

HealthPathways for Drug and Alcohol – A GP perspective

Western Sydney HealthPathways

What do GPs find difficult?

- Time
- Money
- Confidence / Training
- Knowledge about local services

In Partnership



HealthPathways is....

a systematic way to improve care between general practice and hospitals.

An on-line decision support tool designed for use during GP consultation

locally agreed information on how to assess and manage medical conditions, and *how to refer* patients to local services and specialists

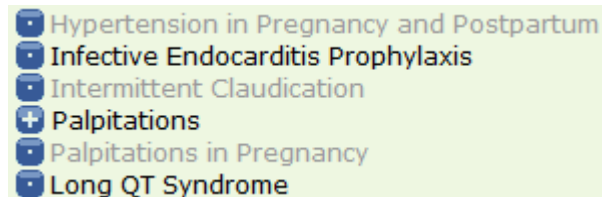
Greater agreement and clarity over access to services, *who* provides services, *where*, and *when*.

Progress to date

- Over 300 live pathways – many with multiple sub pages
- Major Clinical Streams:
 - ✓ Diabetes
 - ✓ Older Person's Health
 - ✓ Cardiology
 - ✓ Respiratory and Sleep
 - ✓ Sexual Health
 - ✓ Nephrology
 - ✓ GP focused - Lifestyle and Preventive Care, Immunisation, Advance Care Planning, Domestic and Family Violence, Breast and Cervical Screening, Contraception
 - ✓ Infectious Diseases
 - ✓ Pharmacology
 - ✓ Public Health
 - ✓ Immunology and Allergy
 - ✓ Paediatrics – General Medicine
 - ✓ Paediatric Development and Behaviour
 - ✓ Gastroenterology and Hepatology
 - ✓ Refugee Health
 - ✓ Haematology
 - ✓ Breastfeeding

Western Sydney HealthPathways

- 2 types of pages
 - **Clinical** pathways
 - **Referral** pages
- Localised pages have **white** background
- Non-localised have **orange** background
- In table of contents
 - Localised are **black**
 - Non-localised are **grey**

A snippet from a table of contents on a light green background. It lists several items, each preceded by a blue square icon containing a white symbol. The items are: "Hypertension in Pregnancy and Postpartum", "Infective Endocarditis Prophylaxis", "Intermittent Claudication", "+ Palpitations", "Palpitations in Pregnancy", and "Long QT Syndrome".

- Hypertension in Pregnancy and Postpartum
- Infective Endocarditis Prophylaxis
- Intermittent Claudication
- + Palpitations
- Palpitations in Pregnancy
- Long QT Syndrome

Clinician Access

- **Web based access via:**
 - *Desktop, laptop, tablet, and phone*
 - *LinkedEHR (Linked Electronic Health Record - dynamic shared care planning tool)*
 - *WSLHD and SCHN intranet*
- **No cost** to user
- Password protected – for use by health professionals only

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Welcome to HealthPathways Western Sydney

Localised Pathways

For a comprehensive list see [Recently Localised Pathways](#)

- [Paediatric Haematology Advice or Assessment](#)
- [Post-splenectomy and Hyposplenism](#)
- [Hyperkalaemia in Renal Disease](#)
- [Acute Kidney Injury](#)
- [Proteinuria](#)
- [Hyponatraemia](#)
- [Anaemia in Adults](#)
- [Abnormal Bleeding or Bruising](#)
- [Myelodysplasia](#)
- [Developmental Dysplasia of the Hip \(DDH\)](#)

Public Health Alerts

- [NSW Alert: Zostavax Contraindications](#)
- [Invasive meningococcal disease and school-based vaccination program](#) – 6 February. See also [NSW Meningococcal W Response Program](#)
- [Mycobacterium chimaera infection and heater-cooler devices](#) – 23 January

See also [NSW Health – Infectious disease alerts](#) and [archived Public Health Alerts](#).

Latest News

- [New restrictions on prescription and supply of unregistered and compounded Schedule 8 medicines](#) come into place from 1 Aug 2016. Prescribers will need to obtain authority to prescribe from [NSW Health](#).
- [Updated - Guideline for the Diagnosis and Management of Hypertension in Adults 2016](#)
- [2016 Seasonal influenza vaccine](#) - See [Vaccination provider fact sheet](#) and [Influenza immunisation](#).
- [Update on Obstetrics and Gynaecology Services at Auburn and Westmead Hospitals](#).
- [View the latest TGA Medicines Safety Update](#).
- [WentWest – Weekly Update](#).



What's New

[Localised Pathways](#)
[Pathway Updates](#)



Education

[View the Education Event Calendar](#)
[WentWest e-Learning](#)



HealthPathways Features

[Install the HealthPathways desktop shortcut](#)
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Pharmacy

[Search NPS MedicineWise](#)
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[TGA Medicines Safety Update](#)



Resources

[Our Health System](#)
[Useful Websites](#)
[MBS Online](#)
[Australian Commission on Safety and Quality in Health Care](#)
[Healthy Western Sydney](#)

HealthPathways - Recently Localised Pathways

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Recently Localised Pathways

Acute Services

- [After Hours Providers](#)
- [Emergency Departments](#)

Allied Health

- [Allied Health Directories](#)
- [Home and Community Care](#)
- [Medication Management Referrals](#)
- [Podiatry Referrals:](#)
 - [Foot Wound Clinic Referrals](#)
- [Physiotherapy Referrals](#)

Child Health

- [Child at Risk](#)
- [Medical](#)
 - [ADHD in Children and Youth](#)
 - [Anaphylaxis](#)
 - [Asthma in Children](#)
 - [Atopic Dermatitis \(Eczema\) in Children](#)
 - [Behavioural Concerns in Children](#)
 - [BCG Vaccination](#)
 - [Bone and Joint Infections in Children](#)
 - [Bronchiolitis](#)
 - [Coeliac Disease in Children](#)
 - [Child Health Community Support Programs](#)
 - [Constipation in Children](#)
 - [Cough in Children](#)
 - [Croup](#)
 - [Developmental Concerns in Children](#)
 - [Food Allergy \(Non anaphylaxis\)](#)
 - [Food Allergy Tests](#)
 - [Gastroenteritis in Children](#)
 - [Heart Murmurs in Children](#)
 - [Juvenile Idiopathic Arthritis \(JIA\)](#)
 - [Measles](#)
 - [Milestones](#)

Medical, continued

- [General Medicine:](#)
 - [Deep Vein Thrombosis \(DVT\)](#)
 - [Clinical Risk Assessment Calculator](#)
 - [Funny Turns](#)
- [Haematology:](#)
 - [Abnormal Bleeding or Bruising](#)
 - [Acute Leukaemia](#)
 - [B-Cell Chronic Lymphocytic Leukaemia \(B-CLL\)](#)
 - [Blood Transfusion](#)
 - [Increased Haematocrit or Haemoglobin](#)
 - [Lymphadenopathy](#)
 - [Lymphocytosis](#)
 - [Myelodysplasia](#)
 - [Paraproteinaemia \(Monoclonal Gammopathy and MGUS\)](#)
 - [Thrombocytopenia \(Low Platelets\)](#)
 - [Thrombocytosis \(High Platelets\)](#)
 - [Thrombotic Disorders Screening](#)
- [Immunology:](#)
 - [Immunology and Allergy Referrals](#)
- [Infectious Diseases:](#)
 - [Ebola](#)
 - [Notifiable Diseases](#)
 - [Rheumatic Fever](#)
 - [Zika Virus](#)
- [Pain Management:](#)
 - [Pain Management Referrals](#)
- [Nephrology:](#)
 - [Acute Kidney Injury](#)
 - [Chronic Kidney Disease Screening and Management](#)
 - [Dialysis](#)
 - [Drug Dosing in Renal Disease](#)

HealthPathways - Pathway Updates

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Pathway Updates

Date	Pathway or Resource	Brief outline of changes	Review Cycle
22/03/2017	Routine Diabetes Assessment	Local service information updated.	Full Review
16/03/2017	Urgent Diabetes Assessment and Advice	Local service information updated.	Full Review
	High Risk Foot Clinic Referrals	Local service information updated.	Full Review
	Prenatal and Antenatal Referral in Diabetes	Local service information updated.	Full Review
	Diabetes Education and Support	Local service information updated.	Full Review
15/03/2017	Practical Prescribing Guide	Additional details added about authority prescriptions and RPBS. Added information about the classification and scheduling of medicines in Australia. Information and instructions about generic and off-label prescribing and about staged supply added. Information about prescription price premiums added.	Full Review
09/03/2017	Hypertension	Investigations and referral for secondary causes of hypertension amended to reflect local specialist preferences. Blood pressure targets amended to reflect	Partial Update

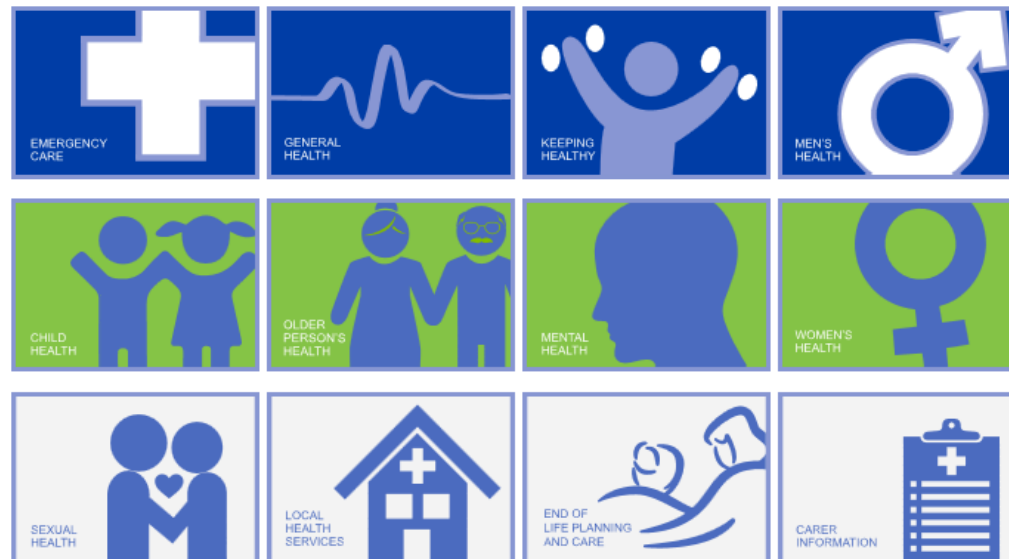
www.healthywesternsydney.org.au



Welcome to Healthy Western Sydney

A resource portal for consumers of healthcare in Western Sydney

Click on a category to find out more



- + Lifestyle & Preventive Care
- Medical
 - Addiction Medicine
 - + **Alcohol Intervention and Dependence**
 - Alcohol Withdrawal
 - + Benzodiazepine Dependence
 - Cannabis and Synthetic Cannabinoids
 - Drug Seekers
 - Methamphetamine (Ice)
 - + Opioid Dependence
 - Drug and Alcohol Referrals
 - Drug and Alcohol Specialised Assessment
 - Drug and Alcohol Advice
 - Drug and Alcohol Residential Rehabilitation
 - Drug and Alcohol Support Services
 - Drug and Alcohol Detoxification
 - Drug and Alcohol Counselling
 - + Advance Care Planning (ACP)
 - + Assault or Abuse
 - + Cardiology
 - + Dermatology
 - + Diabetes
 - + Endocrinology
 - + Gastroenterology
 - + General Medicine
 - + Genetics
 - + Haematology
 - + Hyperbaric Medicine
 - + Immunology and Allergy
 - + Infectious Diseases

Alcohol Intervention and Dependence

 **Caution: this pathway is in development**

 Indicates specific advice about Aboriginal and Torres Strait Islander people.

 [About alcohol intervention and dependence](#) 

Red Flags

-  Gastrointestinal bleeding
-  Seizures
-  Syncope

Assessment

 **Practice Point!**

Not all dependent drinkers have abnormal physical findings or history of withdrawals.

https://westernsydneydraft.healthpathways.org.au/index.htm

- Cannabis and Synthetic Cannabinoids
- Drug Seekers
- Methamphetamine (Ice)
- **Opioid Dependence**
 - Opioid Replacement Pharmacotherapy by
- + Drug and Alcohol Referrals
- + Advance Care Planning (ACP)
- + Assault or Abuse
- + Cardiology
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- + Nephrology
- + Neurology
- + Oncology
- + Pain Management
- + Palliative Care
- + Refugee Health
- + Respiratory
- + Rheumatology
- + Sleep
- + Sexual Health
- + Spinal Cord Impairment (SCI)

Opioid Dependence

**Caution: this pathway is in development**

For the purposes of this pathway, the term “opioid” refers to all drugs with similar actions to morphine, both synthetic and semi-synthetic. This **includes** morphine, heroin, oxycodone, buprenorphine, fentanyl, pethidine, hydromorphone, codeine, dextropropoxyphene, tramadol, methadone, tapentadol, alfentanil, and remifentanil.



[+ About opioids and opioid dependence](#)

Red Flags

- Suspect overdose if:
-  Breathing difficulty
 -  Bradycardia
 -  Reduced level of consciousness

Assessment

1. Establish  [what the patient wants:](#)

-
- Alcohol Intervention and Dependence
 - AUDIT Questionnaire
 - Alcohol Withdrawal
 - Benzodiazepine Dependence**
 - Alprazolam Dependence
 - Cannabis and Synthetic Cannabinoids
 - Drug Seekers
 - Methamphetamine (Ice)
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- +

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 Respiratory

Benzodiazepine Dependence



Caution: this pathway is in development



[About benzodiazepine dependence](#)

Red Flags

-  Evidence of central nervous system depression: drowsiness, sedation, respiratory depression, reduced level of consciousness
-  Bradycardia with hypotension
-  Hypothermia

Assessment



Practice Point!

It is important to determine whether a patient's long-term use of benzodiazepines is due to:

- ongoing prescriptions based on actual or perceived clinical need
- physiological dependence
- psychological dependence co-existing with physiological dependence

Search

- + Benzodiazepine Dependence
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Methamphetamine (Ice)



Caution: this pathway is in development



+ [About methamphetamine \(Ice\)](#)

Red Flags



Acute intoxication causing severe agitation, psychotic symptoms, cognitive and behavioural disturbance, seizures, or cardiac arrest.

Assessment



Practice Point!

If the patient is displaying marked agitation, overheating, sudden onset of headache, difficulty swallowing, sudden weakness or paralysis or psychosis, or aggressive behaviour, further assessment may be impossible. Arrange urgent transfer to the nearest [Emergency Department](#).

1. If cooperation and rapport is obtained, assess:

- + [physical health](#)
- + [mental health](#)

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Cannabis and Synthetic Cannabinoids

 **Caution: this pathway is in development**

 Indicates specific advice about Aboriginal and Torres Strait Islander people.

 [About cannabis and synthetic cannabinoids](#)

Red Flags

-  Aggression
-  Psychotic symptoms

Assessment

The patient may present with anger and aggression, which is the result of cannabis induced paranoia and fear (this resolves as the drug effect diminishes).

1. Screen opportunistically for patients at risk of cannabis use. Most users do not present for cannabis-related problems. Consider:
 - male patients
 - tobacco smokers
 - patients with mental health conditions

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Drug and Alcohol Specialised Assessment



Caution: this pathway is in development

Referral

Drug Health – Western Sydney Local Health District

Drug Health Service is built on the principle of “no wrong door”. The service provides an integrated model of care for patients with substance use disorders and substance induced use disorders.

1. Check the **services provided** for management of **substance disorders and substance induced disorders**.
2. If the patient is very unwell or unstable, consider direct Emergency Department referral to **Blacktown, Mt Druitt, or Westmead Hospitals**.
3. An Addiction Medicine Consultant is on call **within the Western Sydney LHD**. To discuss admissions, or for urgent advice between the hours of 5.00 pm and 8.30 am contact via switch:
 - **Blacktown and Mt Druitt Hospitals: (02) 9881-8000**
 - **Westmead Hospital: (02) 9845-5555**
4. Refer for routine assessment via the **Drug Health Central Intake Line phone (02) 8860-2565**.
 - Patients are able to self refer, however, every patient is encouraged to bring a referral letter from a general practitioner.
 - Ensure the patient has provided **consent for messages to be left** if contact cannot be established.
 - Include this **required referral information**.
 - For more information see the **WSLHD Drug and Alcohol Services brochure**.

-
- Drug and Alcohol Specialised Assessment
 - Drug and Alcohol Advice
 - Drug and Alcohol Residential Rehabilitation
 - **Drug and Alcohol Support Services**
 - Drug and Alcohol Detoxification
 - Drug and Alcohol Counselling
 - + Advance Care Planning (ACP)
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Drug and Alcohol Support Services

**Caution: this pathway is in development**

Alcohol and Drug Information Service (ADIS)

State based **service** that **offers** information, advice, referral, intake, assessment and support 24 hours a day for individuals, their family and friends, general practitioners, and other health professionals. The **service** also **maintains** an extensive service directory.

- Phone **(02) 9361-8000** or **1800-422-599** (free call)
- [Website](#)

Al-Anon Family Groups

For families and friends of alcoholics.

- Phone **1300-252-666** (1300 ALANON)
- [Website](#)

Alcoholics Anonymous (AA)

Fellowship of men and women whom provide support for people recovering from alcoholism.

- Phone **1300-222-222**
- [Find a meeting](#)

Department of Community Services

Innovative models

- GP Clinical Editors work with subject matter experts on pathways
- GP Registrars employed as Clinical Editors as an extended skills post
- HealthPathways currently being used as an educational resource by medical students at University of Sydney, Western Sydney University, and University of Notre Dame Australia
- HealthPathways community: 24 regions across Australia - sharing information, pathways implementation, and evaluation models

How is HealthPathways helpful?

- Checking clinical assessment and management
- Looking for a specific piece of information
- Finding referral information
- Finding out about programs available in the local area e.g. Integrated Care Program
- Patient education website - Healthy Western Sydney:
<http://healthywesternsydney.org.au> (No password required)
- Keep up to date with latest news
- Become involved

Access

Western Sydney HealthPathways

<https://westernsydney.healthpathways.org.au>

User Name: health Password: w3stern

Healthy Western Sydney

<http://healthywesternsydney.org.au>

Questions?

