Teaching plan

Winnunga is an Aboriginal Community Controlled Health Service (ACCHS) which in 2013, reached twenty-five years of continuous service in the Australian Capital Territory. Winnunga is one of the few ACCHSs to hold multi accreditation from both the Australian General Practice Accreditation Ltd (AGPAL) and the Quality Improvement Council (QIC). In 2013 Winnunga was selected as an AGPAL awards General Practice of the Year finalist.

Winnunga's service reach and role in primary health care has always been holistic health care. Over the twenty-five years Winnunga has operated, Winnunga has become the largest provider of clinical training placements for medical specialists, doctors and allied health staff, outside of the Canberra Hospital.

Winnunga provides a range of health services daily to between 80 and 120 people. Approximately 4,000 clients are supported each year, with approximately 40,000 occasions of service. Winnunga’s client group is made up of 81% Aboriginal and/or Torres Strait Islander clients along with 19% of clients reporting being from non-Aboriginal and/or Torres Strait Islander backgrounds.

Winnunga provides health services through a holistic approach, with all programs developed directly to meet the needs of Winnunga’s clients looking after the physical, psychological and social determinants contributing to wellbeing. The services we therefore provide are:

- General practitioner services
  We operate an open access clinic 9-5. The GP team comprise of senior and recently fellowed doctors who have interests in public health, diabetes, academia, women’s health, drug and alcohol.

- Nursing services
  The nursing team comprises of a practice nurse lead, chronic disease nurse, drug and alcohol nurse, and mental health nurse.
  The nurses play an integral part in developing chronic disease and mental health care plans along with health screens which are then referred to GPs to provide the medical management interventions.

- Mental health Services
  This team comprises of a psychiatrist, psychiatry registrar, and psychologist. GPs can refer into this team for medication management, mental health diagnosis or just for advice. Psychotherapy and cognitive therapies play an important part when developing mental health care plans and clients are able to access such services within Winnunga with our psychologist.

- Antenatal and postnatal services
  We have 3 midwives and an Aboriginal access worker who work along with the GPs in the Antenatal and postnatal clinics as well as Home visits for our more vulnerable clients.
• Child health surveillance services
  A “Mams and Babs” group is held which is a social gathering for new mums with educational sessions and is combined with clinical assessments such as postnatal checks for mother and baby, baby checks including immunisations up to the age of 5 and an opportunity for clients to access GPs and Child and maternal nurses for any other issues.
• Women’s health services
  This is a GP led clinic that provides general health screening for women, including prenatal advice, pap smears and family planning.
• Dental
  We have two part-time dentists along with a dental assistant who provide a 9-5 dental services focusing on preventative, acute dental care and dental hygiene.
• Social health services
  Winnunga prides itself in providing a culturally safe environment and tackled head on the social determinants that lead to mental and physical illnesses by having a social health team comprising of Aboriginal staff. GPs work closely with this team to delivering holistic care and are partnered with a social health team member for home visits.
• Specialist & allied health out-reach services.
  Winnunga has dedicated services in the following:
  • Diabetes clinic
    This is run monthly teamed by a GP, chronic disease nurse, podiatrist, dietician and diabetes educator. On a quarterly basis an endocrinologist attends and gives an opportunity for client as well as GP to discuss and manage complex cases.
  • Obstetrics and gynaecology clinic
    An ObstGyn consultant attends monthly to provide training for GPs in procedural interventions such as mirena coil insertions as well as providing an enhanced level care for our clients.
  • Dermatology
    Clients have the availability of dermatologist to treat and assess skin conditions.
  • Physiotherapy
    A physiotherapist attends weekly to provide physiotherapy to clients referred by our GPs.
  • Audiology
    An audiologist is available every week to perform hearing screening for adults and children
  • Dietetic
  • Respiratory
  • Drug and alcohol
- Public health and research
- Prison service
  Access workers attend the local prison (Alexander Maconochie Centre) once a week to review imprisoned clients of Winnunga along with a prison doctor. This is to facilitate the continuity of care upon imprisonment and release back into the community.

The supervisor team:

There is a team of experienced GP Supervisors at the practice that vertically integrates teaching with medical students, junior doctors and GP Registrars.

Dr Nadeem Siddiqui is the Executive director of Clinical services and Principal supervisor as well as being an RACGP examiner. In addition to being a general practitioner he is responsible for the operational running of Winnunga’s medical services, teaching and coordinating training for registrars and RMOs. He completed his training in the United Kingdom: qualified as a doctor in 1996 at Cambridge University followed by his postgraduate training in general practice (MRCGP) in 2002.

Professor Kirsty Douglas MBBS, DipRACOG, MD, FRACGP has been a GP in Canberra for over 20 years. She has combined academic general practice with her clinical practice throughout that time. Kirsty spent 12 years working in a small private practice before moving to Winnunga in 2007 when she became hooked on indigenous health. Kirsty has clinical interests in women’s and children’s health, complex care and the social determinants of health and she is a qualified methadone prescriber. She currently only works at Winnunga one day a week because of her academic role has increased. In 2014 Kirsty has become the Professor of General Practice at the ANU and Director of ACT Health’s Academic Unit of General Practice. She has a strong background in medical education both at undergraduate and postgraduate levels and really enjoys teaching at the coalface. Her research interests are in workforce, social determinants of health and primary care health services. Kirsty is a member of the Medicare Local Board and of the ACT Clinical Senate.

Dr Fiona McDonald is a senior GP with an interest in women’s children’s, men’s health, mental health and drug and alcohol. She attained her MBBS in 1985 at the University of New South Wales.

Dr Marianne Bookallil is qualified as a GP and Public Health Physician and is employed in both roles at Winnunga as well as providing a GP supervisory role. In her GP role, Marianne enjoys providing care to clients with complex chronic disease. As a Public Health Medical Officer, she considers the interface between clinical and public health medicine including CQI, student project supervision and system issues.

She also works for ACT health as GP Advisor.
**Dr Peter Tait** MBBS from UNSW, DipRACOG, FRACGP 1988, and Master of Climate Change 2010 works at Winnunga on a Tuesdays as well as at the Althea Wellness centre on Mondays. Besides being a GP he holds a variety of public health advocacy roles as Convenor Ecology and Environment Special Interest Group of the Public Health Association of Australian, and as a member of Doctors for the Environment Australia; environment and health related advocacy and campaign activity; environment and health (particularly global warming) with ANU National Centre for Epidemiology and Population Health, and also with the Climate Change Research Institute at UNSW. Involved with the Frank Fenner Foundation (for Healthy People on a Healthy Planet) of which I am on the Board. Involved with the Human Ecology Forum at the Fenner School at ANU.

**Teaching**

One hour face to face teaching is conducted by Dr Nadeem as principal supervisor for each registrar. It may include other health care staff depending on the specific area of knowledge and registrar learning needs.

A variety of teaching methods will be employed and include the following:

i. Case note reviews  
ii. Tutorial on GP start modules/ hot topics/guidelines/conditions  
iii. Video consultations  
iv. Observational teaching

During these sessions registrar and Principal supervisor will have the opportunity for the development and review of learning plans.

**GP registrar daily supervision**

During the working day registrars will have access to accredited supervisors to consult cases seen in clinic. This will provide an opportunity for informal, corridor teaching and where applicable procedural training.

**Supervisor’s rostering**

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>Morning</td>
<td>Dr Nadeem</td>
<td>Prof. Kirsty</td>
<td>Dr Fiona</td>
<td>Dr Nadeem</td>
<td>Dr Marianne</td>
</tr>
<tr>
<td>Afternoon</td>
<td>Dr Nadeem</td>
<td>Prof. Kirsty</td>
<td>Dr Fiona</td>
<td>Dr Nadeem</td>
<td>Dr Marianne</td>
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</tbody>
</table>

The supervisors will be able to provide informal feedback to the principal supervisor with regard to progress, learning needs.
Other teaching opportunities

Registrars will be able to gain experience with the specialist, allied health and multidisciplinary services available at Winnunga. This provides a rich opportunity for registrars to learn from other professional and cultural groups.

The Principal Supervisor and registrar will coordinate this teaching activity according to the learning plan and may include the following:

<table>
<thead>
<tr>
<th>service</th>
<th>Example Teaching activity/clinical experience</th>
<th>Type of learning activity</th>
</tr>
</thead>
</table>
| Aboriginal social and emotional wellbeing service  
Aboriginal and Torres Strait Islander cultural training | Orientation to Social and Emotional wellbeing team  
Cultural training and mentorship availability  
Home visits with Aboriginal access workers | Observational activity  
Training and mentorship  
Observational activity |
| Antenatal & postnatal care           | Home visits with midwives  
Antenatal clinic – observation and/or consulting experience | Observational activity and/or consulting experience  
Observational activity and/or consulting experience |
| Well man/ well women health screening | Attendance to well man/well woman group activities  
Well woman clinic  
Aboriginal health screening consultations | Observational activity  
observation activity and/or consulting experience  
consulting experience |
| Mental health services               | Home visits with mental health nurse  
Psychiatry clinic – observation activity  
Psychologist clinic – observation activity | Observational activity and/or consulting experience  
Observational activity  
Observational activity |
<table>
<thead>
<tr>
<th>Service Area</th>
<th>Activity Description</th>
<th>Observation Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drug and alcohol services</td>
<td>Home visits and attendance to group sessions with the D&amp;A worker</td>
<td>Observational activity</td>
</tr>
<tr>
<td></td>
<td>Experience in D&amp;A prescribing and management in general practice</td>
<td>observation activity and consulting experience</td>
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<tr>
<td></td>
<td>Opportunity for formal training in D&amp;A (dependent on ACT training dates)</td>
<td>training activity</td>
</tr>
<tr>
<td>Dental care</td>
<td>Attendance with dentist</td>
<td>Observational activity</td>
</tr>
<tr>
<td>Musculoskeletal services</td>
<td>Physiotherapy clinic</td>
<td>Observational activity</td>
</tr>
<tr>
<td>Dermatology</td>
<td>Opportunity (depending on dates) to attend the bi-monthly Dermatology clinic which is consultant led</td>
<td>Observational activity</td>
</tr>
<tr>
<td>Respiratory Medicine</td>
<td>Opportunity (depending on dates) to attend the quarterly respiratory clinic which is consultant led</td>
<td>Observational activity</td>
</tr>
<tr>
<td>Hearing assessment and screening</td>
<td>Attendance with audiologist in adult and child hearing testing</td>
<td>Observational activity</td>
</tr>
<tr>
<td>Dietetic services</td>
<td>Attendance at dietician clinic</td>
<td>Observational activity</td>
</tr>
<tr>
<td>Pharmacist Medication review service</td>
<td>Attendance with pharmacist</td>
<td>observation activity and/or consulting experience</td>
</tr>
<tr>
<td>Health promotion</td>
<td>Attendance at No more Bunda group (quit smoking group)</td>
<td>Aboriginal Health workers</td>
</tr>
<tr>
<td>Diabetes care</td>
<td>Diabetes clinic held monthly with GP &amp; allied health staff</td>
<td>observation activity and consulting experience</td>
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<tr>
<td></td>
<td>Quarterly diabetes clinic, consultant led.</td>
<td>observational activity</td>
</tr>
<tr>
<td>Child health surveillance services</td>
<td>Mams &amp; babs group – social and educational activity</td>
<td>observational activity</td>
</tr>
<tr>
<td></td>
<td>Child and Maternal nurse assessments</td>
<td>observational activity</td>
</tr>
<tr>
<td>Area</td>
<td>Activities</td>
<td>Experience</td>
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<tr>
<td><strong>GP baby checks and consultations</strong></td>
<td>Chronic disease management plans</td>
<td>Observational activity and consultation experience</td>
</tr>
<tr>
<td></td>
<td>General nursing activity e.g. wound care, ECG, spirometry.</td>
<td>Observational activity and consulting experience</td>
</tr>
<tr>
<td><strong>Practice nursing services</strong></td>
<td>There will be an opportunity for interested registrars to perform clinical audits, policy writing and research with the support of the public health department.</td>
<td>Research, policy writing and Audit experience.</td>
</tr>
<tr>
<td><strong>Public health and research</strong></td>
<td>Winnunga is a training practice having throughout the year medical students and RMOs under the PGPPP program. There is therefore an opportunity for interested registrars to provide teaching sessions.</td>
<td>Teaching experience</td>
</tr>
<tr>
<td><strong>Practice teaching</strong></td>
<td>Attendance to the Prison clinic</td>
<td>Observation activity and/or consulting experience</td>
</tr>
<tr>
<td><strong>Prison medical services</strong></td>
<td>Attendance to these meetings will give the registrar an insight into the multidisciplinary team working that goes into complex case management.</td>
<td>Observational activity</td>
</tr>
</tbody>
</table>
| **Complex case meetings**     | Opportunities to attend operational meetings in the following will be made available to the registrar:  
  - Practice management meeting  
  - ACT network meetings e.g. diabetes, opiate treatments  
  - Medicare local | Observational activity |
| **Management meetings**       |                                                                   | Observational activity |