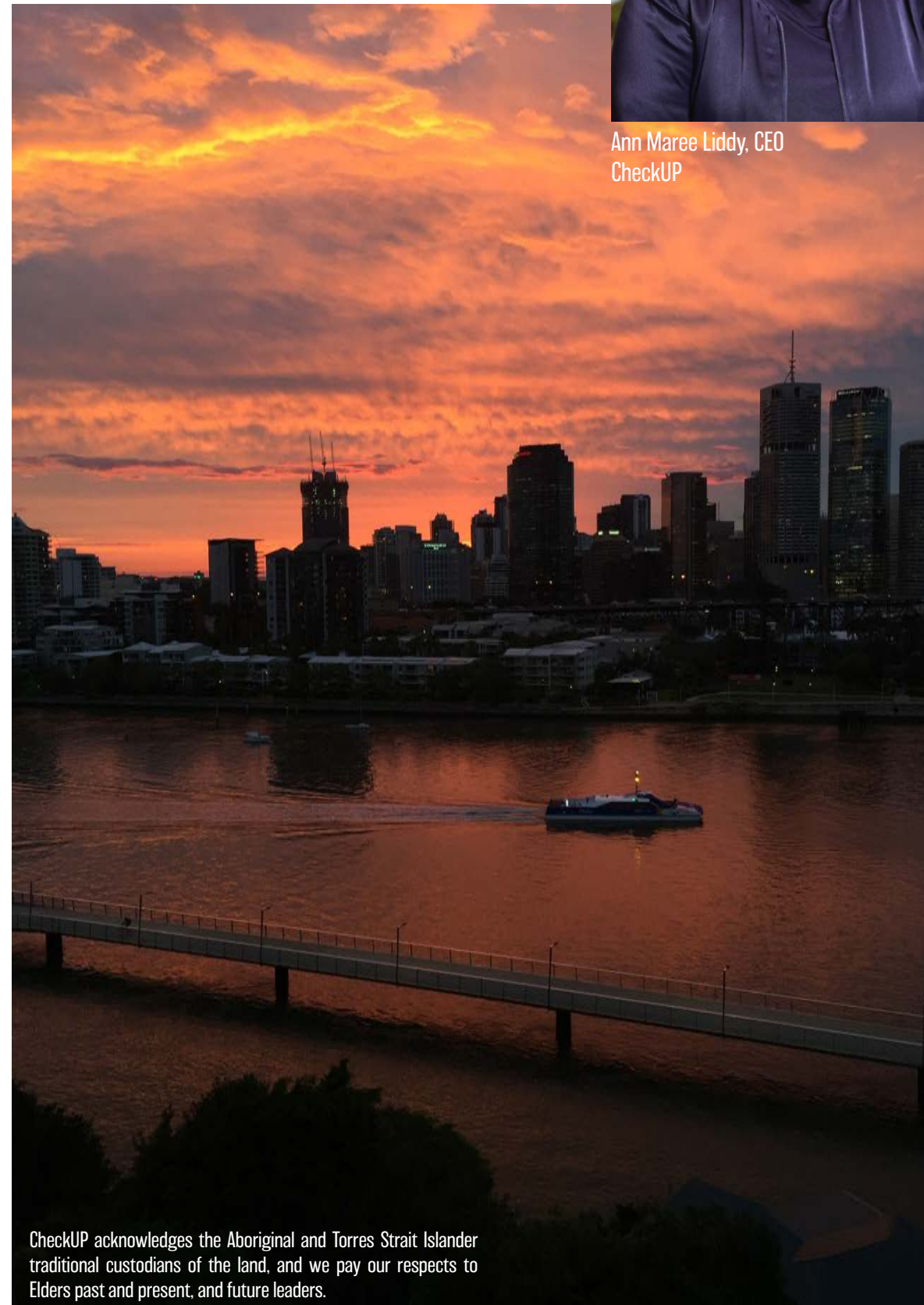
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Pictured on front cover: ENT patient, Zahlaia was all smiles after receiving her My CheerUP Pack



Ann Maree Liddy, CEO  
CheckUP



CheckUP acknowledges the Aboriginal and Torres Strait Islander traditional custodians of the land, and we pay our respects to Elders past and present, and future leaders.

## A WORD FROM OUR CEO

Welcome to the sixth edition of CheckUP's IMPACT magazine. We are excited to share with you some of our key initiatives that are making a difference to the health of communities across Queensland. One of the most striking features of IMPACT 2019 is the diversity of initiatives, partners and places in which CheckUP is operating. We now have a footprint in over 190 Queensland communities. In an exciting development, we are soon to expand to the Northern Territory with the confirmation of funding for the Allied Health in Remote Schools project. This exciting project builds on our proven track record in the delivery of integrated health and education services in schools.

Our diversification strategy has not only targeted geography but also extended to the development of valuable new funding partnerships with the corporate and philanthropic sector. Through the generous support of partners such as Arrow Energy; QCoal Foundation; and Fred Hollows Foundation we have been able to extend the reach and offerings of our surgery and eye health programs, ensuring that some of our most vulnerable communities are gaining access to much-needed services and support. We are also excited to be joining forces with new partners such as Genomics Queensland and Hand, Heart, Pocket - the charity of Freemasons Queensland to extend our education and health promotion offerings. We also acknowledge the continuing significant funding support from the Commonwealth Department of Health.

As always, a special thank you to our dedicated service providers - both individuals and organisations - who partner with CheckUP to deliver our outreach programs and other health initiatives across the state. Thanks also to our dedicated and committed team of CheckUP Board Directors and staff who are critical to our success.

## Our Vision, Purpose & Values



### Vision

Better health for people and communities that need it most.

### Purpose

To create healthier communities and reduce health inequities.

### Values



Collaboration

We are proactive in building long term, mutual and respectful partnerships with external organisations.



Excellence

We are solutions focussed and results driven to meet the needs of our customers.



Innovation

We are forward thinking; we embrace change and seize opportunity.



Integrity

We are transparent and honest in our actions and invest in socially responsible solutions.



Compassion

We act with care and consideration in all our interactions; everyone matters.





# CheckUP

## Highlights

### 2019



#### 01 New Partnerships

*Collaborating to provide better health for those that need it most*

##### **Brighter Futures with Arrow Energy**

Arrow Energy has partnered with CheckUP to fund My CheerUP Packs for children receiving ENT surgery through our EESSS initiative. The My CheerUP Packs contain a variety of items designed to distract and entertain the children before and after their surgery. See page 15 for more information about this exciting new program.

##### **QCoal Foundation helps shorten the wait for surgery**

For some children, the wait for ENT surgery is long and the consequences are great. Thankfully, a new partnership between the QCoal Foundation and CheckUP has made this wait much shorter for some children living in the Mackay region. See page 29 for more information about our partnership with QCoal Foundation.

##### **Larter Consulting and CheckUP join forces**

In March 2019 CheckUP acquired a majority share in Larter Consulting, an established Australian-owned company, which provides consulting and education services to the health and community services sectors. See page 12 for further information.

##### **Northern Queensland Primary Health Network**

Improving the current ear and hearing health journey for Aboriginal and Torres Strait Islander children and youth in North Queensland. See page 28 for more information.

#### 02 New Projects

*Embracing change and innovation to create healthier communities*

##### **Choose Your Own Health Career**

Deciding which path to take when considering a career in healthcare can be a daunting task. Through funding from Queensland Health, CheckUP worked with a number of stakeholders from the vocational education sector to develop an informative website that outlines potential career pathways, plus lots more. See page 21 for more information about the Choose Your Own website.

##### **Genomics Education**

CheckUP is proud to be working alongside Genomics Queensland to deliver six workshops for General Practitioners about genomics in primary care. This new project also involves the development of a primary care strategy for genomics education in Queensland. See page 22 for more information about this new education program for GPs.

##### **Men's Health Matter - Hand, Heart, Pocket**

Funded by Hand, Heart, Pocket, the Charity of Freemasons Queensland, CheckUP will be delivering 15 workshops around Queensland on men's mental and physical health. See page 22 for details.

##### **Lifestyle Modification Program**

Prevention is better than cure. See page 21 for information about CheckUP's Lifestyle Modification program.

#### 03 New Territory

*Reducing health inequities in disadvantaged communities*

##### **Allied Health in Remote Schools Project, Northern Territory**

CheckUP has been successful in receiving funding from the Australian Government to roll-out the Allied Health in Remote Schools Project (AHRSP) in the Northern Territory (NT) over the next two years.

The project aims to identify and address developmental delays and disabilities that may lead to or have led to disengagement and poor learning outcomes for Aboriginal and Torres Strait Islander students. The project will provide allied health services to support students in prep to grade six in remote schools and assist in building the capacity of school staff to work with these children.

CheckUP will engage with the local community and key Indigenous and non-Indigenous stakeholders across the NT to ensure the project is delivered successfully.



Australian Government

#### 04 New Members

*Growing our community of like-minded organisations*

This year we welcomed five new member organisations to the CheckUP community:

Northern Queensland PHN

Western Queensland PHN

Darling Downs and West Moreton PHN

Health Workforce Queensland

Queensland Rural Medical Service

See page 32 for a full listing of CheckUP member organisations.





It's not every day that an organisation turns 20, so on 14 September 2018 we held not one, but two special events to mark the 20th anniversary of QDGP, GPQ and CheckUP. Our annual CheckUP Forum was held during the day and had the theme - *creating healthier communities - populations, patients, processes and providers*. Facilitated by Dr Norman Swan, the forum once again attracted over 150 delegates from around Queensland.

In the evening, almost 240 people gathered at the Brisbane Convention and Exhibition Centre for a night of celebration at our Gala Dinner. Special awards were presented on the evening in three categories:

**Longest Serving Outreach Provider: Dr Robert Miller**

Rob was one of the first providers to do work under the MSOAP program in 2002. He lives in Townsville and is a dermatologist with a keen interest in Aboriginal and Torres Strait Islander health. Over the past 16 years, Rob has provided dermatology visits into numerous communities across Far North and North West Queensland.



**Longest Serving Board Director: Dr Dilip Dhupelia**

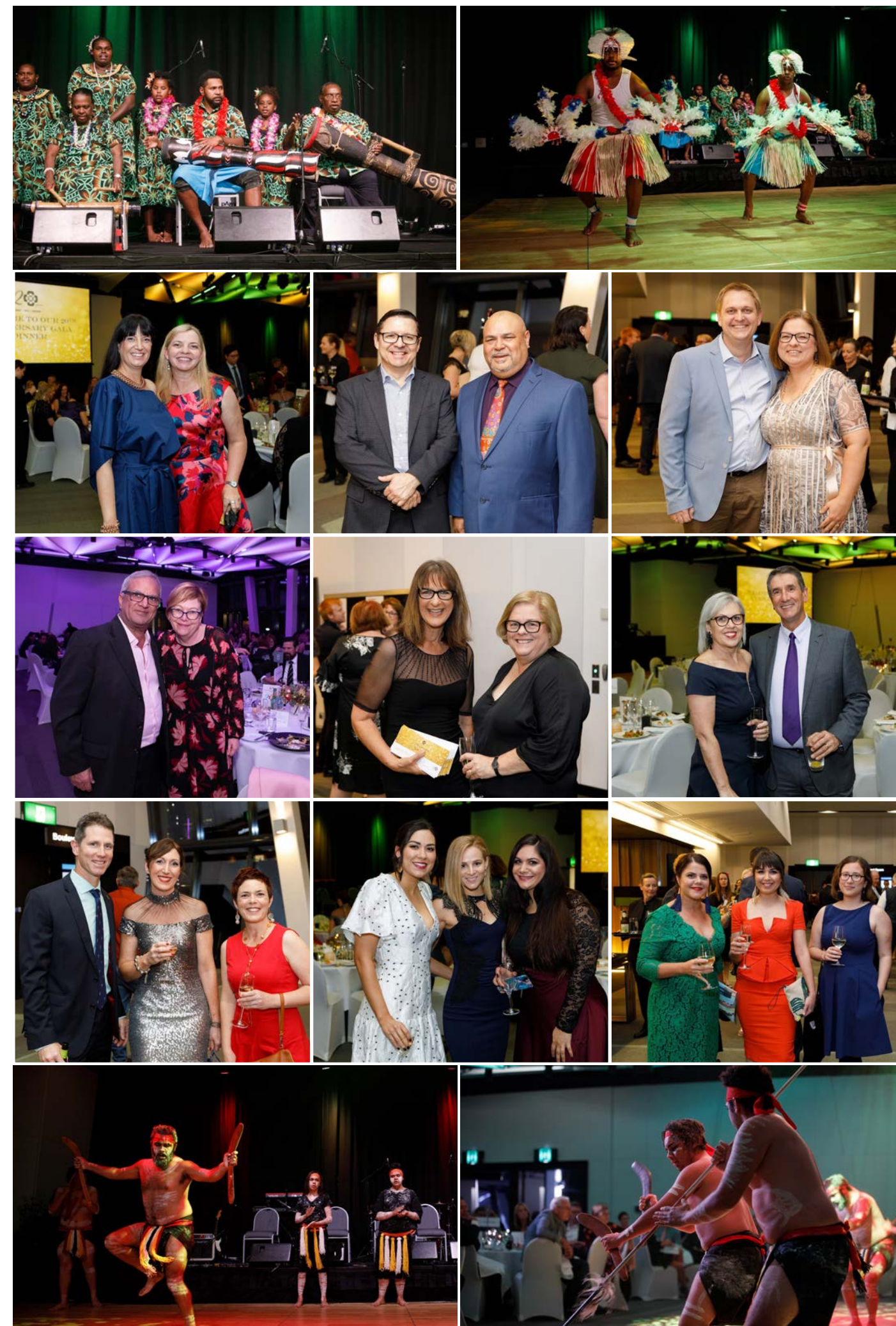


Our longest-serving Board Director is Dr Dilip Dhupelia. Dilip was a Board Director during all three iterations of our organisation. He commenced with QDGP in September 2002 and remained for 13 years, the latter of which he was Board Chair and Dilip displayed unwavering commitment, courage and strategic leadership.

**Longest Serving Staff Member: Ann Maree Liddy**



Ann Maree commenced as a Program Coordinator with QDGP on the 14 September 1998. By chance, the Gala Dinner was exactly 20 years to the day since her first day at work. Ann Maree has led the organisation through several transitions and has been integral to CheckUP's ongoing adaptation and success.





# VINCENT STATE SCHOOL STUDENTS GRADUATE FINAL TUCKA-TIME PROGRAM

Vincent State School students in Townsville graduated from their final Tucka-Time program last term, celebrating the conclusion of their third round of the nutrition and healthy lifestyle program, which has been running at the school over the past two years.



Tucka-Time buddies up with Goondir Health Services

Pictured above: Tucka-Time participants (front) Nathaneil Stetton-Brown, Shaquarn Courtney and Chiquita Sullivan with (back) Bronwyn Espig and Donna Lauder. Photo by Cathy Friel

Each 10-week Tucka-Time program has provided students with an opportunity to learn about nutrition and healthy food choices, whilst also engaging in practical hands on experiences like cooking classes and a tour of their local Woolworths supermarket, which partly sponsors the program. Dietitian, Jaymee-Leigh Swift, and psychologist, Clinton Schultz of Marumali Consultations have also visited students to talk about nutrition and social and emotional wellbeing.

Developed by the Centre for Rural and Regional Indigenous Health (CRRIH), Tucka-Time has been delivered into Vincent State School by trained health workers from the Townsville Aboriginal and Islanders Health Service (TAIHS), who act as local facilitators of the program.

The principal of Vincent State School, Bronwyn Espig, said she has been delighted with the impact of the program upon students. "The program teaches students the basics about nutrition and on a practical level how to prepare and cook simple and healthy meals they can make at home with their families. They now have these skills for life."

Parents have also been very impressed, noting that their children talk about what they have learnt and are now keen to help prepare and cook meals at home. One mother shared, "My daughter has become more aware of the types of food being chosen when we go shopping and she often wants to help me make dinner."

The Chairperson of TAIHS, Morris Cloudy, believes that the Tucka-Time program also offers additional benefits to participating families. "This program provides an opportunity for students and their families to connect to a range of health professionals and other

supports within the Townsville community, with the support of our staff who are facilitating these sessions," Morris said.

Melena McKeown, Manager Tucka-Time and Outreach Services at CRRIH has been pleased with the commitment shown by both Vincent State School and TAIHS staff in engaging students and delivering the program. "To know that students in regional Queensland are embracing, learning and experiencing life changing education is very rewarding", she said. "The TAIHS staff have done a wonderful job in Townsville, teaching children about healthy food choices and how to cook simple recipes they can share with their families."

The Tucka-Time program is currently running in six Queensland schools and is funded by the Australian Government Department of Health. The three year funding period is due to conclude on 30 June 2020.

Over the past twelve months, Goondir Health Services' staff have delivered two Tucka-Time programs to participants of their Big Buddy program in Dalby and Oakey.

Attended by Aboriginal and Torres Strait Islander students aged 12-17 years, the Big Buddy program aims to empower Indigenous youth to achieve their full potential through mentorship, education, social interaction and promoting life skills. Tucka-Time's focus upon nutrition, health and practical cooking skills complements these aims and has been a good fit for the Big Buddy program.

Tucka-Time sessions were held after school each week in both locations, where a local dietitian presented information sessions to students about nutrition and healthy eating, and Goondir's trained staff facilitated hands-on cooking sessions. Their Tucka-Time experience also included a tour of a local supermarket and exercise sessions led by a personal trainer who facilitated workout sessions.

Tucka-Time has been popular with these Big Buddy students, reflected in high attendance numbers and feedback from parents. As one mother noted "Dimity came home and hasn't stopped cooking since she got her Tucka-Time (resource) pack. She loves it!"



## HEAR BETTER

# REMOTE CAPE COMMUNITIES RECEIVE ENT TREATMENT

In July, patients from various Cape communities received much needed ENT surgery in Cooktown and Weipa, through Torres and Cape Hospital and Health Service's (TCHHS) ENT program, and Outreach ENT surgeon, Dr Tuan Pham.

The ENT surgical program, which is still in project phase, is a pathway established by TCHHS, and supported by the Clinical Excellence Division and CheckUP's outreach and Eye and Ear Surgical Support Services programs. The ENT surgical program was developed to provide culturally appropriate vital ear health clinical services to Cape community members.

During the week of 22 July, the program saw 48 ENT clinical appointments and 19 ENT surgeries delivered in Weipa and Cooktown hospitals for patients from Weipa, Mapoon, Napranum, Coen, Kowanyama, Pormpuraaw, Lockhart River, and Wujal Wujal communities.

Patients, who are prioritised by their category, age and the surgery type e.g. adenoidectomy, grommet insertion, myringotomy, and myringoplasty, were

able to receive treatment closer to home. TCHHS have Aboriginal Liaison Officers available in Weipa and Cooktown hospitals, and also local Aboriginal Health Workers that provide support to clients attending their appointment.

Due to demand, this year there was an increase in the number of surgery weeks in both Cooktown and Weipa. This will greatly improve access and reduce wait times for patients living throughout the Cape. The next round of surgery will be in December, and then again in June 2020.

For clients that require a follow-up, a clinical service will occur in each community also. Ongoing support for this unique service is essential to sustainability and to ensure that the clients within the TCHHS catchment have timely access to clinical services. Supporting patients to travel together and with their families improves patient attendance and overall surgical experience.

TCHHS's Acting CNC ENT program, Barbara Holmes said, "Clients are seen in their local Primary Healthcare Centres where some

treatments can be delivered on the day. If required, referrals to tertiary centres or onto the surgical list for Weipa and Cooktown occur. By providing services in the community failure to attend rates, and waiting time for treatment is reduced. This results in improved hearing health within our communities".

CheckUP outreach ENT surgeon, Dr Pham said, "All the procedures went well; full credit to the staff and the specialised ENT theatre nurse at Weipa Hospital. Great to have confidence in a theatre team in a facility so close to home".

Pictured below: Dr Pham supervising local ENT specialised GP Dr Stephen Johnston



## Aron's story

Aron Bally (pictured left), aged 40, travelled from his home in Lockhart River to Weipa with partner Samantha (pictured with Aron) to receive life changing surgery to repair a hole in his left eardrum. Dr Pham performed myringoplasty surgery on Aron's ear to repair the hole.

Aron explains, "I had untreated otitis media as a child, and experienced reoccurring ear infections. As a result I suffered significant hearing problems throughout my youth and adult life".

This procedure will prevent further ear infections and repair the hole in Aron's eardrum.



## SEE CLEARER

# SIGHT RESTORED FOR YARRABAH RESIDENTS

Earlier this year 14 residents from Yarrabah received life changing cataract surgery in Cairns. We were fortunate enough to have a yarn with two of the patients about what the surgery meant to them and how receiving opportunities such as this positively affects their community.

Mr Alistair Malcolm, who is affectionately known as "The Bishop" was the first Aboriginal Anglican Church Minister in Australia. When asked what receiving this surgery meant to him he said, "Today is a very special day for all of us coming here to have our eyes looked at. It means that we can go home knowing that we are going to have good eyesight. The doctor said to me that he'll make it so that I can see better next time I see him."

When asked how he felt after the surgery, fellow patient Mr Bryce Barlow, a Yarrabah Elder said, "I feel good. It's a little bit blurry now but you can't expect to come out of it like Superman."

Many of the patients who attended surgery in Cairns will be returning in six weeks' time to have their other eye operated on by our ophthalmologist Dr Brian Todd.

We would like to thank all of the patients for allowing our staff into their lives for the day. We would also like to thank Dr Todd and his staff, Curriny Yealamucka Primary Health Care Centre and Ramsay Cairns Day Surgery. This surgery was delivered through our Eye and Ear Surgical Support Services (EESSS) program which is funded by the Australian Government Department of Health.



Mr Alistair "The Bishop" Malcolm (left) and Mr Bryce Barlow (right) are looking forward to watching their favourite footy teams play.

*"This is a very special day for all of us"*



# BE WELL LEARN WELL

There is evidence to indicate the early years of development set the base for competence and coping skills that affect learning, behaviour and health throughout life. Aboriginal and Torres Strait Islander children are at a significantly higher risk of developmental problems resulting in educational and health disadvantage.

*(Department of Prime Minister and Cabinet, 2018; Jones, 2015).*

Be Well Learn Well (BWLW) is an early intervention program which applies strategies that integrate education and health methods to support learning and developmental needs, across all years, to Aboriginal and Torres Strait Islander students in eight remote Queensland state schools.

The BWLW program is funded predominately by Queensland's Department of Education (DoE), with a contribution by the Commonwealth Department of Health, through the Outreach Services Programs. To deliver the program, CheckUP works in partnership with Gidgee Healing and Apunipima Cape York Health Council to engage primary healthcare providers to deliver therapy services.

The program focuses on identifying and addressing underlying causes, if possible, to positively impact education and learning outcomes for Aboriginal and Torres Strait Islander students in pre-prep to year 12. To address these, a multidisciplinary team of allied health professionals deliver therapy services.

The multidisciplinary team includes a clinical psychologist, occupational therapist, psychologist and speech pathologist. The program implements a holistic and trauma-informed model, providing therapy to students mainly within the school setting. Additionally, the allied health team works with school staff and parent/carers to build their knowledge to teach and support students with developmental needs.

The key objectives of the program are:

- Identify student developmental and/or learning issues through classroom observation and provide targeted allied health therapy as needed;
- Strengthen knowledge and capacity of school staff to identify learning difficulties and implement evidence-based strategies in the classroom environment; and
- Conduct home visits and introduce conversations in the home and community around comprehensive care and specific intervention strategies.

The allied health team strive to meet the needs of each community and empower local community members and staff with the knowledge and supports required to enhance a child's ability to learn.

## Early Outcomes

- For the 93 students who received therapy in 2017 and continued to receive therapy in 2018 there has been an improvement in the percentage of students receiving a C+ or better for behaviour and effort.
- For the students who received therapy in 2016 and continued to receive therapy in 2017 and 2018 there has been a consistent improvement in the percentage of students receiving a C or better in behaviour, effort and achievement.



Mornington Island State School visit, Gidgee Healing BWLW team. From left to right, Daniel Perdon (occupational therapist), Bridget Greatehead (speech therapist) and Alannah Keating (psychologist).

## 2018-2019 Service Delivery

- Approximately **460** referrals since the program commenced.
- Approximately **200** students received therapy.
- Approximately **1,380** therapy sessions provided.



CheckUP Board Chair - Colin Duff and Larter Consulting Founder - Peter Larter

# CHECKUP AND LARTER: WORKING TOGETHER FOR BETTER HEALTH AND WELLBEING

In March 2019 CheckUP acquired a majority share in Larter Consulting, an established Australian-owned company, which provides consulting and education services to the health and community services sectors. Larter Consulting was founded by health economist Peter Larter in 2008. Originally based in Victoria, Larter has recently expanded its operations to Queensland.

Larter focuses on the provision of the following services:

- Design, review and evaluation of health programs and services;
- Education and training for healthcare professionals;
- Strategic planning and thinking for health systems and services;
- Needs assessments, population health planning and stakeholder engagement.

This acquisition brings together two highly compatible organisations who share a long-standing commitment to improving the health and wellbeing of Australian communities. Both organisations have an

established track record in program design and implementation as well as an in-depth understanding of health reforms and their impact on the health system. Joining together will enhance our collective pool of experience and expertise; extend the range of services we can offer; and expand our combined geographical footprint.

On a day-to-day basis, both organisations will continue to operate independently. There will be no changes to names or brands of either organisation. It is business as usual - only now we will both be able to draw upon our collective resources and capabilities.

**Larter.**



# REGIONAL COORDINATORS

CheckUP has a regional structure and approach to support the most efficient and effective delivery of outreach programs in Queensland.

To assist CheckUP with this regional approach, Regional Coordinators are located throughout the state. Each Regional Coordinator works with local communities, stakeholders and service providers to identify regional health needs and priorities. This collaborative approach allows CheckUP to effectively plan appropriate services that align with identified regional needs and health priorities. Our Regional Coordinators also work with local stakeholders to determine appropriate service delivery models and providers.

Our Regional Coordinator Team Leader Susan Dixon-Grover sat down with our team of Regional Coordinators to discuss their highlights over the past 12 months.

Our South West Queensland Regional Coordinator is Nigel Daisy. Nigel is a proud Aboriginal man with family connections to both Mununjali and Butchulla traditional owner groups.

One of Nigel's highlights from the past year has been supporting chronic disease service delivery to the region and working in partnership with Diabetes Queensland, Western Queensland PHN and local service providers, along with the communities in Dalby, St George, Roma, Cunnamulla and Charleville.

Nigel recently accompanied CheckUP's Indigenous Eye Health Coordinator, Tony Coburn on a trip to Cunnamulla and Charleville. This gave Nigel a greater understanding of Tony's work.



Pictured below: (L-R) Nigel, Josh, Susan, Nelson, Lachlan

Nigel enjoys working with key stakeholders from different organisations such as the local Aboriginal Community Controlled Health Organisations, Hospital and Health Services, PHNs and community members.

Our Central Queensland Regional Coordinator is Josh French.

Josh has enjoyed being able to be visit communities to hear the stories and advocate for positive change and better health outcomes. For Josh, visiting Kilkivan to introduce the new nurse practitioner and the service to the community was a great highlight of his first year with CheckUP. There was such a strong positive community vibe at the meet and greet that was held in conjunction with the Sunshine Coast Hospital and Health Service and Central Queensland, Wide Bay and Sunshine Coast PHN.

Josh also travelled to Woorabinda and visited schools, daycares and kindergartens to see how many children were receiving therapy and had been positively affected by CheckUP's visiting services. Hearing first hand reports from teachers and carers about how the children had improved in their ability to learn was a true reward for the hard work undertaken by the CheckUP team and our providers.

Our North West Queensland Regional Coordinator is Lachlan Rich.

Lachlan's highlight of the year was completing eye health mapping reports for Central West and North West Queensland. Lachlan also enjoyed engaging with healthcare providers and other stakeholders to establish the best way

  
218,212 kms  
travelled

to deliver eye health services to the 42,000 people living in 32 communities, and the districts that surround them, across 770,000 square kilometres of Central and North West Queensland.

Lachlan had a busy year travelling throughout the North West region with a total of eight trips in which he accompanied visiting optometrists. He provided support and helped patients during clinics in 13 locations. Lachlan said, "The most rewarding part of accompanying the optometrist is seeing the service run more smoothly. More patients are seen and patients, their families/carers, the optometrist, and local clinic staff are happier and a bit more receptive to health education messages."

The most rewarding aspect of Lachlan's job is discovering what people need for their health and wellbeing, both patients and visiting health professionals, and then finding ways to help deliver those requirements, whether they are services, linkages or something else entirely.

Our Far North Queensland Regional Coordinator is Nelson Lee.

Nelson's highlights are founded in CheckUP's commitment to the provision of culturally appropriate and efficient healthcare to rural and remote communities. Nelson particularly enjoys connecting and engaging with remote communities specifically those in Cape York and the Torres Strait Islands.

Nelson's most enjoyable trip for the last 12 months was to the Northern Peninsular Area where he visited local communities and was able to connect with different community members and Elders.



# BRIGHTER FUTURES

In late 2018, CheckUP was awarded the Brighter Futures Grant by Arrow Energy. The grant provided funding to develop My CheerUP Packs for all children and young people in rural and remote Queensland who are undergoing surgery for the management of ear, nose and throat (ENT) conditions.

CheckUP's Eye and Ear Surgical Support Services program aims to improve access to surgery by funding a fast-tracked and culturally appropriate pathway to ear surgical services for Aboriginal and Torres Strait Islander children and young people, prioritising those people living in rural and remote locations.

Travelling away from their family and community, particularly to receive surgery, can be a highly stressful experience for patients and families. For children this can be a distressing time, hence the My CheerUP Pack initiative was created. Children who need healthcare the most, will receive it and thanks to Arrow Energy, the experience will be made as pleasant as possible.



CheckUP CEO, Ann Maree Liddy, said that these care packs are designed to alleviate fear associated with surgery, ensure patients feel welcome in hospital and to provide a pleasant distraction to reduce boredom and encourage rest and recuperation.

My CheerUP packs come in a special calico backpack and contain an information and activity booklet for parents and children about keeping their ears healthy, a snuggly toy, colouring in pencils, a book, bubbles, a handball, water bottle and a range of other items.



Pictured above: Zahlaila enjoying her My CheerUP Pack

Proudly supported by



Pictured below: Youngster Tosh and his mum awaiting his ear surgery.

## MAREEBA KIDS GIVEN THE GIFT OF CLEAR HEARING

Six Aboriginal and Torres Strait Islander children undergoing life-changing ear surgery at Ramsay Health's Cairns Day Surgery received a My CheerUP Pack to brighten their day.

CheckUP CEO Ann Maree said, "ENT conditions lead to many adverse outcomes for Aboriginal and Torres Strait Islander peoples, particularly for children who are performing poorly at school and may also leave early".

For these six children ear surgery is essential, however travelling away from family and community to receive treatment can be highly stressful for them and their families".

"Thanks to Arrow Energy, the experience today will be made a little easier," said Ann Maree.

ENT Surgeon, Dr Suki, who performed the surgery said the children should experience almost immediate improvement with their hearing and speaking, which will increase their ability to learn.

"Language development depends heavily on hearing and children with poor hearing run the risk of falling behind at school. Later in life, this can often lead to increased unemployment," said Dr Suki

The surgery the children receive is made possible through CheckUP's Eye and Ear Surgical Support Services (EESSS) program, which aims to improve access to surgery by funding a fast-tracked and culturally appropriate pathway to ear surgical services for Aboriginal and Torres Strait Islander children and young people, prioritising those people living in rural and remote locations.

CheckUP's EESSS program is funded by the Australian Government Department of Health and the six surgeries were delivered in collaboration with ENT Surgeon, Dr Suki and Ramsay Health.

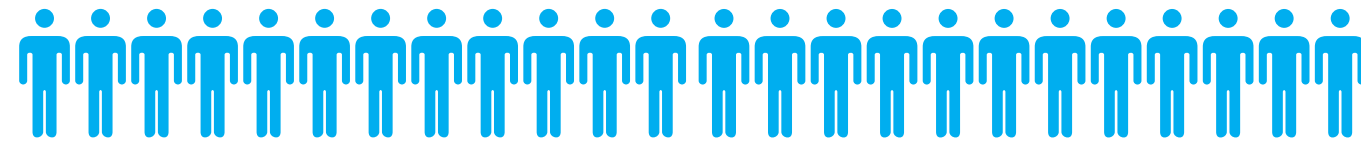
"This surgery gives children the best chance of developing the skills they need for future success."

Dr Suki



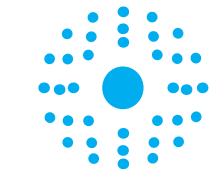
# OUTREACH BY THE NUMBERS(2018-2019)

CheckUP, is the jurisdictional fundholder for the Rural Health Outreach Fund, Medical Outreach Indigenous Chronic Disease Program, Healthy Ears - Better Hearing, Better Listening, Visiting Optometry Scheme and Eye and Ears Surgical Support Services initiatives in Queensland.



165,673

Total occasions of service



114,405

Total occasions of service for  
Aboriginal and Torres Strait  
Islander patients



127

Total health  
professions



1491

Total number  
of services



197

Total locations  
visited



16,661

Total number  
of visits

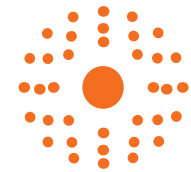
## Medical Outreach Indigenous Chronic Disease Program (MOICDP)

The aim of the MOICDP is to increase access to a range of health services, including expanded primary health for Aboriginal and Torres Strait Islander people in the treatment and management of chronic disease.



74,872

Total occasions  
of service



65,123

Total occasions of service for  
Aboriginal and Torres Strait  
Islander patients



77

Total health  
professions



529

Total number  
of services



106

Total locations  
visited



8253

Total number  
of visits

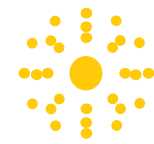
## Rural Health Outreach Fund (RHOF)

The aim of the RHOF is to improve health outcomes for people living in regional, rural and remote locations by supporting the delivery of outreach health activities.



57,401

Total occasions  
of service



24,135

Total occasions of service for  
Aboriginal and Torres Strait  
Islander patients



89

Total health  
professions



628

Total number  
of services



133

Total locations  
visited



4941

Total number  
of visits

## Healthy Ears - Better Hearing, Better Listening (HE-BHBL)

The aim of the HE-BHBL program is to increase access to a range of health services including expanded primary health for Indigenous children and youth (0-21 years) for the diagnosis, treatment and management of ear and hearing health.



19,648

Total occasions  
of service



17,792

Total occasions of service for  
Aboriginal and Torres Strait  
Islander patients



16

Total health  
professions



204

Total number  
of services



85

Total locations  
visited



2634

Total number  
of visits

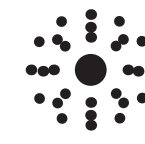
## Visiting Optometrists Scheme (VOS)

The aim of the VOS is to deliver outreach optometry services to people living in regional, rural and remote locations who do not have ready access to primary eye care services. This includes expanded services to improve eye health for Aboriginal and Torres Strait Islander people.



13,752

Total occasions  
of service



7355

Total occasions of service for  
Aboriginal and Torres Strait  
Islander patients



2

Total health  
professions



130

Total number  
of services



102

Total locations  
visited



833

Total number  
of visits

## Eye and Ear Surgical Support Services (EESSS)

The EESSS program aims to improve access to surgery for hearing health and ophthalmology surgical services for Aboriginal and Torres Strait Islander people, prioritising those people living in rural and remote locations.



161

Number of  
patients



5

Number  
of locations



111

Number of  
patients



9

Number  
of locations



# QUEENSLAND MENTAL HEALTH WEEK

Queensland Mental Health Week (QMH) is an annual event that aims to shine a spotlight on what all of us can do to look after our mental health and reach out to those who need support.

Following on from the success of QMH 2018, CheckUP is again leading the coordination of the week in 2019.

During QMH people across the Queensland come together through local events, conversations and activities to raise awareness of the importance of positive mental health and wellbeing.

A record 290 events were registered in 2018 and engagement with diverse communities across the state was increased. In addition, many people joined the conversation on social media and made use of the colorful posters and sharables.

The visual identity for QMH 2018 was developed using a stunning mural titled Uplifting, Bright, Empowering, painted by the students of St Andrews Catholic College, Cairns.

A culturally appropriate poster for Aboriginal and Torres Strait Islander communities was created using the beautiful painting 'Communicate through our Strengths', by Aboriginal Artist Ailsa Walsh.

Central to the success of QMH was the establishment of a strong sustainable, cross-sector partnership, established to guide the ongoing growth and development of the event into the future. QMH partners include Canefields Clubhouse, Council on the Ageing (COTA) Queensland, Education Queensland, Ethnic Communities Council of Queensland, Grow, Mental Awareness Foundation, Office of Industrial Relations, Open Minds, Queensland Aboriginal and Islander Health Council, Queensland Alliance for Mental Health, Queensland Health, Queensland Mental Health Commission and Richmond Fellowship Queensland.

In 2019 QMH will take place between 5 - 13 October with a new theme and visual identity.

The theme for QMH 2019 is *Take Time – for mental health.*

*Take Time* is about the simple yet proven things everyone can do to boost mental wellbeing. It is also about breaking down the stigma associated with mental illness.

For more information and to see the new visual identity visit [www.qldmentalhealthweek.org.au](http://www.qldmentalhealthweek.org.au)

# COMMUNICATE THROUGH OUR STRENGTHS

The strong message behind this beautiful painting captures the importance of connection and communication for Queensland's first nations people.



Ailsa Walsh, Aboriginal Artist created 'Communicate through our Strengths' for Queensland Mental Health Week 2018 to reflect a vibrant positive message of connection, values and culture.

Ailsa believes communication is powerful when it comes to mental wellbeing for Aboriginal and Torres Strait Islander people yet there are many barriers to overcome, particularly when young people are separated from family and community.

While the painting features a traditional yarning circle, a sacred and valued place of connection in Indigenous communities, it also highlights how other methods of communication can be valuable.

As Ailsa's artist statement explains, 'Communicate through our Strengths' represents our strengths in Indigenous families.

"Most of us have suffered or have witnessed family/friends go through mental illness. Our strengths in culture and lore allow us to have a voice in decision making, advocating and guiding our young ones to see a better light other than suicide.

"Today we can now use technology, which is represented through "wi-fi bars" in the middle of the painting. This lets us communicate in ways other than face-to-face when we want to talk to someone.

"Some of us can feel 'shame' and 'weak' when discussing certain sad subjects. I want to change this through my art," explains Alison.

Ailsa's painting 'Communicate through our Strengths' will again feature in culturally appropriate posters and shareables developed for QMH 2019.

You can learn more about Ailsa and her art at [www.wulkurakadesigns.com](http://www.wulkurakadesigns.com)



# NEW PROJECTS

## Choose Your Own Health Career website

CheckUP received funding from Queensland Health earlier this year to deliver a Health Education to Employment Pathways (HEEP) project. The key deliverable of the five month project was to develop a website to promote health career pathways with a specific focus on vocational education and training qualifications and job outcomes.



The resulting Choose Your Own Health Career website promotes a range of health career opportunities from entry level to more senior roles, and highlights both clinical and non-clinical fields. These include allied health assistance, nursing, pathology, Aboriginal and Torres Strait Islander health practitioner, mental health support, dental assisting, personal care, administration and trades.

In addition to mapping health career pathways which detail qualification levels and job outcomes, the Choose Your Own Health Career website shares the experiences of a number of young Queenslanders who have commenced their careers in the health sector via vocational education

and training, many of whom commenced their studies while still at school.

Patient journeys are also included so that users can follow patients from diagnosis to treatment and gain an understanding of the many health and other support staff involved in their care.

The objective of the project was to develop an interactive resource specifically for high school students, parents and those involved in supporting students, including VET coordinators, guidance officers and career advisors. Its purpose is to illustrate the diversity of health career opportunities available and to provide guidance to students that may be considering a career in health but are not sure where to start - or whether they have the right skills, capabilities and qualifications.



[www.cyohealthcareer.com.au](http://www.cyohealthcareer.com.au)

## BETTER ACCESS TO LIFESTYLE MODIFICATION PROGRAMS

CheckUP is delivering a new project that aims to address the health disparity of people living in rural and remote communities by improving access to lifestyle modification programs. This is achieved by establishing a linkage between health professionals, their patients and the community through the implementation of a social prescribing model of care.

The objectives of the program are to increase:

- physical activity and nutrition program referrals by outreach/local health professionals and self-referrals;
- physical activity and nutrition program enrolments.

The program provides health professional upskilling activities and is integrated through formalised referral pathways. CheckUP organised health professional information sharing sessions in Dalby, Miles and Chinchilla. The sessions were coordinated in partnership with Coondir Health Services, Miles and Chinchilla Hospitals. CheckUP hopes to expand to more communities in 2019-2020.

This project is funded by the Australian Government Department of Health as part of the Rural Health Outreach Fund (RHOF).



## Men's Health Matters

CheckUP have entered a new partnership with Hand Heart Pocket (HHP), the Charity of Freemasons Queensland, to deliver a men's mental and physical health community awareness campaign at 10-15 hub locations throughout Queensland.

Launching in Beaudesert in September 2019, Men's Health Matters will comprise of an information session delivered by a healthcare provider, with a focus on men's mental and physical health. Topics to be covered include: nutrition and physical activity, early detection of cancer, important check-ups for men, diabetes, heart disease, mental health and wellbeing, and relationships.

CheckUP's CEO Ann Maree Liddy said we are delighted to be partnering with Hand Heart Pocket to deliver the 2019 Men's Health Matters physical and mental health awareness sessions across Queensland.

## GENOMICS EDUCATION

An exciting new initiative involving CheckUP collaborating with Queensland Genomics to develop and deliver an education module and workshop for general practitioners commenced in July 2019.

The integration of genomics into healthcare has the potential to transform health services globally with faster diagnosis, new treatments, and more cost-effective service delivery.

Queensland Genomics is a \$25 million Advance Queensland initiative which was established by the Queensland Government in 2016 to enable the implementation of genomics into Queensland's healthcare system.

Queensland Genomics invests in genomics health implementation projects which bring together Queensland's health and hospital services' innovation, with advancing medical and social research, to accelerate the adoption of medical genomics into mainstream healthcare. Queensland Genomics aims to benefit Queensland's patients, clinicians, the health system and leading research groups.



"These workshops are delivered by a healthcare provider and represent a wonderful opportunity to provide vital information about men's mental and physical health to attendees."

"The importance of physical and mental health can't be ignored and providing a safe environment for attendees to have a conversation about their physical and mental health is essential," said Ann Maree.

Workshops will also be held in South Brisbane, Maroochydore, Tully, Toowoomba, Caboolture, Gympie, Maryborough, Townsville, Warwick, Miles, Roma and Emerald with further locations to be confirmed. All workshops will be evaluated in terms of attendance, engagement and understanding of the information provided. Feedback will be sought from community members who participate in and attend the workshops.

A key objective of Queensland Genomics is to ensure the workforce can incorporate genomics into healthcare. The healthcare workforce, specifically the general practitioner workforce must be able to confidently and accurately use genomic information in clinical decision making.

CheckUP CEO Ann Maree Liddy said, "GPs have an evolving role in clinical decision making in genomics for appropriate referrals, when to refer patients and the ongoing management of patients post diagnosis through increasing genomic literacy".

"Training and education for GPs will include the adoption of new technology, artificial intelligence, machine learning and precision medicine," said Ann Maree.

Six face-to-face GP education sessions focusing on the application of genomics in primary care are planned for Brisbane South, Cairns, Townsville, Mackay, Gold Coast and Sunshine Coast.





# TALKHQ FLOOD RELIEF



by Jenna Mottin - Co- Founder of TalkHQ Speech Pathology

In early 2019 Townsville in north Queensland suffered a devastating flood caused by unprecedented rainfall. The city received a year's worth of rainfall in just nine days. The Bureau of Meteorology (BoM) recorded that 370mm of rain fell within a 24 hour period at Paluma near Townsville prior to the flood. Thousands of properties were damaged during the flood and many residents were evacuated with widespread blackouts across the district. Many businesses and services were affected by the flood. One of which was TalkHQ Speech Pathology, a CheckUP outreach service provider. Co-founder Jenna Mottin reflects on the devastation that was caused by the once in 200 year flood.

To some, the North Queensland floods seem like a lifetime ago. To us, it is still very much at the forefront of our minds. I can still feel that sickness in the pit of my stomach when I received the call that we had exactly 15 minutes before we would no longer have access to our

speech pathology clinic. SES workers helped pick up the seven filing cabinets and put them on top of the therapy desks and then I had to lock the doors and hope for the best. Days later, when the water had subsided I unlocked the clinic doors to what appeared to be a war zone. There was mud everywhere and everything was destroyed.

What wasn't destroyed however was our resilience. They build us tough up here in the North and we kicked on with all hands on deck to start the clean up. I put a call out on our TalkHQ Speech Pathology Facebook page asking for any volunteers to come and offer a hand in helping me rip up carpet and support with any of the labour intensive tasks. I did not have any tools and had no idea where to begin. To my absolute surprise, the very next day I had an army of local volunteers who had seen my cry for help on Facebook and were at the clinic waiting to lend a hand. Throughout the day, I got to hear the stories about each

## Flood statistics

- 370 mm rain fell in 24hrs
- Estimated \$1 billion total damage bill
- 3300 properties damaged
- 6 fatalities
- 10 people fell ill with Melioidosis

individual that came and offered their support. One story in particular that really touched my heart was of a beautiful man named Alan who had been out of work for some time and was struggling to find a job. I asked him if he would mind me interviewing him and sharing his story on social media to see if I could help him find work. We did just that and it wasn't too long before Alan had secured some paid work and was eternally grateful. This is one of many beautiful stories that came out of such a devastating time.

We may not be back in our clinic and we may not be fully on our feet but what we do have is a bucketful of lessons learned, a heightened sense of community and more resilience than I ever thought was possible.

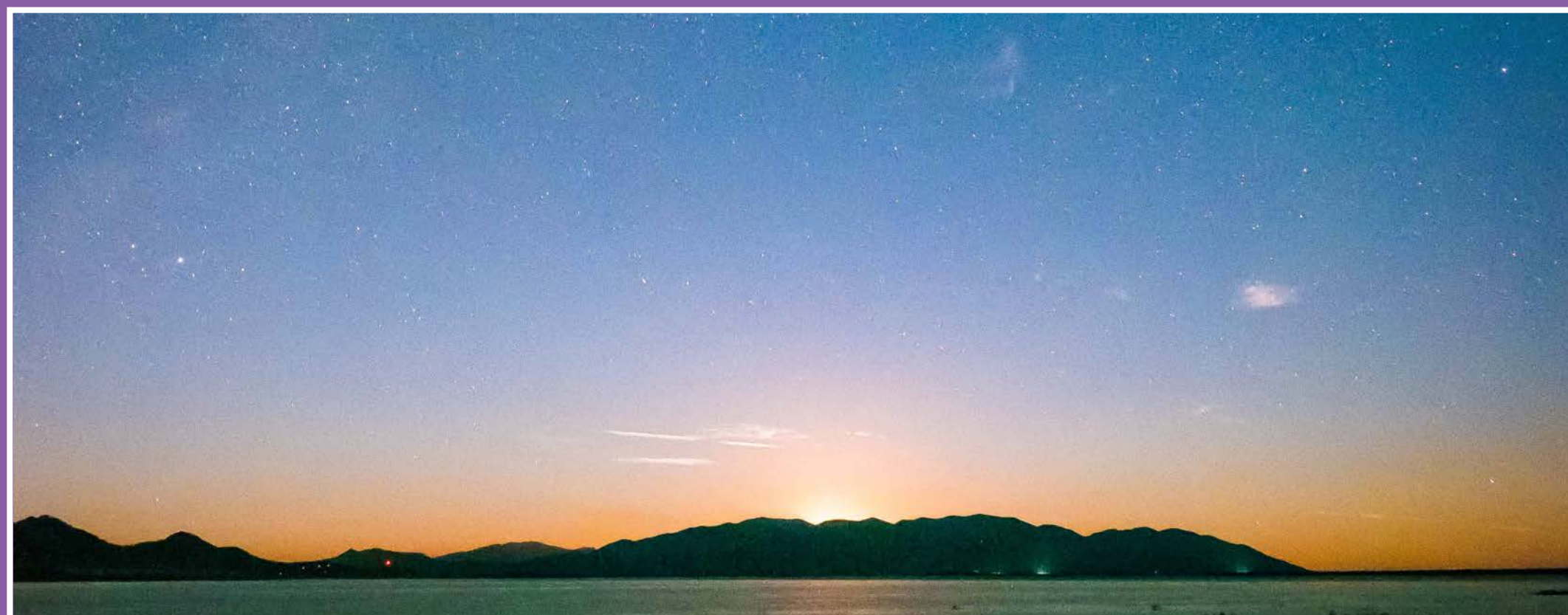


Pictured above: The TalkHQ Speech Pathology Clinic in Townsville.



Pictured above: Jenna with Alan one of the wonderful volunteers who helped to clean up the clinic.

Pictured below: Moonrise over Ross Dam following the Townsville floods. Photographer: Martin Hodgson



“They build us  
tough in the  
North!”



# 5 MINUTES WITH KYLIE SLADE



Kylie is a primary healthcare registered nurse who works with the Royal Flying Doctor Service (RFDS) team in Far North Queensland. Growing up in regional

Queensland Kylie initially had dreams of becoming a hairdresser however with some gentle guidance from her mother she eventually chose to go to university and study nursing.

Beginning her nursing career in Rockhampton, she was eventually transferred to Townsville to complete her degree. She then moved to Cairns and began working at the Cairns Base Hospital for nine and a half years. Kylie moved into private practice for 10 years before eventually securing a position with the RFDS in Cairns just over four years ago.

During her first year with the RFDS she was positioned in Coen and Pormpuraaw providing much needed nursing services to the communities. Kylie now has a permanent position in Kowanyama and flies in with the RFDS weekly on Monday and returning to Cairns on Thursday. Although she admits that the work can be tiring at times it is also very rewarding and she loves what she does.

Throughout her time in Kowanyama, Kylie has established trust with the community and because of this rapport with the locals it has brought about many positive changes for the town. In the last year Kylie has increased the cervical screening rate to 54% which is significantly higher than the national average of 46.3% in very remote areas.

Kylie has also been busy working with the local community to increase the number of health assessments performed. She now has a systematic approach to ensuring the community undertake their health assessments annually. Kylie believes that the continuity of her visits has helped to establish trust within the community.



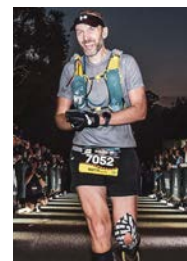
While she is travelling Kylie often gets the opportunity to take great photos of the landscapes and the communities she services. Pictured above is Edmund Eric, an Elder from Kowanyama. Kylie felt inspired to capture his photo because of his connection to country. He comes into town every now and then, however he spends a lot of his time in the bush where it is peaceful and quiet. Connection to country is of great significance to Aboriginal and Torres Strait Islander people.

Kylie's hope for Closing the Gap is for all organisations in each community to work together as one. When they pull together and work as a team the community has better health outcomes.

PROVIDER  
PROFILE

# 5 MINUTES WITH MARTIN HODGSON

The picture above was taken by Martin and entered into the CheckUP Annual Photo Competition



## Martin the “Hippie Eye Dentist” is an Optometrist outreach provider for CheckUP

### What is your background?

I worked in a camera shop as a teenager - I fancied being a photographer, but decided to keep that as a hobby and become an optometrist instead. There's a bit of common ground - both fields involving optics and vision.

### What attracted you to outreach?

A road trip out west or scenic flight to a tropical island is a nice change from working in the same little dark room every day. Also, it feels good to be able to deliver optometry services to those who would otherwise struggle to access specialist eye health care.

### Which locations do you visit?

I've been regularly visiting Palm Island for 20 years along with Richmond, Hughenden and Greenvale.

### What music do you listen to when you travel?

My daughter Lara works as my assistant on our trips out west - so we share stints on Spotify. Luckily she has good taste. Panic At The Disco is a favourite. My musical tastes are wide - but there's always a lot of 1980s & 1990s alternative stuff in my playlists.

### You have a spare week to do anything you want. What would you do?

Good question. It's hard to beat a week on Magnetic Island with my family - including Rosie the dog.

### What sort of work do you most enjoy?

Outreach work! Especially when we can really make a difference. I'm lucky to have a network of individuals who work with me to provide the best care for patients - from those on the ground at outreach locations to the ophthalmology staff at Townsville Hospital - also CheckUP and Essilor Vision Foundation who help those in need to receive spectacles.

### What is your key primary healthcare message to the community?

Everybody should get their eyes tested! A check up every two years - or annually for those at risk of eye disease - could save your sight.

### Can you share a message with other health professionals?

Remember your optometrist. We are happy to see patients with any eye problems - including acute infections and injuries - and we have the equipment and resources to make an accurate diagnosis and manage appropriately. Of course we are also happy to co-manage those patients with chronic systemic or eye disease who need long-term care.

### What inspires you?

I'm inspired by those colleagues who make a long-term commitment to help communities in need - those doctors and health professionals who dedicate a portion of their time for many years - that really makes a difference.

### What is your ideal solution to 'Closing the Gap'?

Keep listening to those individuals and communities who need help and keep up the hard work.

### A quote from you encapsulating your feelings on 'Closing the Gap'?

I think all Australians should remember that 'Closing the Gap' is not just a catchphrase for another government scheme - it's about people who need help - mums, dads, kids, brothers and sisters who need the health services that all families need to lead the healthy, happy life that they deserve.

### What headline would you give this article?

Haha. That's a difficult one. I once had an acquaintance from 'down the pub' who used to call me a "Hippie Eye Dentist" - don't ask me why! But for some reason that phrase springs to mind.



# OUR COMMITMENT TO RECONCILIATION

CheckUP is committed to working respectfully and effectively with Aboriginal and Torres Strait Islander peoples and communities. We acknowledge Aboriginal and Torres Strait Islander peoples as the traditional custodians of the land and respect and value the diversity of Aboriginal and Torres Strait Islander cultures in Australia.

CheckUP believes that reconciliation is a critical step in strengthening relationships, creating new opportunities and building respect with Aboriginal and Torres Strait Islander peoples, communities and organisations. We completed our second Reconciliation Action Plan (RAP) in 2018, an Innovate RAP, and have now commenced the process of developing our Stretch RAP. Our RAP Working Group has met several times and our new RAP Advisory Group have had an initial meeting and provided advice on our first draft. The CheckUP Stretch RAP is due to be launched by the end of 2019.



Long time RAP Advisory Group member, Aunty Mary Martin with RAP Working Group co-chairs David and Ann Maree.

# FAREWELL DEL

## Much loved staff member Del Chapman will be leaving CheckUP after 16 years of service.

On Thursday 5 September 2019, sixteen years since I commenced working with QDGP/GPO/CheckUP, I will enter the office for the last time as an employee and by the day's end I will be leaving to start the next chapter of my life without CheckUP.

I have been very fortunate to work with many lovely people and when I leave I will miss interacting with the caring and hardworking staff who make up the current CheckUP team. I wish you all well, both professionally and personally.

I would also like to acknowledge how fortunate CheckUP has been to attract enthusiastic Board members who continue to take the organisation from strength to strength alongside our dedicated CEO Ann Maree, with the assistance of our management team.

This 16 year journey has provided me with a vast number of experiences and emotions and although I have certainly enjoyed my time with CheckUP, I am now looking forward to reveling in my retirement.



I leave you with my parting thought—while all organisations have their own roles and interests to progress, there should always be the opportunity to come together and contribute to healthier communities by reducing health inequities. Each and every action of collaboration demonstrates that the whole can be greater than the sum of its parts.

Best wishes and kind regards,  
Del Chapman

# HEARING HEALTH IN THE TORRES STRAIT



This year we welcomed Denise Newman (pictured left) to the CheckUP team as the Ear Health Clinical Specialist Project Officer based in the Torres Strait Islands. Denise has taken up one of two roles as part of the NQ Ear and Hearing Project which is funded by the Northern Queensland Primary Health Network.

The focus of the project is to improve ear and hearing health in young Aboriginal and Torres Strait Islander people in North Queensland by increasing screening and early detection of ear and hearing health problems in children 0-4 years through improved coordination and workforce capability. To achieve this, two dedicated Hearing Health Clinical Specialist roles were created - one position for the Torres Strait with CheckUP and the other for Cape York with Apunipima.

In her role, Denise has been able to liaise with local providers to ensure skill gaps are being addressed, conduct readiness assessments for the translation of training into practice, support and mentor clinicians in the field, provide health promotion messages for clinicians in the field, assist with equipment, and liaise with local service providers to coordinate and prioritise ear health care. This has included supporting staff to complete a four-hour online Deadly Ears training course and a two-day Deadly Ears Practical training course in Cairns.



# CHECKUP PARTNERS WITH QCOAL FOUNDATION



CheckUP formed an exciting new partnership in 2019 with QCoal Foundation following the awarding of a Community Growth Grant. The grant provided funding to improve access to surgery for children and young people in rural and remote Queensland for the treatment and management of ear, nose and throat (ENT) conditions.

Many of these patients were on waitlists and experiencing other barriers to treatment. Most of these patients are Aboriginal and/or Torres Strait Islander, who experience ear problems at alarming rates, and the CheckUP surgery initiative provides a culturally appropriate and supportive environment for the children and their parents and carers.

CheckUP CEO, Ann Maree Liddy, said that while CheckUP's Hear Better program is already funded by the federal government to provide these services, this partnership has extended our capacity, reach and impact. Children who need healthcare the most, will receive it and thanks to the QCoal Foundation grant, access has not been an issue for patients requiring treatment.

QCoal Foundation Chair Christopher Wallin said the Foundation was impressed with the work of CheckUP and the organisation's focus on patients in rural and remote areas.

"Through our experience with both the Royal Flying Doctor Service and Hear and Say, we know that there are many ways to address the lack of service delivery in rural centres so we look forward to tracking the outcomes of this approach," Mr Wallin said.

Ear health related hearing loss can lead to many adverse outcomes for Aboriginal and Torres Strait Islander people, particularly for children who often performing poorly at school and drop-out early. Language development depends heavily on hearing and therefore, this same group of children often fall behind in this area too. Later in life, this can often lead to increased unemployment. Furthermore, there is a strong link between early onset hearing impairment and increased entry into the justice system.

ENT surgery will directly address the root cause of these adverse social and educational outcomes. It is well established that children who otherwise have a high chance of performing poorly will gain improved cognitive ability, auditory processing skills, attention, behaviour, speech and language. The opportunity of success later in life becomes a real possibility.

All children will have a follow-up appointment to ensure their surgery has been successful and that their hearing condition has improved.



Pictured above (L-R): Chris McCarthy, Sylvia Bhatia - CEO QCoal Foundation, Jacqui Hawgood and Ann Maree Liddy at QCoal Foundation Philanthropy Week Reception.

**"QCoal Foundation is pleased to partner with CheckUP to support more patients to receive essential treatment and management of ear, nose and throat conditions."**

*Christopher Wallin  
QCOAL Foundation Chair*

# TONY COBURN RECEIVES THE LEAKY PIPE AWARD

Congratulations to Tony Coburn, our Indigenous Eye Health Coordinator, who won the 'Leaky Pipe' award for regional coordination at the Close the Gap for Vision by 2020 National Conference. The award recognises and celebrates the achievements of individuals and groups in progressing activities to Close the Gap for Vision.

Well done Tony on an outstanding achievement! Tony is pictured below, and right with Nick Schubert from the University of Melbourne and Karen Hale-Robertson, CheckUP Deputy CEO.

CheckUP's eye health initiatives are made possible through generous financial support from Fred Hollows Foundation and Western Queensland Primary Health Network.







## Focussed Psychological Strategies Skills Training (FPS ST)

FPS ST enables GPs to provide Cognitive Behavioural Therapy (CBT) derived FPS counselling to patients and permits access to MBS items for FPS services in their general practice. FPS ST involves the completion of a minimum of 20 hours training encompassing 12 hours minimum of face to face/live interactive training and an additional 8 hour minimum interactive structured learning activity.

This flexible, innovative model uses a combination of technology, peer learning groups and locally available resources to provide GPs access to essential skills training. Particular attention toward ensuring an accessible pathway approach, achieved through packaged modular

learning, will enable more rural GPs to acquire these skills while remaining in their community.

GPs can become providers of FPS providing they fulfil the training requirements as set by the General Practice Mental Health Standards Collaboration (GPMHSC). FPS are specific mental healthcare treatment strategies, derived from evidence-based psychological therapies.

When registered with Medicare as FPS providers, GPs can provide GP FPS services (item numbers 2721, 2723, 2725, 2727) to a maximum of 10 sessions per person per calendar year.

## Benefits to becoming a provider of FPS

- Ability to access four additional MBS Item Numbers for the provision of FPS. This allows GPs who have completed accredited training activities to be remunerated for providing psychological treatment services.
- Patients residing in rural or remote areas where allied mental health services are scarce can access psychological interventions from their GP.
- GPs who have a high proportion of patients with a mental illness requiring psychological treatment can provide in-house services to accommodate this need.

For further information or to register your interest in completing this training contact Kat Murray, on 07 3105 8300 or [kmurray@checkup.org.au](mailto:kmurray@checkup.org.au).

Level 2/36 Russell Street, South Brisbane Q 4101 T: 07 3105 8300 E: [info@checkup.org.au](mailto:info@checkup.org.au)

[www.checkup.org.au](http://www.checkup.org.au)

# OUR MEMBERS



## OUR NEW MEMBERS





# HEALTH IN FOCUS SURVEY GIVES INSIGHTS INTO HEALTHCARE ISSUES

CheckUP's 10th annual health survey asked health providers and the general public to answer questions on a range of topics including preventative health, digital health and barriers to accessing healthcare. More than 1700 people across the state participated in the 2018 survey to 'have a say' on their health priorities and problems.

Prevention was an important topic for all with 60% of the public saying they visited health services for preventative checks and nearly all GPs and nurses reporting they routinely offer prevention or lifestyle advice to patients.

The 2018 survey also asked the public questions about their physical activity and nutrition, and what could be done to help people improve these areas of their lifestyle. Most respondents said they engaged in regular physical exercise and tried to limit junk food. For improving physical health the popular answer was free or subsidised community exercise groups. For nutrition it was increasing knowledge of simple healthy recipes. A better understanding of people's attitude towards prevention is very valuable when it comes to developing effective programs and services.

As in previous years, the most common barriers experienced when accessing healthcare were cost, availability, and wait times.



For a full copy of the Health in Focus report visit - [www.checkup.org.au/hif](http://www.checkup.org.au/hif)

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**Honey Birdette**



Torres Strait Islander dancers at the CheckUP 20th anniversary gala dinner.



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