

October 2011

## Prevenar 13 update

On 1 July 2011, Prevenar 13, a 13-valent pneumococcal conjugate vaccine, replaced the 7-valent pneumococcal conjugate vaccine Prevenar in the infant primary immunisation schedule at two, four and six months of age.

In addition, a supplementary catch-up dose of Prevenar 13 will be commencing 1 October 2011 for all children aged 12 months to 35 months. This catch-up vaccine program will run until 30 September 2012.

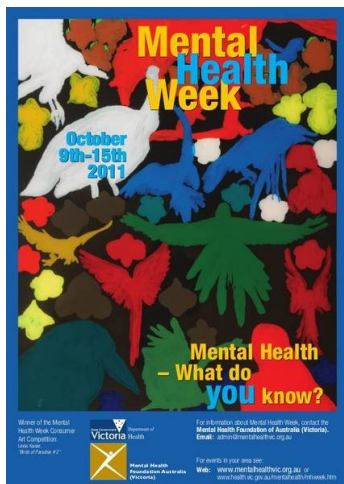
Prevenar 13 comprises of an expanded range of pneumococcal strains to protect children against pneumococcal bacteria. Prevenar 13® protects against 13 strains including 19A, which recently accounted for 20% of pneumococcal disease in Victoria.

The Immunisation Program at the Department of Health has developed a number of resources that are available on their website [www.health.vic.gov.au/immunisation](http://www.health.vic.gov.au/immunisation).

### The resources include:

a fact sheet for advice about the transition to Prevenar 13  
new National Immunisation Program schedule  
criteria for use of government vaccine fact sheet

**For more information see the Department of Health newsletter included in this mailout.**



## Mental Health Week 9-15 October 2011

Mental Health Week is an opportunity to focus on the mental health and wellbeing of your patients.

To view the events happening in Victoria for Mental Health Week please visit [mentalhealthvic.org.au](http://mentalhealthvic.org.au)

## Mini Immunisation Conference Saturday 8 October 2011



Kate Russo and Jenny, Practice Nurse from West Gippsland Medical Centre

The Central West Gippsland Division of General Practice together with the Gippsland Region Infection Control Nurse Group held a mini immunisation conference on Saturday 8 October 2011. Nurses from general practices, local government and Infection Control Nurses attended the event.

Topics covered, included cold chain management, vaccine preventable diseases, immunisations specific for healthcare workers and a National Immunisation Program update.

The keynote speaker, Dr Greg Rowles a GP from Riddels Creek discussed “ what’s new” and gave nurses an update on Pertussis in the Gippsland Region.



Baw Baw and Latrobe Immunisation Nurses: L-R Jenny, Kerrie, Jenny and Michelle

Presenters L-R  
Dr Greg Rowles  
Kate Russo and Michelle  
Wills from General  
Practice Victoria



Read me Online—[www.cwgdgp.com.au](http://www.cwgdgp.com.au)

## Nurse News and Information

### *Farewell to Olivia Scanlon Indigenous Health Project Officer*



Farewell from Olivia, in her own words; During my role here at the Division, I have enjoyed working alongside Tanisha Smitherson the Indigenous Outreach Worker, together being responsible for encouraging and supporting ways for general practices to become more accessible to Aboriginal people in the hopes that this will eventually lead to better outcomes in health.

Please feel free to contact Tanisha for any further assistance. I know that she will continue to do good work in the area of Aboriginal Health and Closing the Gap.

**Tanisha Smitherson—Indigenous Outreach Worker**

**Phone:** 03 5126 2899

**Email:** [tsmitherson@cwgdogp.com.au](mailto:tsmitherson@cwgdogp.com.au)

### **Mental Health Week Did you know...**

Estimates suggest that up to 75 % of people presenting with alcohol and drug problems also have additional mental health problems.

The majority of mental illnesses begin between the ages of 15 to 25.

Nearly one in 10 Australians will experience some type of anxiety disorder each year— around one in 12 women and one in eight men. some stage of their lives.

Mental Health Council of Australia

## Get Connected

*Did you know that the Department of Health has released the Better health Channel iPhone and iPad app?  
..and it's FREE*

**Better Health Channel iPhone and iPad app:**  
<http://www.betterhealth.vic.gov.au/app>

The mobile app provides Victorian health consumers with local health services information and access to Better Health Channel conditions and treatments fact sheets. It seeks to:

- Empower Victorians to manage their own health and wellbeing, and/or that of their family more effectively
- Improve health literacy and help Victorians make better informed health decisions, and
- Enable anywhere, anytime access to reliable health information and services.

## Diabetes Patient Info

### *Life! Diabetes prevention program*

Next program at West Gippsland Healthcare Group (WGHG) commences **Wednesday 19 October 2011, 7-9pm** at the Pettit Centre, Gladstone St, Warragul.

Patients aged 50+ who are at *high risk* of developing type 2 diabetes, or those 18+ years of age with specific pre & existing conditions are eligible (full eligibility can be found on the Division website:

**[www.cwgdogp.com.au](http://www.cwgdogp.com.au)**

For further information about the Life! Program at WGHG contact: Alyce Rees, Community Dietitian, WGHG on 5624 3544

**Life!**  
Taking Action on Diabetes

*Got something to share with other Nurses in the region? Promotion of an event or achievement?  
We would love to hear from you. Email [reception@cwgdogp.com.au](mailto:reception@cwgdogp.com.au)*