

2025-26

CAPITAL HEALTH NETWORK'S **GP REGISTRAR GUIDE**

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Capital Health Network acknowledges the Ngunnawal people, who are the traditional custodians of our region, and pays respect to their Elders, past, present and emerging.

We recognise their ongoing contribution to our region and communities, and their connection to land, water, and culture.



ABOUT CHN, YOUR LOCAL PRIMARY HEALTH NETWORK

Capital Health Network (CHN) was established in 2015 as the ACT's Primary Health Network. Under the Department of Health, Disability and Ageing (DHDA) PHN Program, PHNs assess the needs of their community and use government funding to commission health services so that people in their region can get coordinated health care, where and when they need it. PHNs have the 2 key goals of:

- improving health services for people, particularly those at risk of poor health
- improving the coordination of health services and increasing access and quality support for people.

CHN addresses community needs by collaborating with consumers, GPs, clinicians and sector stakeholders to improve health outcomes. We are unique in our ability to support primary health care professionals and design services that fill gaps. CHN delivers our work through 3 core functions:

1 **Commissioning**

An ongoing cycle of developing and implementing services through needs assessments, planning, collaboration, funding, monitoring and evaluation.

2 **Capacity building**

Strengthening the skills, knowledge, processes and resources that our workforce, communities and our primary care system need to survive, adapt and thrive in the future.

3 **Coordination**

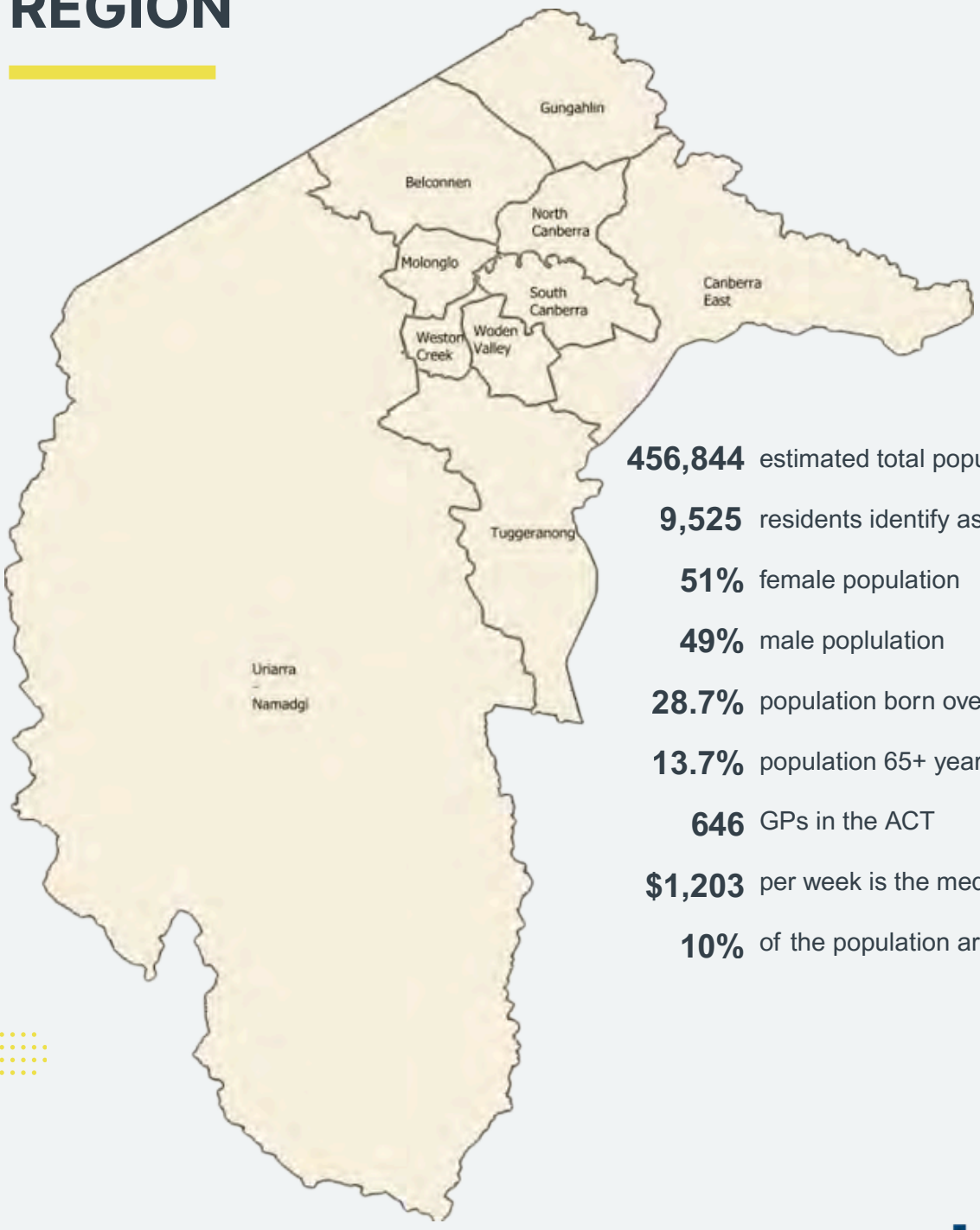
Organising people, information and partners through the delivery of projects and programs that address identified priorities and outcomes.

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OUR **REGION**



456,844 estimated total population of the ACT in 2021

9,525 residents identify as First Nations Australians

51% female population

49% male poplulation

28.7% population born overseas

13.7% population 65+ years old

646 GPs in the ACT

$1,203 per week is the median personal income

10% of the population are unpaid carers

Australian Bureau of Statistics (2021)

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HEALTHPATHWAYS

Community HealthPathways
ACT and SNSW

TRUSTED INFORMATION AT POINT OF CARE

The ACT and SNSW HealthPathways Program is a free online resource for primary health care professionals that provides condition-based assessment, management, and referral information.

HEALTHPATHWAYS EXCLUSIVE FEATURES

- Written by GPs providing trusted information at the point of care
- Mobile and tablet friendly
- AI - enhanced Smart Search function
- Precise health assessment and referral information
- CPD activity tracking

LOG YOUR CPD WITH HEALTHPATHWAYS

Scan to learn how

REGISTER FOR YOUR PERSONAL HEALTHPATHWAYS ACCOUNT

Scan to register

Or
Click the link below

actsnsw.communityhealthpathways.org



"Hi my name is Gina Smith, I'm a GP in clinical practice in Canberra, a Clinical Editor (CE) for HealthPathways, and mum to 2 small kids and a rambling vegetable patch. I discovered HealthPathways as a GP registrar in Melbourne. It quickly became my go-to reference point in consults, and also a useful starting point in studies. I particularly appreciated the framework it offered for approaching some of the undifferentiated presentations we see, which for many registrars is the newest/hardest element when moving from tertiary to primary care, and the guidance it provided about when and where to refer on. While working as a GP registrar medical educator, I was invited to participate in a clinical working group writing new pathways, then was asked to do some work auditing my local HealthPathways and providing feedback to the team, and later was offered a role as a CE.

When I moved to Canberra, I reached out to CHN and was offered a role as CE here. This for me was the perfect side-gig to general practice - an opportunity to keep up to date with everchanging guidelines, a break from the fast pace of clinical work to really focus in on a topic in depth, and a lovely employed role with flexible workflow to suit my growing family."

CAPITAL HEALTH NETWORK (ACT):
HEALTHPATHWAYS@CHNACT.ORG.AU

COORDINARE (SNSW):
HEALTHPATHWAYS.SNSW@COORDINARE.ORG.AU

MEET OUR
GP ADVISORS



Dr Leonie Harcourt
Quality Improvement

"Hi, I'm Leonie. I finished medical school in 2004. I worked at Canberra Hospital for three years and then started GP training in 2008. I have absolutely no regrets about my choice to be a GP.

I enjoy the fast pace of the work, the continual learning journey and the fact that every day is different. General practice balances autonomy and teamwork. It requires an open mind, good listening skills and self-awareness about when you need to ask for help, or you are at the limits of your knowledge or resources. I work 4 days a week as a GP and usually see 20-25 patients a day. On Mondays, I work at CHN as a GP Education Advisor collaborating with a great team to create free education events for GPs and other health care providers in the ACT."



Dr Naomi Luck
Indigenous Health

"Hi, I'm Naomi, and I'm a GP/Rural Generalist and joint fellow of the RACGP and ACRRM. My passion is working in Aboriginal and Torres Strait Islander Health.

I've worked in a number of First Nations Health settings in the Kimberley WA, the NT, SA, NSW and the ACT.

I work for CHN one day per week as the GP Advisor for Indigenous Health. This role includes providing information and support to GPs and other primary health care professionals and practices to assist them in providing high quality, culturally appropriate care in order to improve health outcomes for First Nations patients.

I am also currently working as the Senior Medical Advisor for Yerrabi Yurwang Aboriginal Health Service in Canberra on Ngunnawal Country, and as a National Lead Medical Educator with ACRRM.

Out of work, my interests include snowboarding, travel, my very cute fur baby, and spending time with family and friends enjoying good food, coffee and wine."



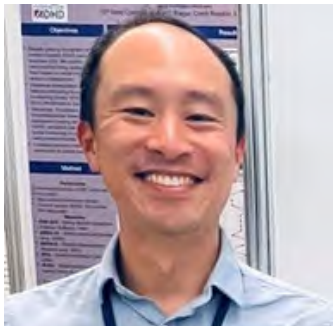
Dr Adnan Alam
GP Workforce Planning and Prioritasion

"Hi, I'm Adnan. I've been living in Canberra since 2020, relocating here for the good life after GP registrar years in Melbourne.

During my time here I've worked as a staff specialist at Canberra Health Services' COVID Care @ Home program and served on CHN's Clinical Advisory Council.

Currently I am an advisor for CHN's Workforce Planning and Prioritisation program. I also see patients at Watson General Practice and am a member of ACT Health Directorate's voluntary assisted dying Clinical Advisory Council.

Outside of work I enjoy running, bouldering and spending time with my family."



Dr Wee-Sian
Clinical Editor for HealthPathways

"Hi, I'm Wee-Sian. I'm a GP working in Canberra who finished med school in Far North Queensland.

GP registrar training is a very quick program and it was a good opportunity to revisit foundation knowledge and truly learn the breadth of medicine in preparing for the exams. I look back fondly on my training and made life-long friends with other registrars in Canberra who I studied with in preparation for exams.

Having a fellowship in general practice is a great platform to explore many things. I've GP locumed in the NT and WA and also worked in Sexual health clinics in Sydney. Apart from usual GP work, I currently work as a Clinical Editor for CHN and in a psychiatry clinic providing ADHD care. I am an s100 HIV and Hepatitis B prescriber and provide gender affirming care. I also undertook a Churchill Fellowship which enabled me to look into models of care internationally to increase access into ADHD care.

Having your GP fellowship affords you the opportunity and flexibility to work where you want and mould it into the career you want! My advice is to find a good group of people to study with for exams and to debrief with the ups and downs of general practice and then seek out opportunities when they present, including opportunities at our PHN. All the best for your training and beyond!"



MENTAL HEALTH PROGRAMS

Mental Health

CHN commissions a range of local mental health and psychosocial services, supporting the ACT community to access the right care when they need it, with no out of pocket costs.

Useful services for patients:

Canberra Medicare Mental Health Centre

A walk-in mental health centre for adults that provides mental health assessments, service navigation and warm referrals, short-to-medium-term clinical interventions and wellbeing services, and information and advice about mental health.
Phone: 1800 595 212

headspace Canberra

A mental health support service for young people aged 12-25 and their families and friends, providing mental health and wellbeing support, support with work, school, or study, and support with concerns related to physical health, sexual health, and alcohol or drug use.
Phone: (02) 6113 5700 (City Centre), (02) 6298 2920 (Southside)
Email: hcinfo@gph.org.au (City Centre) or info@headspacetuggeranong.org.au (Southside)

Access Mental Health

If a patient, or someone you are caring for is experiencing a mental health crisis, the Access Mental Health Line is available 24 hours a day, 7 days a week.
Phone: 1800 629 354. In an emergency, call 000.

GP Psychiatry Support Line

A free service that helps GPs manage the care of mental health consumers. GPs are connected directly with psychiatrists who can offer their expert advice regarding the mental health needs of your patients.
Phone: 1800 16 17 18

For a full list of mental health services, visit our website and download the PDF.



FIRST NATIONS HEALTH

Culturally appropriate and safe primary health care services are essential in supporting First Nations people with detection and management of health risk factors, social and emotional well-being issues, and chronic illnesses.

Central to this, CHN facilitates the co-design, funding and support for programs that improve access to culturally safe, holistic and integrated health and well-being services for the more than 9,000 Aboriginal and Torres Strait Islander people living in the ACT.

Cultural safety training

CHN works with Indigenous providers to facilitate biannual cultural safety training for primary care professionals. This training explores the importance of cultural safety in improving Aboriginal and Torres Strait Islander health outcomes for patients who attend mainstream primary health care services.

Integrated Team Care Program

As a measure to closing the gap in Indigenous health, CHN supports both Grand Pacific Health and Winnunga Nimmityjah Aboriginal Health and Community Services to facilitate the Integrated Team Care (ITC) Program in the ACT with funding from the DHDA's Indigenous Australians' Health Programme.

The ITC Program provides care coordination and some supplementary funding to assist its clients in accessing care for their chronic illness/es. For Aboriginal and Torres Strait Islander people living with chronic illnesses who access primary care through mainstream (not Aboriginal Community Controlled organisations) services, Grand Pacific Health is the provider in the ACT.

Resources

Aboriginal and Torres Strait Islander Health Toolkit

This toolkit contains information and resources about how to provide culturally safe and appropriate care for Aboriginal and Torres Strait Islander people.

RACGP National Guide to Preventive healthcare for Aboriginal and Torres Strait Islander people

The latest version (4th edition) of the RACGP's national guide provides updated best practice guidance for preventative healthcare for Aboriginal and Torres Strait Islander patients including preventive measures, assessments, and care advice through life stage, from preconception/pregnancy through to older person's care.

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QUALITY IMPROVEMENT

CHN's Quality Improvement (QI) Team supports primary care by facilitating the development and implementation of continuous quality improvement (CQI) activities using our quality improvement kit resources (QuIK), as well as delivering educational events focused on integration, general practice support, skill development and knowledge sharing.

Qulk Cycle

A Plan-Do-Study-Act Activity. GPs can earn RACGP CPD hours through participation in a QuIK Cycle.

Qulk Skill

A skills-based practice visit to upskill staff in QI.

Qulk Tip

Concise one-page tips on important topics such as MyMedicare, after hours care, and seasonal health planning. View online.

EVENTS

Our range of face-to-face and online events can support you to update your knowledge and skills, network with fellow peers, and fulfill your CPD requirements. Visit our online events calendar to register and our Youtube channel to watch our webinars.

Connect with the QI team

Have questions about quality improvement, digital health or anything primary care? Connect with the QI Team by emailing primarycare@chnact.org.au.

ALLIED HEALTH

Our Allied Health Engagement Team supports the National PHN Allied Health in Primary Care Engagement Framework. The Framework is a roadmap to strengthen engagement between Australia's 31 PHNs and the Allied Health sector.



SOME OF CHN'S PILOTS AND PROGRAMS



Social Workers in General Practice Pilot Program

We commissioned multidisciplinary teams of care in the Social Workers in General Practice pilot program. The pilot supported 500 patients in 4 general practices to receive more comprehensive care and address social health issues.

As a first in Australia, our trial demonstrated that co-locating Social Workers in general practice can improve patient health outcomes, particularly for those with complex social and health needs.

ACT Breathlessness Intervention Service

CHN co-designed a Breathlessness Intervention Service with people with lived experience of breathlessness, carers, clinicians and researchers.

A private Physiotherapy organisation was commissioned to conduct home visits to people with chronic breathlessness. Results found that 21% of patients said they thought about calling an ambulance on 46 occasions, but instead self-managed using learnt techniques.





Family, Domestic and Sexual Violence Pilot Program

A GP is likely to see up to 5 women per week who have experienced some form of intimate partner abuse in the last 12 months. In this pilot program, 12 general practices were engaged to enhance their ability to recognise and respond confidently to disclosures of family, domestic, sexual violence and child sexual abuse (FDSV). Advice and referral support is being provided to practices through 4 specialist Link Workers.

Workforce Planning and Prioritisation Program

GP Workforce Planning and Prioritisation (GP WPP) consortiums were established by DHDA to provide advice and analysis on workforce need and training capacity across the country. CHN is leading the NSW and ACT GP WPP consortium.

The GP WPP consortiums provide robust, independent, evidence-based recommendations to inform the geographic distribution and placement of registrars to meet the community's current and future GP workforce needs. This advice, provided to DHDA, has guided the 2 GP training colleges, RACGP and Australian College of Rural and Remote Medicine (ACRRM), in their selection and placement allocation processes.



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DIGITAL HEALTH

Provider Digital Access Portal (PRODA)

PRODA is an online identity verification and authentication system. It lets individuals securely access government online services such as HPOS, NASH Certificates, Medicare Online, Pharmaceutical Benefits Scheme Online (PBS Online), Australian Immunisation Register, Department of Veterans' Affairs Webclaim, National Disability Insurance Scheme (NDIS) and more.

Accessed through PRODA, Health Professional Online Services (HPOS) is a fast and secure way for health care providers to do business online with Services Australia. General practices use HPOS to manage and access services and payments such as the Practice Incentive Program (PIP), Health care Identifiers (HPI-O and HPI-I) and My Health Record, to name a few.

Digital Health Record (DHR)

Digital Health Record (myDHR) is a secure platform that stores health information in one place, facilitating communication between clinicians. Any time a patient accesses an ACT public health service such as a public hospital, community health centre or walk-in centre, the DHR stores information about every visit and treatment.

Some GPs in the ACT are trialling DHR Link. DHR Link allows patients to share their health records stored in DHR with a GP. Consent can be obtained by the patient, an authorised person, their parent or guardian.

My Health Record

My Health Record is a secure online summary of a person's key health information. It can be accessed nationwide and viewed at any time, allowing health care providers access to their patients' information. Patients, GPs, specialists and pharmacists can add clinical documents in My Health Record.

Canberra Script

Canberra Script is the ACT's Real Time Prescription Monitoring (RTPM) system designed to help prescribers and pharmacists when prescribing or dispensing monitored medicines for consumers. Canberra Script supports safer clinical decision making with the aim to reduce harms and preventable deaths associated with monitored medicines in the ACT community. Health practitioners can register online.

Electronic prescriptions

Electronic Prescriptions (ePrescriptions) are a way of administering medication prescriptions without a traditional paper script. An Electronic Prescription is digitally transferred from the practice software to the patient directly and then presented to a pharmacy for dispensing.

Electronic referrals

Electronic referrals (eReferrals) are the seamless exchange of vital patient information from one health care provider to another using a secure messaging system. Using HealthLink's SmartForms through your clinic's information system, such as Best Practice, Medical Director or Genie, a GP can send a referral together with the patient's medical history to the outpatient services at Canberra Health Services, Community Services, and My Aged Care. Canberra Health Services will only accept referrals through SmartForms.

Download our Digital Health QuIK Step guide to learn more

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SUPPORT AVAILABLE FOR REGISTRARS

Self-care is important for maintaining overall health and wellbeing for GPs. Proactively managing physical and mental health promotes effective and sustainable work environments and a healthy work–life balance.

Mental health services for GPs

AccessEAP

CHN provides up to 6 free counselling sessions for those working in general practices, pharmacies and allied health settings in the ACT through AccessEAP.

Call AccessEAP on 1800 818 728 or book online and ask them to charge the appointment to "CHN Medical Practice". CHN and your employer will not be advised that you have used this service.

DRS4DRS ACT

A free, confidential telephone service for doctors and medical students who have concerns about their health and wellbeing such as stress, mental health problems, substance use issues, or any other health issue.

Call 1300 374 377, available 24/7.

RACGP GP Support Program

A free service offered to foster a culture of self-care for GPs. The service is available to all RACGP members who are registered medical practitioners across Australia, including in regional and remote areas. Support is offered via telephone counselling or through wellbeing resources and self-help tools.

Call 1300 361 008 to book a face-to-face or telephone counselling appointment during business hours. 24/7 crisis counselling is available on the same number.

The Essential Network (TEN) for Health Professionals

This online e-mental health hub, developed by the Black Dog Institute, connects frontline healthcare workers with services to help manage burnout and maintain good mental health.

Community

General Practice Registrars Australia

General Practice Registrars Australia (GPRA) is the national peak independent body and voice for future GPs. They provide information and professional support services to future GPs, including expert advice, extra education and exam support as well as advocacy for your employment and GP training.

RACGP GPs in Training Faculty

RACGP's GPs in Training Faculty is free and open to any eligible RACGP member. Members get access to a monthly newsletter tailored to GPs in training and new fellows, access to a private Facebook group, and access to exclusive events, workshops, and webinars.

GP Psychiatry Support Line

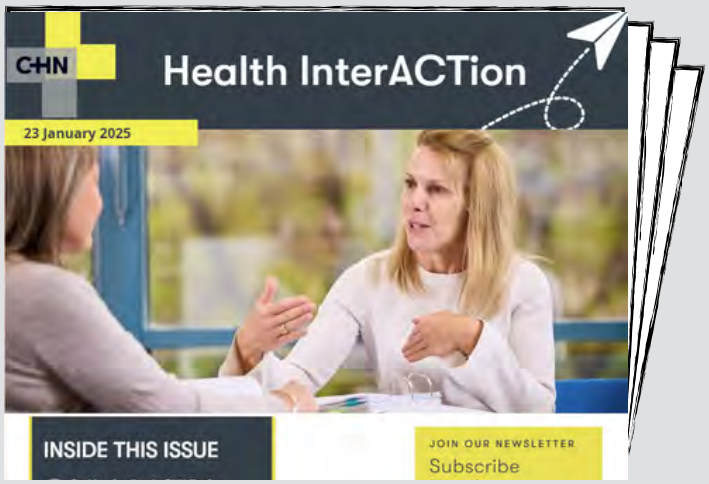
A free service that helps GPs manage the care of mental health consumers. By calling 1800 16 17 18, GPs are connected directly with psychiatrists who can offer their expert advice regarding the mental health needs of your patients.



STAY IN THE LOOP – JOIN CHN'S COMMUNITY



2/52 is a fortnightly newsletter that delivers timely primary health care updates from government, CHN and ACT health professionals, ensuring you stay informed about the latest developments and resources.



Our HealthInterACTion newsletter shares experiences within the ACT health care system, offering care improvement insights and stories from both health service providers and patients.



EVENTS

Be the first to discover our upcoming educational and training events.

SUBSCRIBE

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Capital Health Network is the ACT's Primary Health Network. Our role is to advance the way health care is delivered in Canberra. We address community needs by collaborating with consumers, GPs, clinicians and sector stakeholders to improve health outcomes. We are unique in our ability to support primary health care professionals and design services that fill gaps and deliver lasting improvements.

www.chnact.org.au

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