"I am delighted to present to you highlights of the wonderful work undertaken in the Department of General Practice during 2014."
This document illustrates the tremendous achievements of our staff and students and the breadth of work being undertaken in the areas of medical student teaching, graduate education and general practice and primary care research.

Our committed and talented teaching staff deliver very high quality education to medical students throughout the MBBS. In the early years we lead teaching in clinical skills and in the fourth year of the medical degree, we coordinate an enviable general practice rotation that consistently receives excellent student feedback.

A particular achievement worth highlighting in 2014 is the launch of the new Masters of Family Medicine which is now available fully online to increase accessibility for GPs and others working in the general practice setting both in Australia and overseas. More information about this and other graduate studies offerings (CPD and award courses) is available on our new website at med.monash.edu/general-practice.

Of note also is that our research capability and productivity is steadily increasing, supported by the strengths of MAGNET (the Melbourne East Monash General Practice Database) and MONReN our practice-based research network. This is evidenced by increasing grant success, numbers of publications and PhD students. The PACTS project, which has been recognised by WONCA, and our recent NHMRC success are also testament to this.

I hope you enjoy reading through the “highlights” of our year and we look forward to working with you again in 2015.

Professor Danielle Mazza
Head, Department of General Practice
New Book Releases

Professor Danielle Mazza
The Mandarin translation of *Women’s Health in General Practice* authored by Professor Danielle Mazza was launched at the 3rd China-Australia General Practice Academic Forum and Chinese General Practice Trainer Workshop, held in Hangzhou, China in November 2013. The event was attended by more than 120 Chinese delegates as well as a Monash delegation comprising Professor Mazza and Professor Jan Coles of the Department of General Practice, and Professor Jane Fisher of the Jean Hailes Research Unit. Professor Mazza also presented a workshop on *Common Menstrual Problems Case Studies in Women’s Health* at the two-day event.

Dr Craig Hassed
The Connection is a documentary currently being premiered internationally featuring world leading experts in mind body medicine and remarkable stories of recovery. The Connection considers whether there is a missing link in our approach to health care, and reveals that modern science is proving a direct connection between our mind and our health. The film features the world’s leading scientists, researchers, writers and doctors, including Dr Craig Hassed as well as remarkable true stories of people adding mind body medicine to their prescription and recovering from severe back pain, heart disease, infertility, cancer and multiple sclerosis.

Dr Craig Hassed
We have within us the potential if guided wisely to enhance human flourishing at the same time as we limit the impact of disease. Genetics is constantly adapting and re-expressing itself in an ongoing interplay between the environment, mind and consciousness. The old way of looking at genetics was that we just got dealt a genetic hand by nature and we were either lucky or unlucky in what we got dealt. Dr Hassed’s new book shows how we can get to play the genetic hand with a wealth of information on how this can be achieved.

Dr Bianca Brijnath
As life expectancy increases in India, the number of people living with dementia will also rise. Yet little is known about how people in India cope with dementia, how relationships and identities change through illness and loss. In addressing this question, this book offers a rich ethnographic account of how middle-class families in urban India care for their relatives with dementia. From the husband who wakes up at 3 am to feed his wife ice-cream to the daughters who gave up employment for seven years to care for their mother with dementia, this book illuminates the local idioms on dementia and aging, the personal experience of care-giving, the functioning of stigma in daily life, and the social and cultural barriers in accessing support.
Staff Awards/Achievements

Associate Professor Peter Schattner was awarded a 25 Year Service Award by Monash University on July 10, 2014. He was presented with a silver medal by Christine Nixon, the current Deputy Chancellor, at a ceremony in the Robert Blackwood Hall, Clayton campus. He and his colleagues also received a high commendation for the Sir Richard Stawell Memorial Prize for their publication “Impact on diabetes management of General Practice Management Plans, Team Care Arrangements and reviews”. (Med J Aust 2013; 199(4):261-265).

Professor Danielle Mazza has been awarded an NHMRC Project Grant for her study “Increasing the use of long-acting reversible contraception: The Australian Contraceptive Choice project (ACCORd)“.

HDR Student Ruby Biezen has been awarded a NHMRC Postgraduate Scholarship, which will support her while she undertakes her PhD: ‘Knowledge, attitude and practice of parents and primary care providers in the prevention and management of respiratory infection in young children’

Dr Karyn Alexander was interviewed by The Canberra Times about her PhD research while she was at the 2014 PHC Research Conference. www.canberratimes.com.au/act-news/gps-can-play-bigger-role-in-assessing-childrens-fitness-for-school-20140723-zvycp.html

Associate Professor Jan Coles was recently featured in the WONCA global family doctor bulletin for her work on family violence. (www.globalfamilydoctor.com/member/WoncaPeople/ColesAPril2014.aspx). An article was also published in the Monash Memo in recognition of Jan’s achievements in this area and the fact that she is only the second Australian GP to be featured by WONCA. (monash.edu/news/show/helping-gps-respond-to-family-violence).

Associate Professor Sanjiva Wijesinha was recently featured in a GP profile article for the latest issue of the RACGP’s Good Practice magazine. www.racgp.org.au/download/Documents/Good%20Practice/2014/August/GP_August_2014.pdf

Dr Bianca Brijnath and Professor Danielle Mazza have been awarded a SPHC Seeding Grant ($5000) for their project “Determining the relationship between patient health literacy and online health seeking: A systematic review“.


Associate Professor Jan Coles was recently featured in the WONCA global family doctor bulletin for her work on family violence. (www.globalfamilydoctor.com/member/WoncaPeople/ColesAPril2014.aspx). An article was also published in the Monash Memo in recognition of Jan’s achievements in this area and the fact that she is only the second Australian GP to be featured by WONCA. (monash.edu/news/show/helping-gps-respond-to-family-violence).

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New Staff

**Dr Claire Harrison**  
Senior Lecturer/ Year 4 Coordinator.

Claire leads the general practice rotation of the MBBS program, ensuring that students have access to high quality clinical placements and that the Department of General Practice is adequately represented on internal and external committees. From 2015, she will also be the course coordinator for the Depression and Anxiety and Dermatology units of the Master of Family Medicine. Dr Harrison continues to work clinically as a GP at Clayton Road Doctors.

**Ms Joanne Belvez**  
Senior Administrative Officer, Graduate Studies

Joanne joined the Department in August this year. Her role is to provide effective day-to-day administrative and specialised support to the staff and students of the Department of General Practice. She is the main person to contact for all enquiries regarding courses, workshops, seminars and other events organised by the department.

**Mr Khurshid Alam**  
Research Fellow

Khurshid joined the Department of General Practice in October 2014 as a research fellow. He is evaluating the Health Benefits of the Safe Work (HBoSW) project with Professor Danielle Mazza and Dr Bianca Brijnath in collaboration with the Institute of Safety, Compensation and Recovery Research (ISCRR), Victorian WorkCover Authority, Transport Accident Commission, and Networking Health Victoria.

**Ms Shindy Singh**  
Moodle Support Officer, Master of Family Medicine (MFM), Graduate Studies

Shindy joined the Department of General Practice in November 2013 and provides administrative support to the undergraduate Year 4 medical students in this department.

**Dr Angela Joe**  
Research Officer

Angela joined the Department of General Practice in January 2014 to work on the REDIRECT Project led by Professor Danielle Mazza. The focus of this study is on avoidable Emergency Department presentations by people aged 70 years and older. As a public health researcher, Angela will utilise her skills in quantitative analysis of health data to inform improvements in the delivery of primary health care services.
General Practice Undergraduate Teaching Highlights

The Department of General Practice’s Annual GP Affiliate Awards Dinner was held at Merrimu Receptions in Murrumbeena in November 2013. The dinner celebrated the clinical teaching excellence of our GP affiliates who tutor our year 4 MBBS students and host them at their practices. More than 100 attendees were present. The guest speaker was Professor Patrick McGorry who is Professor of Youth Mental Health at the University of Melbourne and who was awarded Australian of The Year in 2010.

**Teaching Excellence Award Winners 2013**

- Dr Penny Nicholls
  - Riversdale Medical
- Dr Irmgard Chia
  - Select Medical Group
- Dr Frank Kabourakis
  - Dovecare Medical Centre

**Best New Clinical Teacher Award Winners 2013**

- Dr Lorraine Baker
  - Belmore Road Medical Centre
- Dr Andrew Gault
  - Port Fairy Medical Clinic
- Dr Duc Nguyen
  - Seaview Medical Centre

**2013 Student Award Winner**

Lukas Sahhar - Belinda Farrell Award
Lukas Sahhar - Neil Carson Award
Postgraduate Highlights

New Master of Family Medicine online degree

The new Master of Family Medicine is a one and a half year full-time or a three year part-time online degree, specifically designed for general practitioners and other health care professionals working in primary care who wish to expand their knowledge and skills in family medicine.

This off-campus course enables practitioners to meet personal and professional needs as well as those of their patients and the community. This flexible degree offers a combination of clinical, educational and research units providing a greater depth of understanding of the discipline of general practice and primary care. It is open to domestic and international students. Fellows of the RACGP and ACRRM are entitled to a generous credit towards recognition of prior learning.

How the course is structured

First year

- Principles of general practice (12 point core)
- Chronic disease management (6 point core)
- Evidence based practice (6 point core)
- Introduction to research (12 point core)

OR

- Education in health care practice (12 point core)
- Prevention in general practice and primary care (6 point core)
- Elective (6 point core)
- Applied Research (12 point core)

Alternative Exit: Graduate Certificate in Family Medicine (24 credit points)

Second year

- Education in health care practice (12 point core)

OR

- Prevention in general practice and primary care (6 point core)
- Elective (6 point core)

OR

- Applied Research (12 point core)

Alternative Exit: Graduate Diploma in Family Medicine (48 credit points)

Third year

- Electives (24 credit points)

OR

- Research Thesis (24 credit points)

Master of Family Medicine (72 credit points)
36th John Murtagh Annual Update Course 2014

Novotel Hotel, St Kilda
Postgraduate Workshops and Courses

John Murtagh Annual Update Course

The 36th anniversary of this special event was held in November 2014 at the Novotel Hotel St Kilda in Melbourne. Key note presentations by highly regarded specialists included: hot topics in general practice (Opening presentation by Professor John Murtagh); women’s health; wound management; skin lesions; rheumatology; paediatric emergencies; type 2 diabetes; eating disorders; violence; epigenetics; sports medicine; ECG analysis; and common orodental problems.

There were 14 keynote speakers and more than 100 delegates from across Australia and overseas who attended this year’s course.

Skin Cancer Workshops

The two day Skin Cancer Workshop for general practitioners has been developed by specialist dermatologist educators at the Skin and Cancer Foundation in association with the Department of General Practice, Monash University. Two skin cancer workshops were held in 2014.

The GP Skin Cancer Workshop is suitable for all GPs and GP registrars, whatever the level of experience. Developed and taught by experienced specialist dermatologist educators, this workshop is a perfect opportunity to upskill.

Mindfulness Workshops

Half-day training sessions on mindfulness for health practitioners were run by Dr Craig Hassed, a world leader in mind body medicine. Mindfulness is a generic skill involving training attention and attitude. It has a wide range of clinically important applications including ones relating to immunity, neuroplasticity, epigenetics, learning and enhanced clinical performance. These interactive workshops explore the principles and application of mindfulness-based practices for personal and professional use.
2014 Postgraduate Clinical Fellows

Our current fellows are Dr Mohammed Batais, Dr Turky Almigbal and Dr Aziz Bin Rsheed, who are general practitioners from Saudi Arabia. Their fellowship involves learning more about diabetes and chronic disease management and comprises clinical placements, coursework, teaching and research.

Higher Degree Research Students

**Jo Antoniades**
PhD Title: Investigating depression and health seeking behaviours among Sri-Lankan-Australians and Anglo-Australians.

**Ruby Biezen**
PhD Title: Knowledge, attitude and practice of parents and primary care providers in the prevention and management of respiratory tract infections in young children.

**Kerry Hampton**
PhD Title: Informing the development of an intervention to improve the delivery of fertility-awareness education to sub-fertile couples in the general practice setting.

**Karen Price**
PhD Title: Does peer connection support empathic and resilient General Practitioners?

**Karyn Alexander**
PhD Title: Preventive healthcare for young children.

**Ping Wong**
PhD Title: The effects of mindfulness practice on the cognitive function, psychological health, mindfulness, quality of life and functional abilities in daily activities of persons with mild cognitive impairment.

**Alison Flehr**
PhD Title: Behavioural risk factors to the development of chronic pain in individuals with a history of trauma.

Our BMedSci Students

**Sarah Rockefeller**
Study Title: Sexual violence and women's health: educating future clinicians. Sarah attended the 58th Commission on the Status of Women at the United Nations in New York this year and spoke on sexual violence.

**Rifath Syeda**
Study Title: The effect of online mindfulness training in cancer survivors reporting chemotherapy-related cognitive impairment. Rif has submitted an abstract to the 2014 World Cancer Congress which will take place in Melbourne Australia in December, 2014.
General Practice & Primary Care Research

Our research is focussed on:
- Chronic disease
- Cancer
- Prevention in primary health care
- Women's health

Our emerging research strengths are:
- Injury prevention and management
- Mental health
- Health services

Our research capabilities include:
- Implementation sciences (knowledge translation and guideline development to facilitate evidence into practice)
- Education design including blended and e-learning
- MAGNET – the Melbourne East Monash General Practice Database of routinely collected general practice data and the linkage capability this provides
- MonReN – The Monash Practice Based Research network covering general practices and primary health care professionals in the southern Melbourne region.

Current Research Projects

REDIRECT: Reducing older patients’ avoidable presentations for emergency care treatment
2013-2015 Funded by the Australian Primary Health Care Research Institute, $150,000

PACTS: An innovative Primary care program Advancing Competency To Support family violence survivors
2013-2015 Funded by the Australian Government’s Office for Learning and Teaching and the Department of Industry, Innovation Science and Tertiary Education, $220,000 and the Victorian Women’s Trust $30,000.

GRIP: General Practitioners Prevention and Management of Road Traffic Crash Injuries
2014 Funded by the Royal Australian College of General Practitioners, $60,000.

Health Benefits of safe work evaluation plan: GP partnerships and engagement and redesign certificate of capacity
2014-2015 Funded by TAC via ISCRR-HBoSW $343,050

Effects of medical pluralism and cross-border drug flows on the health-seeking behaviour of Indian-Australians and Anglo-Australians with depression
2014-2015 Funded by NHMRC Public Health Fellowship $64,578
MAGNET

The Melbourne East Monash General Practice Database (MAGNET)

The MAGNET Research platform is a unique dataset capable of generating evidence to inform primary health care policy and practice and improve health outcomes for patients in Australia.

The MAGNET research platform is a collaboration between Monash University and Inner East Melbourne Medicare Local (IEMML). Using data extraction tools, IEMML has generated a rich dataset of health care data from general practices within the eastern metropolitan region of Melbourne. This dataset, together with Monash University’s research capabilities, will enable the development of a robust evidence base to support targeted and priority-driven strategic research in primary health care.
2014 Publications

Journal articles: refereed articles in scholarly journals


Books

Brijnath B. Unforgotten: Love and the Culture of Dementia Care in India (Life Course, Culture and Aging: Global Transformations). Berghahn Books (July 31, 2014).


Mazza D. Women’s Health in General Practice, 2nd Ed, Elsevier (Singapore) and Peking University Medical Press, China, 2013.

Book Chapters


Other
