

Practice Nurse Networking Night

Wednesday 5 February 2025



Acknowledgement to Country



Gold Coast Primary Health Network would like to acknowledge and pay respect to the land and the traditional practices of the families of the Yugambeh Language Region of South East Queensland and their Elders past, present and emerging.

Housekeeping

- Please switch mobile phones to silent during presentations
- Rest Rooms
- Evacuation procedure



GCPHN Update

Kellie Trigger

Director Health Intelligence Planning and Engagement

PRIMARY HEALTH CARE NURSES *day*

Wednesday, 5 February 2025



Practice Nurses in the Gold Coast Region

- Approximate number of general practice nursing staff: 463
- Percentage of general practice workforce: 28.0%
- Average nurses per practice: 2.2
- Gold Coast Hinterland SA3 has the highest number of nurses per practice at 3.7
- Gold Coast Hinterland and Southport had the highest number of nurses per capita (1.1 per 1,000 population).
- Ormeau-Oxenford SA3 has the highest number of nurses at 107 across 41 practices

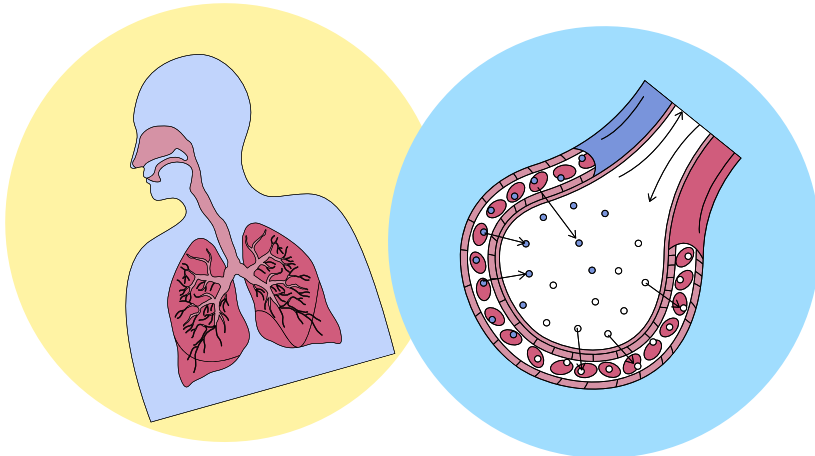
Source, GCPHN Client Relationship management system, numbers as at 12 September 2024

New National Lung Cancer Screening Program - launching in July 2025

The new NLCSP is a screening program using low dose computed tomography scans to look for lung cancer in high-risk people without any symptoms.

It aims to find lung cancer early and reduce deaths from lung cancer. Screening services will begin for eligible people from July 2025.

More information [National Lung Cancer Screening Program | Australian Government Department of Health and Aged Care](#)

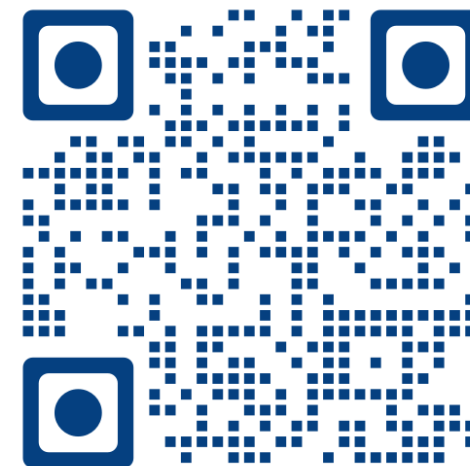


Please ensure you are signed up to PM email network and GP & Practice News, so you don't miss out on these opportunities or further updates.

Event – Motivational Interviewing Workshop

Tuesday 11 March 2025

- Gold Coast Primary Health Network (GCPHN) in partnership with Benchmark Group are offering a fully funded one day practical face-to-face workshop on Motivational Interviewing.
- Motivational Interviewing is an evidence-based patient-centred approach of discussing health issues with patients that helps increase their motivation to change. It uses basic communication skills of reflection, active listening and open-ended questioning to guide the patient towards healthier outcomes. This approach is well suited to primary care where negative health-related behaviours are commonly encountered.
- To register your interest in this workshop it is essential that you are:
 - A primary care nurse or GP currently working in a general practice on the Gold Coast
 - Able to complete a 90-minute eLearning module to establish the framework and explore practitioner self-care.
 - Available to attend a one-day practical face to face workshop designed to experiment and build the underpinning skills that enable motivational interviewing to be effective



TO REGISTER SCAN THE QR CODE

Scan to provide us with valuable insight into general practices' needs, help us better understand your current challenges and how GCPHN Engagement Officers can best support practices in 2025.



NDSS

National Diabetes Services Scheme

An Australian Government Initiative

The National Diabetes Services Scheme

NDSS Helpline 1800 637 700
ndss.com.au



The NDSS is administered by Diabetes Australia

Diabetes Australia acknowledges Aboriginal and Torres Strait Islander peoples as the Traditional Owners and Custodians of this Country.

We recognise their connection to land, waters, winds and culture.

We pay the upmost respect to them, their cultures and to their Elders, past and present. We extend that respect to the Aboriginal and Torres Strait Islander people here today.

We recognise that Australia is made up of hundreds of different Aboriginal and Torres Strait Islander groups, each with their own histories, culture, language and belief systems. Their relationship with country remains of utmost importance as it is the foundation for culture, family and kinships, song lines and languages.

Diabetes Australia is committed to improving health outcomes for all Aboriginal and Torres Strait Islander people affected by diabetes and those at risk.

Artwork by: Keisha Leon

What I will be covering today:

- NDSS Registration
- NDSS Events Portal
- New in-person and online programs
- NDSS Product Update
- NDSS website
- What's available for health professionals(HPs)
- Questions.




National Diabetes Services Scheme or NDSS

The National Diabetes Services Scheme is an initiative of the Australian Government and is administered by Diabetes Australia.

The NDSS provides information, programs, support services and subsidised products to support people living with diabetes.





**For people living with
diabetes**

The steps to NDSS registration

Step 1

The person is registered using:

- the **NDSS HP PORTAL** *or*
- completing an **NDSS registration form**, sent to **info@ndss.com.au**

Step 2

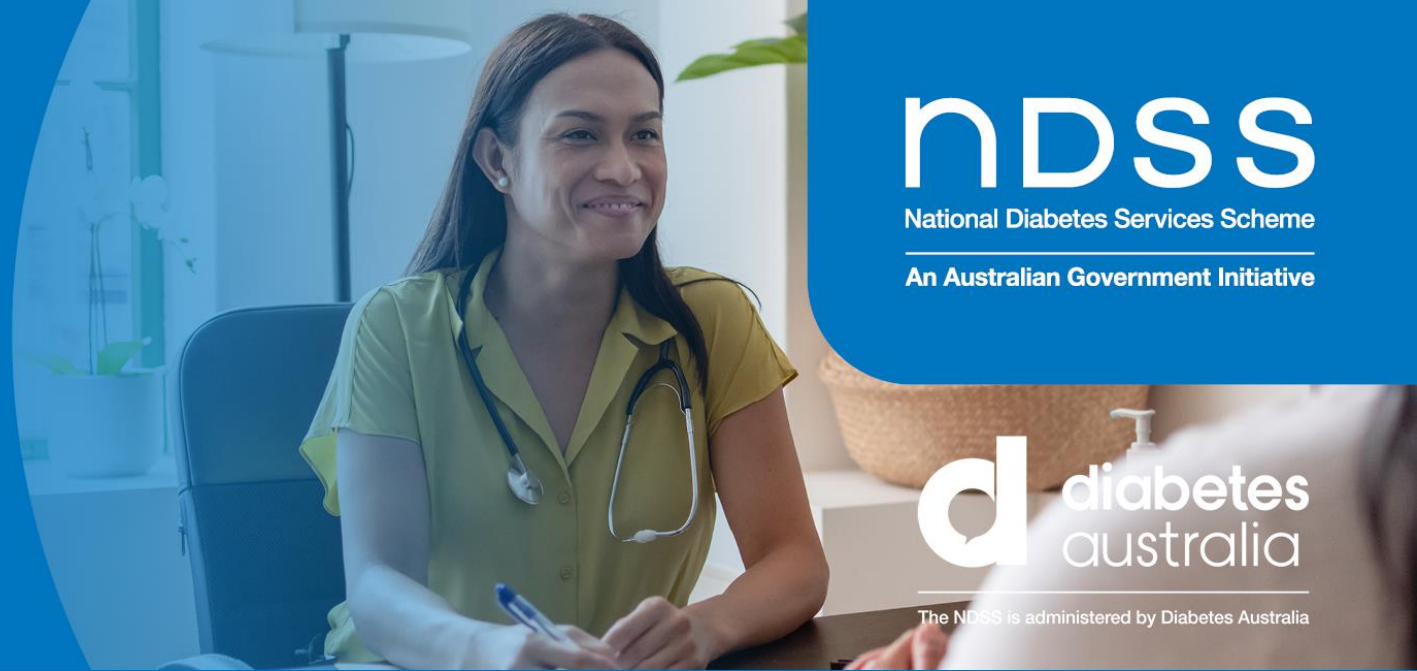
- Registration is usually immediate (portal)
- **Paper form:** the NDSS number is sent by email/SMS within 48 hours once the form is processed.

Step 3

- The person will receive their registration number by SMS or email
- Plus an information “Starter Pack” – type 1 diabetes, type 2 and gestational diabetes will be sent.



The best support for managing diabetes



NDSS

National Diabetes Services Scheme

An Australian Government Initiative

d diabetes
australia

The NDSS is administered by Diabetes Australia

If a person lives with diabetes, ask the question?

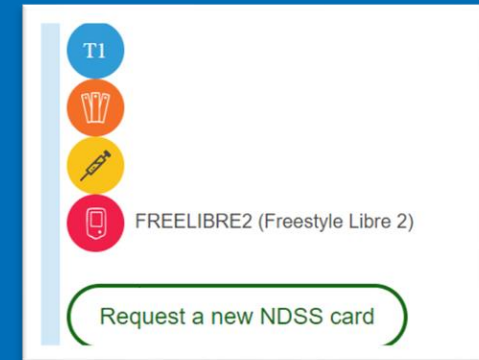
Are you registered with the NDSS? If not,
recommend they speak to their GP,
Practice Nurse, CDE or Aboriginal Health
Practitioner

NDSS health professional portal

- search for existing NDSS registrations using the person's name and Medicare number
- streamlined registration process without a paper form
- NDSS registration number available straightaway
- update the person's contact details.

Have you signed up yet?

You will need your AHPRA number to start. Or your CDE or provider number depending on your qualification.



Welcome

The Health Professional Portal enables health professionals to register eligible patients for the National Diabetes Services Scheme (NDSS) and to certify their access to NDSS products and services.

In progress

0

In progress (older than 80 days)

0

Under review

0

Register

Register a person with diabetes with the NDSS.

Update

Update an existing NDSS registrant's details or product access.

Manage

View your submitted NDSS forms or continue with a saved form.

My details

View or update your portal profile details.

Step 2: Select a form

Once you have selected an option under Step 1 above, click on the tile below to select the form required.

Registration

BGMS six month access

Syringe or pen needle access

Insulin pump consumable access

CGM/Flash GM - Type 1 access (not pregnancy related)

CGM/Flash GM - Type 1 Pregnancy related

CGM/Flash GM - Other conditions Under 21 access

CGM/Flash GM - Change of device

Update contact and concession details

Update insulin pump brand/model

Centralised booking system for NDSS in-person and online support programs.

Can be filtered by:

- type of diabetes
- topics of interest
- mode of delivery or
- location
- webinars for HPs.

Booking can still be made by contacting the **NDSS Helpline** on **1800 637 700**



Diabetes Events Portal



Free diabetes self-management education and support programs. Including short webinars, workshops, and comprehensive education programs.

- Diabetes management
- Physical activity
- Food & nutrition
- Devices & technology
- Emotional health



SCAN THE QR CODE FOR MORE INFORMATION



Diabetes Online Programs



Free online diabetes education programs making diabetes education accessible from anywhere at anytime.

- Type 2 diabetes & me
- Carb counting
- Ready set go, lets move
- MyDESMOND
- Baby Steps



SCAN THE
QR CODE FOR
MORE INFORMATION

Online programs for access anytime

- **Type 2 and Me:** 10 topics for people to choose from to help to start self-managing their diabetes
- **Carb Counting:** learn how to count carbs in the food they eat.
- **Ready set go, let's move:** learn the benefits of exercise, create their own plan and find the support they need to help them
- **My Desmond:** is an adapted online version for people living with type 2 diabetes.
- **Baby Steps:** a self-management program for women previously diagnosed with gestational diabetes
- More coming soon.



Diabetes Fact Sheets

Free diabetes fact sheets covering all topics of diabetes including, understanding diabetes, managing diabetes, health management, lifestyle and healthy eating and emotional health.



**SCAN THE
QR CODE FOR
MORE INFORMATION**

Information and resources

Information to help people self-manage their diabetes.

Includes:

- translated information
- fact sheets
- quick guides
- videos
- booklets
- podcasts.

Can be downloaded or listened to.

In-person and online programs

- Carb Smart
- Foot Smart
- Med Smart
- Shop Smart
- Living with Insulin
- Ready Set Go, Lets Move
- OzDafne
- Beat It
- Desmond
- Living Well: 1 day Expos (type 1)
- Living Well: 1 day Expos (type 2).

Increased reach:
nationally available
including outside
business hours.
No geographical
boundaries!



Subsidised products



Subsidised and fully subsidised products include:

- blood glucose monitoring strips
- urine monitoring strips
- insulin pump consumables*
- continuous and flash glucose monitoring products*
- insulin syringes and pen needles.**

* for eligible and approved people with type 1 diabetes and 'other' eligible conditions aged <21 and on insulin

** Insulin syringes and pen needle access form needs to be completed for people with type 2 diabetes and gestational diabetes starting insulin

My NDSS

- New resource for people living with diabetes
- Recommend to the people you see with diabetes
- Easy to create an account just visit the NDSS website.



My NDSS Portal



Easily view your product purchase history and eligibility, and access your digital NDSS registration card



Access all of your NDSS information in one place, contact us for help and update your personal details instantly



Quickly book into our free support programs and events.

Create an Account Today!



Peer support

Peer support can take many forms, for example:

- **In-person** peer support – options to join a group or start one
- **online** peer support including ‘share my story’
- **connect** with other people at NDSS events and programs
- **sharing** on social media.

Hang this poster in your workplace (a link will be provided).



Peer Support website

Learn. Connect. Share.

The Adult Peer Support website provides a space where people living with diabetes can:

- 1 Learn from others' lived experiences
- 2 Connect with peers
- 3 Share their own diabetes journey

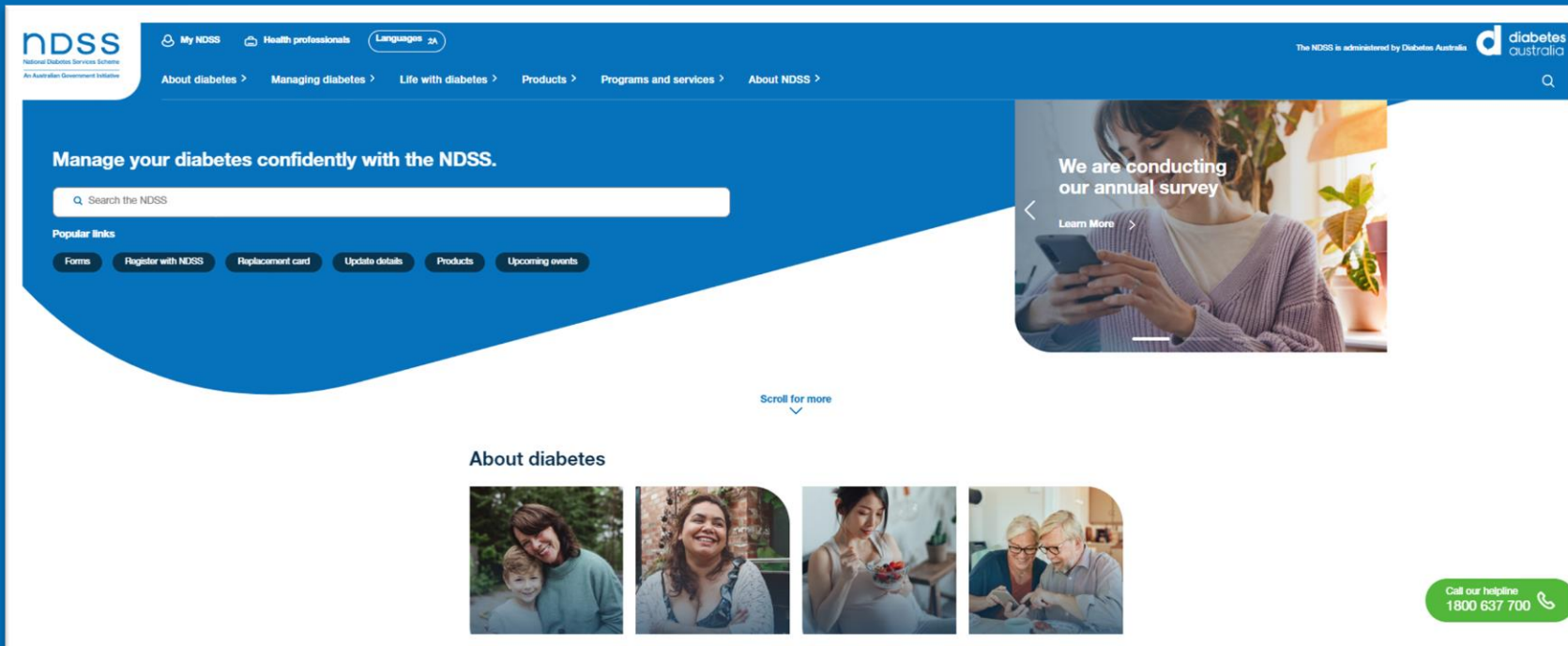


NDSS Helpline 1800 637 700
peersupport.ndss.com.au

   @TheNDSS @NDSS_AU @NDSS_AU

 **diabetes australia**
The NDSS is administered by Diabetes Australia

NDSS websites



The screenshot shows the NDSS website homepage. At the top, there's a navigation bar with the NDSS logo, links for 'My NDSS', 'Health professionals', and a 'Languages' dropdown. Below this is a main banner with the text 'Manage your diabetes confidently with the NDSS.' and a search bar. To the right of the banner, there's a section titled 'We are conducting our annual survey' with a 'Learn More' link. Below the banner, there's a 'Popular links' section with buttons for 'Forms', 'Register with NDSS', 'Replacement card', 'Update details', 'Products', and 'Upcoming events'. At the bottom, there's a section titled 'About diabetes' with four small images of people. A green button in the bottom right corner says 'Call our helpline 1800 637 700'.

NDSS
National Diabetes Services Scheme
An Australian Government Initiative

My NDSS Health professionals Languages

About diabetes > Managing diabetes > Life with diabetes > Products > Programs and services > About NDSS >

The NDSS is administered by Diabetes Australia

diabetes australia

Manage your diabetes confidently with the NDSS.

Search the NDSS

Popular links

Forms Register with NDSS Replacement card Update details Products Upcoming events

We are conducting our annual survey

Learn More

About diabetes

Call our helpline
1800 637 700



This advertisement features the NDSS and FootForward for diabetes logos at the top. The main image shows a person's legs with a smartphone held up, displaying a quiz titled 'How healthy are your feet? Take the foot health quiz'. The text 'Learn the early signs of foot problems and how to look after your feet' is overlaid on the image. At the bottom, there's a call to action: 'For more information visit www.footforward.org.au', along with logos for the Australian Diabetes Society (ADS) and Diabetes Australia.

NDSS
National Diabetes Services Scheme
An Australian Government Initiative

FootForward
for diabetes

Learn the early signs of foot problems and how to look after your feet

How healthy are your feet? Take the foot health quiz

For more information visit
www.footforward.org.au

ads
Australian Diabetes Society

diabetes australia
The NDSS is administered by Diabetes Australia



This advertisement features the KeepSight with diabetes logo at the top right. The main image shows a woman hugging a young boy. The text 'ALMOST ALL VISION LOSS FROM DIABETES IS PREVENTABLE THROUGH REGULAR EYE CHECKS' is at the top. Below the image, there's a paragraph about the importance of routine eye checks and a call to action: 'www.keepersight.org.au'. At the bottom, there's contact information: 'For more information contact: 1800 533 774 | support@keepersight.org.au', along with logos for KeepSight with diabetes, Diabetes Australia, and Vision 2020 Australia.

ALMOST ALL VISION LOSS FROM DIABETES IS PREVENTABLE THROUGH REGULAR EYE CHECKS

KeepSight
with diabetes

Routine eye checks are more important than ever for people with diabetes. KeepSight reminds people with diabetes when it's time for their next diabetes eye examination. More than 65,000 people with diabetes are already enrolled. Help people with diabetes to beat blindness. Register as a KeepSight provider now at: www.keepersight.org.au

For more information contact:
1800 533 774 | support@keepersight.org.au

KeepSight
with diabetes

diabetes australia

VISION 2020
THE ROAD TO 2020
AUSTRALIA



For health professionals

Health workforce education

What's available?

- Virtually delivered topical webinars – various topics
- Self-paced education programs:
 - Health workforce education program designed to upskill the generalist health workforce about how the NDSS supports people living with diabetes and the role of diabetes specialist health professionals
 - Aboriginal and Torres Strait Islander health—diabetes e-Learning modules
 - Pre-pregnancy planning and care for women with diabetes – online modules with CDP.

Visit the HP webpage for more information.



Health workforce education program

NDSS
National Diabetes Services Scheme
An Australian Government Initiative

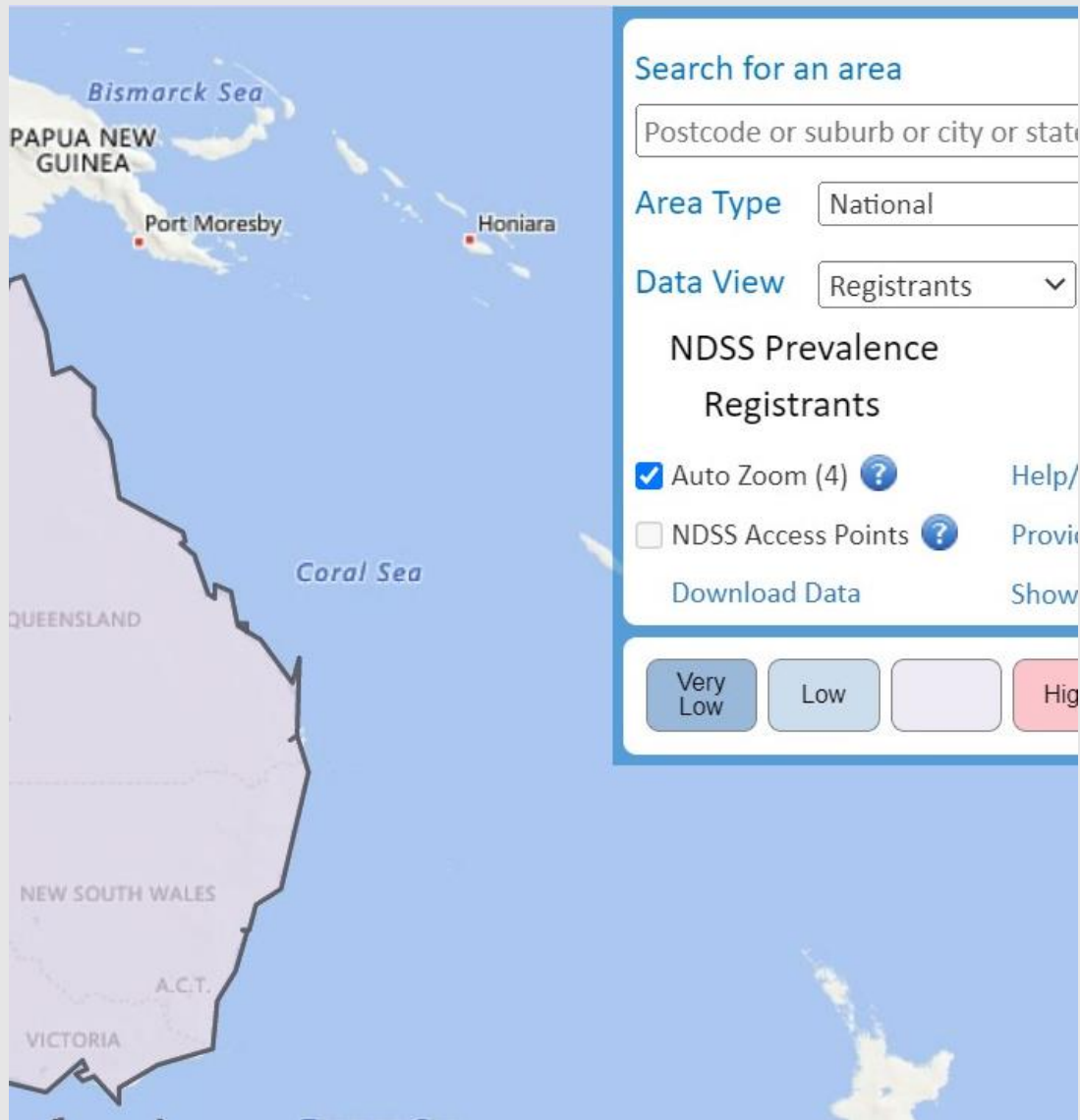


10 minute-modules to help you answer questions about diabetes.

- Talking about diabetes
- Aboriginal and Torres Strait Islander health—diabetes e-Learning
- Diabetes and foot health
- Diabetes and intellectual disability
- Health workforce education modules
- National Diabetes Nursing Education Framework
- Natural disaster and emergencies
- Pre-pregnancy planning and care for women with diabetes
- Person-centred care project



SCAN THE QR CODE FOR MORE INFORMATION



Related resources

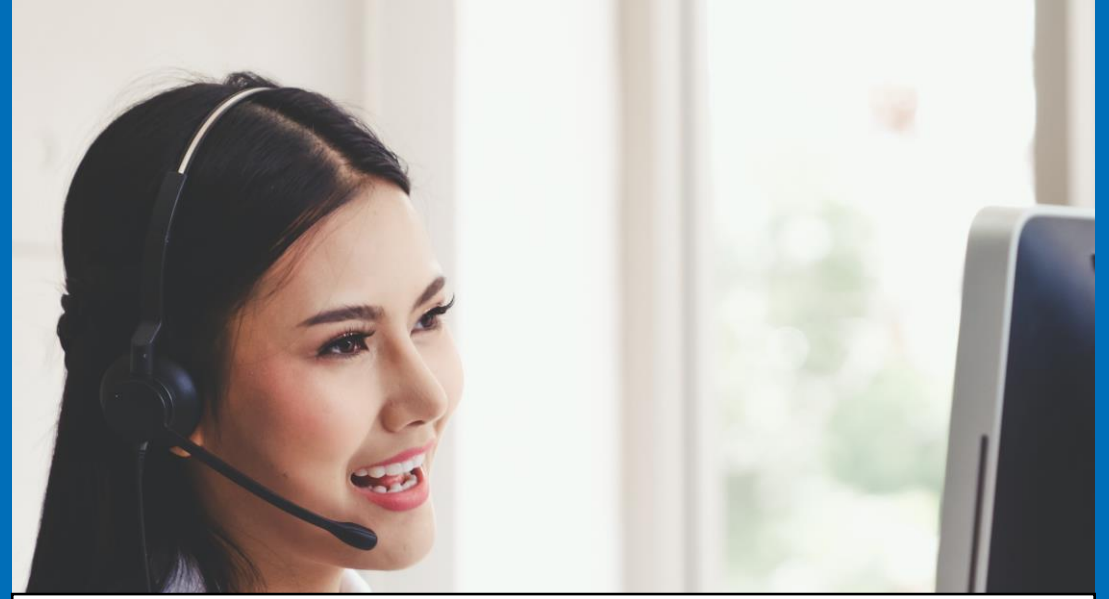
- Diabetes map
- Quarterly facts and figures
- Find a services – healthdirect
- NDSS Forms
- Online learning:
 - Aboriginal and Torres Strait Islander e-Learning modules
 - Diabetes and Intellectual Disabilities modules and resources
 - Natural Disasters and Emergencies module
 - National Nursing Education Framework/modules
 - Pre-pregnancy planning and care modules.

Your local contact for NDSS



NDSS information and support

Contact your state or territory diabetes organisation



NDSS Helpline 1800 637 700

- Hours M-F 8:30 am to 8:00 pm, Saturday 9:00am to 2:00 pm
- Support for health professionals as well

Question and answer time



NDSS

National Diabetes Services Scheme

An Australian Government Initiative

Thank you.



@TheNDSS



@NDSS_AUS



ndss.com.au



NDSS Helpline 1800 637 700



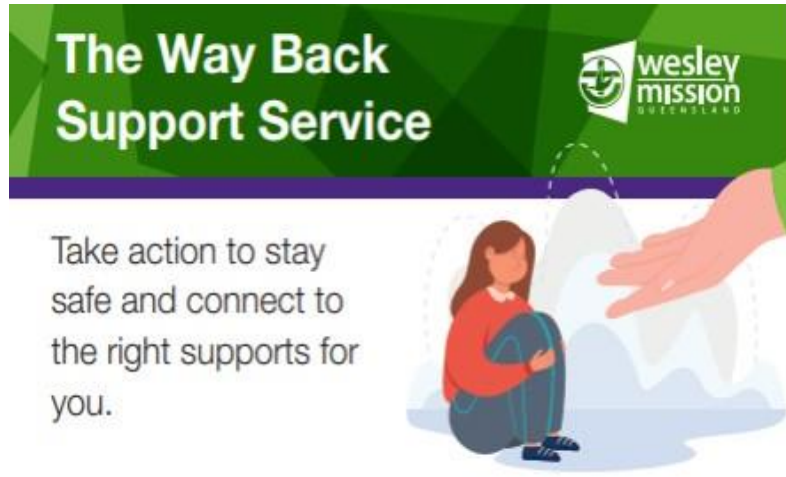
The NDSS is administered by Diabetes Australia

Wesley Mission Queensland

The Way Back Out of Hospital Pathway (OOH)



Wesley Mission Queensland respectfully acknowledge the Traditional Custodians of the lands on which we work and live. We acknowledge Elders both past and present, whose ongoing efforts to protect and promote Aboriginal and Torres Strait Islander cultures will leave a lasting legacy for future Elders and leaders.

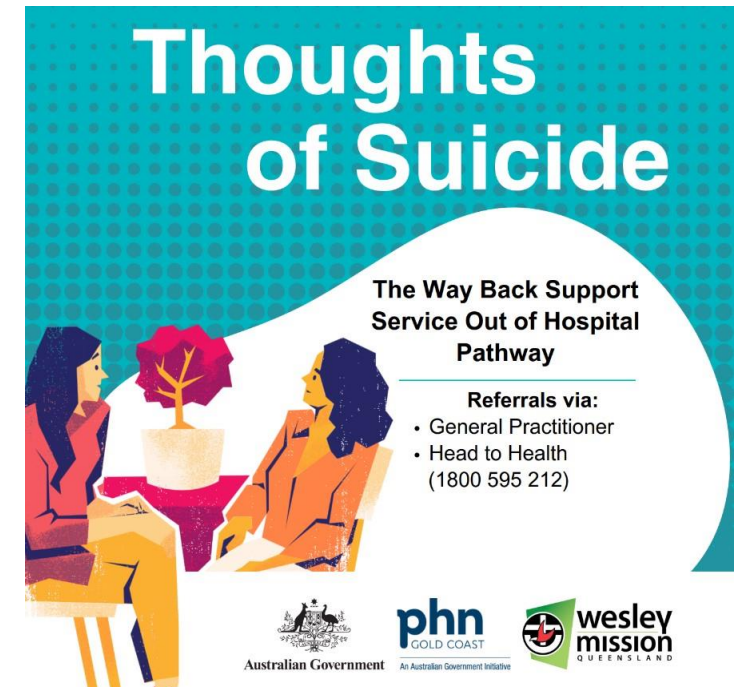


The Way Back Support Service

- Commenced in July 2020
- Non-clinical aftercare service
- Provides practical, psycho-social support for up to three months to people experiencing a suicidal crisis or who have attempted suicide, following a hospital presentation
- Trauma-informed
- Proactive outreach to connect people to existing clinical and community-based support
- Builds capacity of individuals to self-manage distress and improve mental wellbeing

The Way Back Support Service Out of Hospital Pathway (OOH)

- GCPHN one of two successful applicants for the OOH Trial.
- Trial to expand referral pathways into aftercare services for people who have experienced a suicidal crisis **but have not presented to a Hospital & Health Service.**
- Point of difference is the referral pathway via clinical referral from a non-hospital setting.



Eligibility:

People residing in Gold Coast aged **16 years** and older who are experiencing suicidal thoughts and have presented to:

Phase One:

General Practice, Head to Health phone line, Supporting Minds Clinicians or Aboriginal Medical Service.

Phase Two:

Headspace Clinicians and School-based Clinicians
Virtual Psychologist Program
AOD Services

Suicidal Ideation



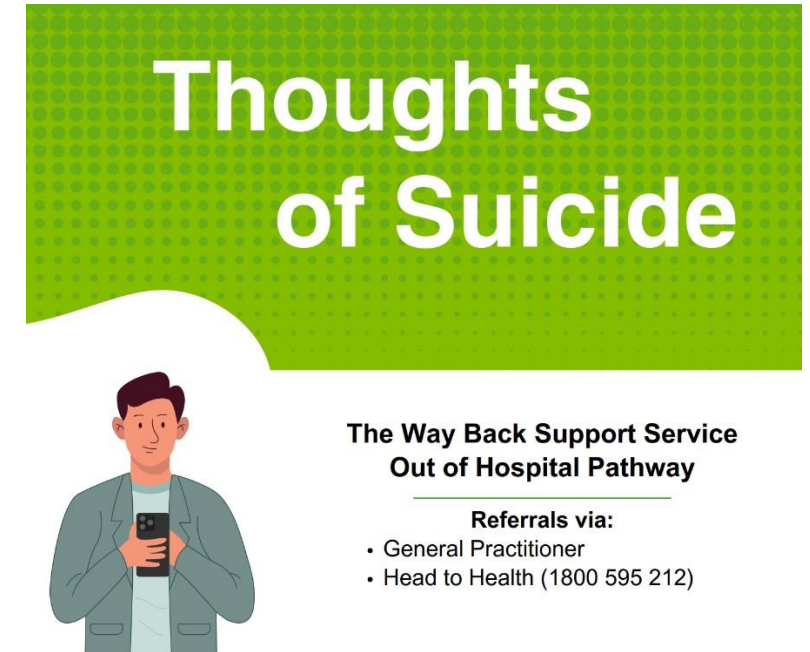
**The Way Back Support
Service Out of Hospital
Pathway**

Referrals via:

- General Practitioner
- Kalwun
- Head to Health
(1800 595 212)

Ways we help:

- Providing encouragement and personalised support for up to three months.
- Supports people to stay safe, keep connected with others, and access health and community services as part of their recovery.
- Developing suicide safety plans and support plans with the client.
- Facilitating access to a range of community services (such as housing, income support, family support, education and employment), with the aim of addressing some of the issues that may be leading to distress.
- Supporting attendance at relevant appointments.
- Supporting clients to connect with formal and informal support networks.
- Access to peer workers and peer groups.



Lived Experience

Two (1.2 FTE) Peer Support Facilitators

- Provide individual peer support
- Facilitate group programs for participants
- Consult with the team and share LE perspective
- Supported with LE Supervision and Peer network

Peer Groups planned for 2025

1. Skills for Life
2. Art for Wellbeing
3. Grief Loss and Change
4. Men's Group



Themes & Observations

- Financial distress & cost of living pressure
- Domestic & Family Violence
- ADHD & barriers to accessing psychiatric care and medication
- Isolation/lack of meaningful friendships/no sense of community
- Homelessness/risk of homelessness
- Substance misuse
- Lack of purpose
- Phone addiction
- Low mental health literacy

Good News Stories

***Ali** is from a CALD background and was experiencing isolation, loneliness and risk of homelessness after a relationship break-down. Her OOH SF supported her to find a share house and link with a job provider through which she found two part-time jobs to sustain a new rental. Ali was also linked with an immigration lawyer who has assisted with her immigration application to the Dept of Home Affairs.

Ali's K10 score was 41 at intake and dropped to 23 at her final support session. Ali was surprised and excited about the improvement in her mental health and wellbeing. She reports that she has started to make new friends at work and she is now feeling hopeful for her future.

Good News Stories

***Karen** has chronic pain, severe anxiety and depression and expressed losing all hope that her life would ever get better. She had been bed-bound for 6 months, unable to work, take her son to school or walk her dog. Her OOH SF worked together with Karen to establish tangible SMART goals, like taking her son to the park after school, and taking her dog for a short walk daily. With encouragement and support, Karen has begun getting out in nature with her dog for the first time in 6 months. She has now stated that she is ready to take back her control and not let her illness impact her life any further. She shared that the weekly support from the OOH SF has empowered her to find the strength to overcome her circumstances.

***Lana** was struggling after leaving a DV situation and didn't know how to get help for her and her two daughters. She was referred into OOH by her Supporting Minds clinician. Her OOH SF was able to support her to apply for and receive the Escaping Violence payment and access psychiatry for her youngest daughter. She was referred into the Griffith Family Interaction program for further parenting help and education. In collaboration with Supporting Minds, her OOH SF has been supporting Lana through a self esteem program which has allowed Lana to see her worth to herself, her daughters and to the world.

Referral Process:

- Letters-of-referrals via fax (07) 3539 6444
- Letter-of-referrals via Medical Objects: MS42140001L
- Head to Health Phone Line 1800 595 212



Primary Health Network- Practice Nurse Networking

Griffith Health Clinic's Director, Ms Amanda McGuckin



Queensland Australia

Make it matter

ACKNOWLEDGEMENT OF COUNTRY

Griffith University acknowledges the people who are the Traditional Custodians of the land. We pay respect to the Elders, past and present, and extend that respect to all Aboriginal and Torres Strait Islander peoples.



Griffith Health Clinics



The Gold Coast is growing rapidly, and the Griffith Health Clinics are here to support a healthier future for everyone.

Students in their final years of their studies are delivering health care services to our communities under the supervision of our leading academics and highly experienced practitioners.

From Dentistry, Midwifery, Allied Health and Psychology, the clinics deliver better access to affordable healthcare and a valuable opportunity for students to gain clinical experience in their chosen career.

The Griffith health Clinic's experienced practitioners work alongside accomplished students to deliver a range of quality healthcare services to the public.

<https://www.griffith.edu.au/griffith-health/clinics>

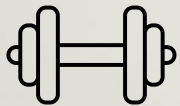
Our Offering



Dentistry- including pediatrics



Dietetics



Exercise Physiology



Gut Health



Physiotherapy



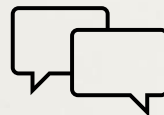
Psychology



Include-ED



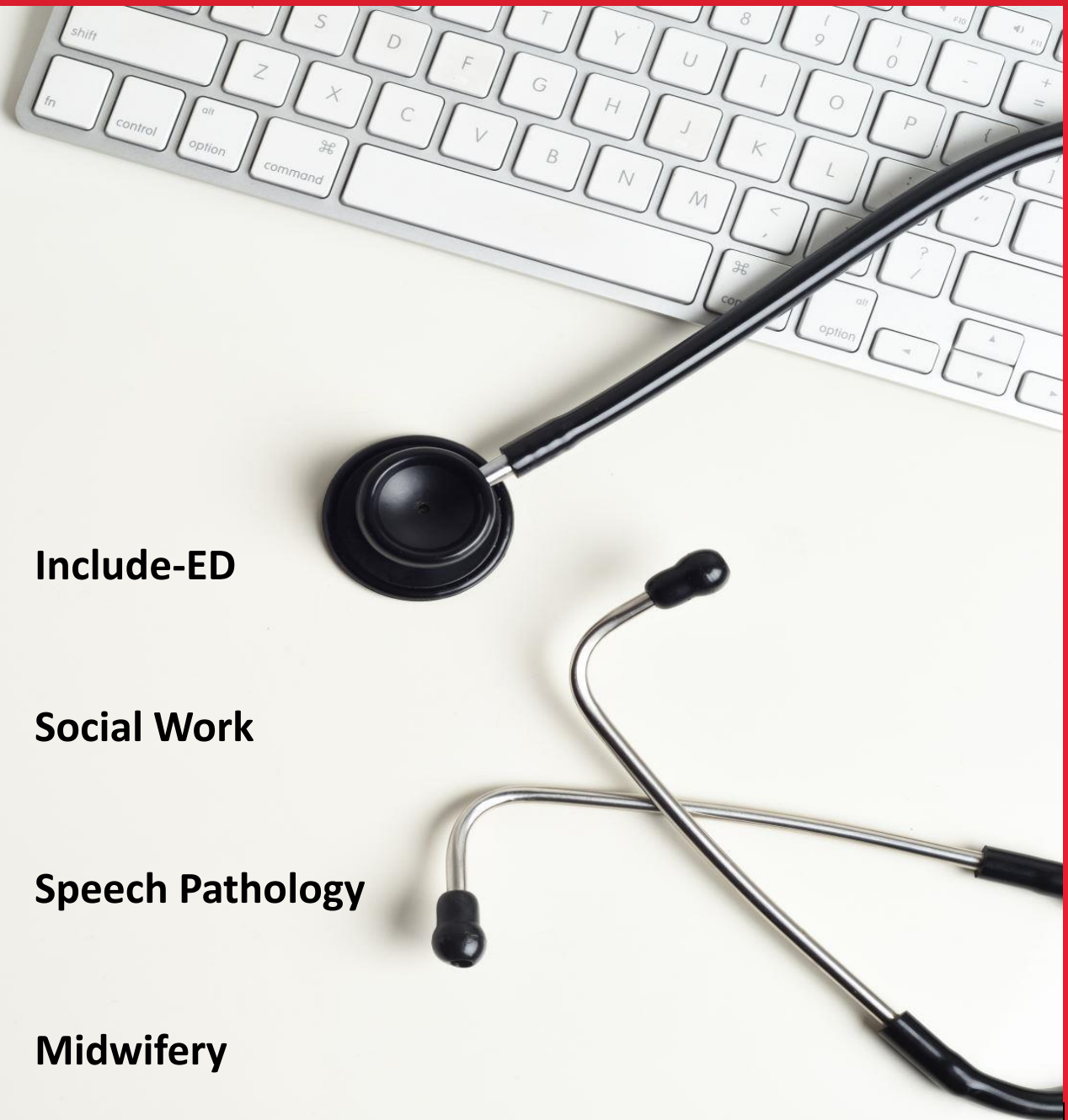
Social Work



Speech Pathology



Midwifery



Dental Clinic

Gold Coast, Warwick and Kingaroy

Griffith's Dental Clinic offers a wide range of general and specialist dental services offering great continuity of care for the most complex patients.

We additionally have an agreement with QLD Health where we service around 150,000 occasions of service to the Gold Coast for a bulk billed rate.

Services:

- General Dentistry
- Preventative Dentistry
- Mouthguards
- Cosmetic dentistry (including teeth whitening)
- Endodontics
- Periodontics
- Implantology
- Orthodontics
- Prosthetics
- Oral surgery

<https://www.griffith.edu.au/griffith-health/clinics/dental-clinic>



Dental Clinic: Key statistics

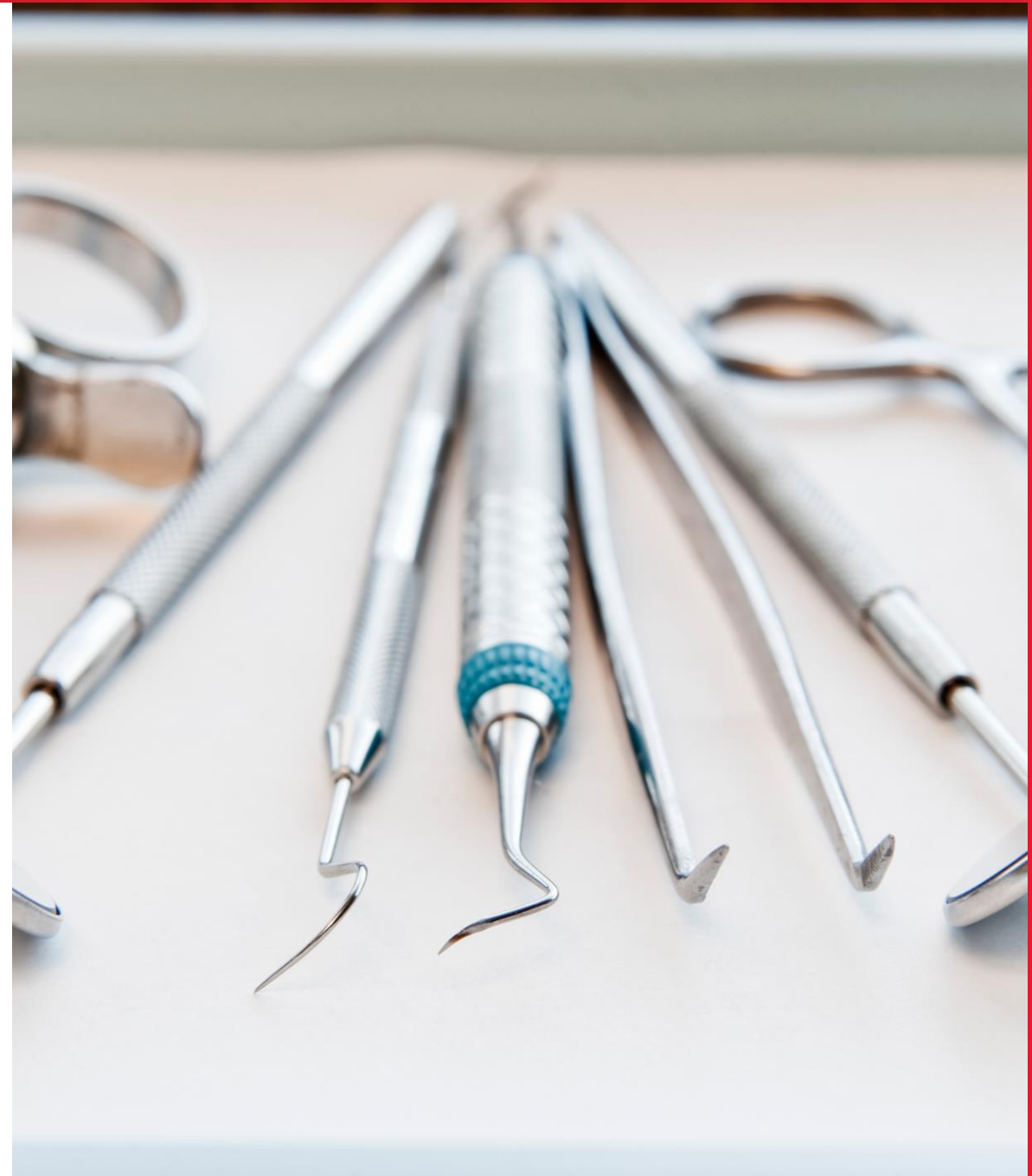
Gold Coast, Warwick and Kingaroy

In 2024, the Griffith Dental Clinic in conjunction with Queensland Health provided more than:

- ✓ 12,000 fillings
- ✓ 4,000 dentures
- ✓ 20,000 dental x-rays
- ✓ Supported more than 350 dental students
- ✓ Sterilized over 208,000 instruments

The Student Clinic is open from 8:00 am to 5:00 pm Monday - Friday and appointments are also available with our fully qualified general and specialist dentists.

<https://www.griffith.edu.au/griffith-health/clinics/dental-clinic>



Allied Health Clinic

Gold Coast

Care is delivered by students under the guidance of experienced supervisors, or they can also be seen in private clinics.

Services:

- Physiotherapy
- Nutrition and Dietetics
- Social Work
- Speech Pathology
- Exercise Physiology
- Midwifery
- Include-ED

Pricing:

Student-led clinic fees:

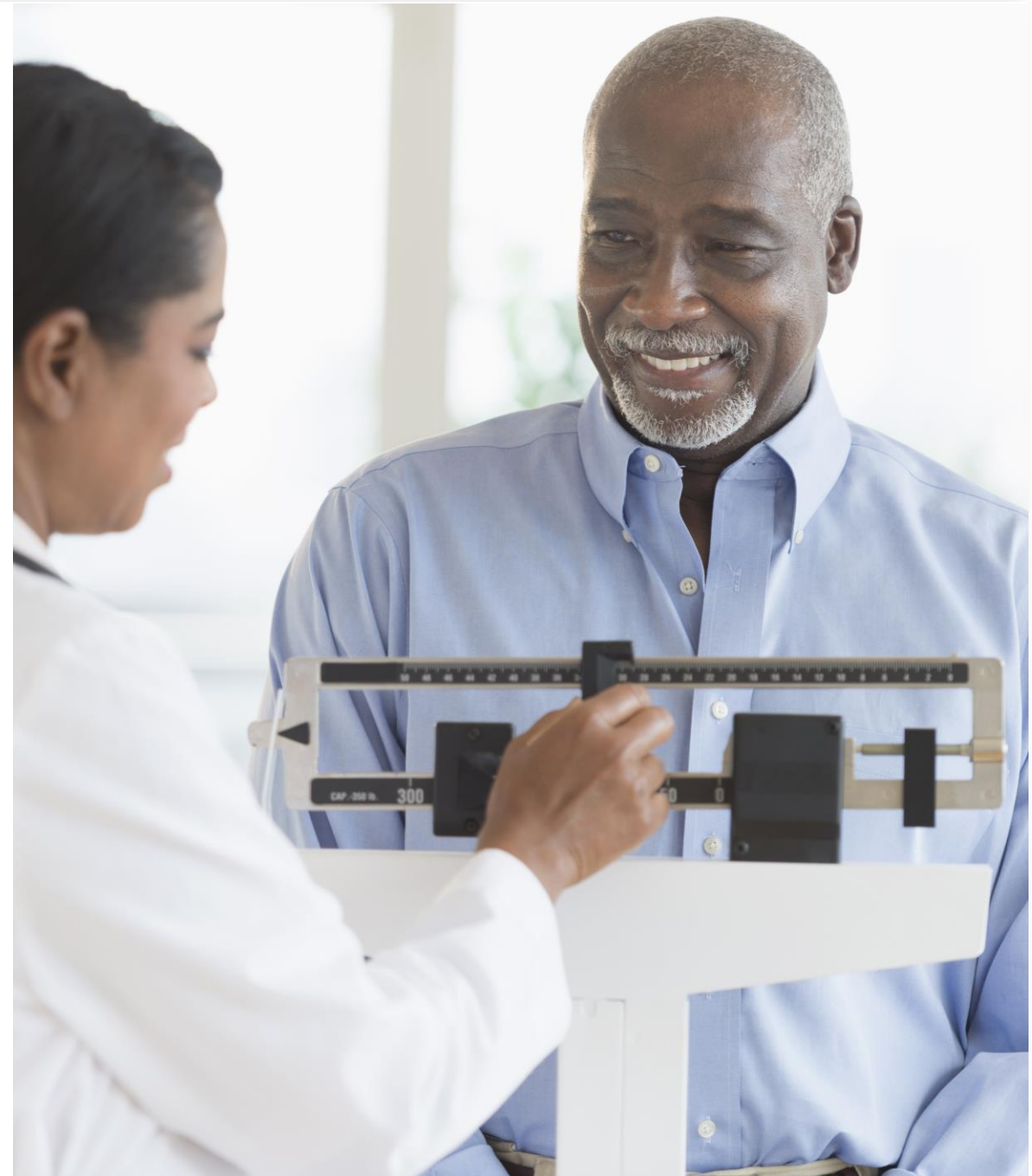
- \$30 for appointments
- \$10 for exercise classes
- No fee for social work services

Professional clinic fees

- Ranging from \$80 to \$170, based on the type of service.

These fees are approximately 80% of the typical rates charged by similar clinics in the local community.

<https://www.griffith.edu.au/study/health/allied-health?location=dom>



Psychology Clinic

Gold Coast and Brisbane

The Psychology Clinic provides accessible, high-quality mental health services to the community, offering support for a wide range of psychological concerns.

From anxiety and depression to stress management and relationship issues, the clinic offers professional therapeutic care in a supportive environment.

Led by experienced supervisors and supervised students, the clinic provides evidence-based treatments while giving students valuable hands-on experience.

Pricing:

- \$30 per Therapy session
- \$400 for Cognitive assessment (This fee covers the intake session, WISC/WAIS, other necessary measures, feedback session, and a full report. The fee remains consistent.)
- \$260 for Group program (The group programs vary from 6 to 10 weeks in length, with sessions lasting either 1.5 or 2 hours. Despite these variations, the price is the same for all programs.)

<https://www.griffith.edu.au/study/health/psychology?location=dom>



2024 Student Hours & Occasions of Service

A Reflection of Our Students' Contributions Across Clinics

Clinic	Student Hours	Occasions of Service
Dental	188,154	152,634
Exercise Science & Physiology	3,745	3,851
Physio	8,930	2,195
Midwifery	161	103
Social Work	7,000	474
Speech	2,240	513
Psychology	29,044	4,195
Total	239,274	163,965



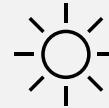
**Levels 3 and 4, Griffith Health Centre (G40)
Griffith University Gold Coast Campus**



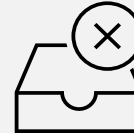
PH: 1800 188 295

Online: <https://www.griffith.edu.au/griffith-health/clinics/enquiry-form>

**Monday to Friday
9am to 5pm**



No referral required



Open to the Public





Thank You



Queensland Australia

Make it matter



Breast screening & BreastScreen Queensland



BreastScreen Queensland Gold Coast Service
February 2025



Queensland
Government

Acknowledgement

We would like to acknowledge the Traditional Custodians of the lands in which we work, live and grow - the peoples of the Yugambeh Language speaking nation.

We also pay our respects to Elders past, present and emerging.



A Woman's Dreaming
Artwork by Sharon McAvoy

Introduction

- Breast cancer prevalence
- Breast cancer risk factors
- Breast cancer detection
- Screening
- Assessment
- What you can do

Breast Cancer: Prevalence

Most common cancer
in Australian women
(aside from non-
melanoma skin cancer)

2nd leading cause of
cancer-related death in
women

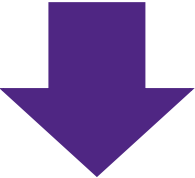
1 in 7 Australian
women (& 1 in
638 men) will be
diagnosed in their
lifetime*

Breast Cancer: Prevention


We do not know what causes breast cancer & we cannot prevent it

Family history is important, but 95 out of 100 women diagnosed have no family history

Biggest risk factors are being female & getting older



For every 100 people diagnosed with breast cancer

-  5 people will be aged under 40
-  15 people will be aged 40 to 49
-  80 people will be aged 50 or over



- ❖ 80% OF BREAST CANCERS OCCUR IN WOMEN 50+
- ❖ AVERAGE AGE AT DIAGNOSIS IS 60

Breast Cancer: Risk Factors

Several risk factors *can* increase a person's chance of developing breast cancer including:

- Family history/Genetic
- Medical history
- Reproductive
- Lifestyle
- Medications
- Environmental

For more information visit:

- breastscreen.qld.gov.au/should-i-screen/am-i-at-risk-of-breast-cancer
- breastcancerriskfactors.gov.au

Breast Cancer Detection: Screening

BreastScreen Australia
(2020)*

46% OF BREAST CANCER CASES
IN WOMEN AGED **50–74** WERE
DETECTED THROUGH
SCREENING

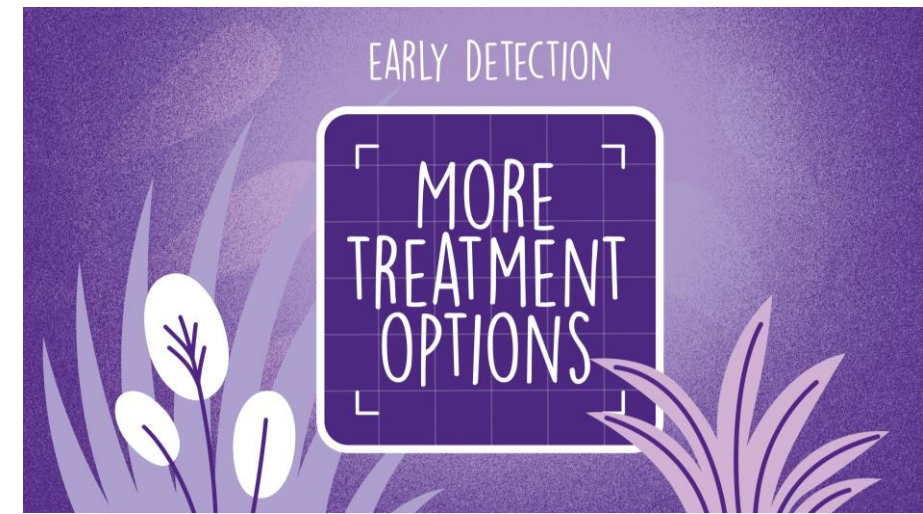
BreastScreen
Queensland:
(2023)**

29
breast cancers
diagnosed
every week

Screening

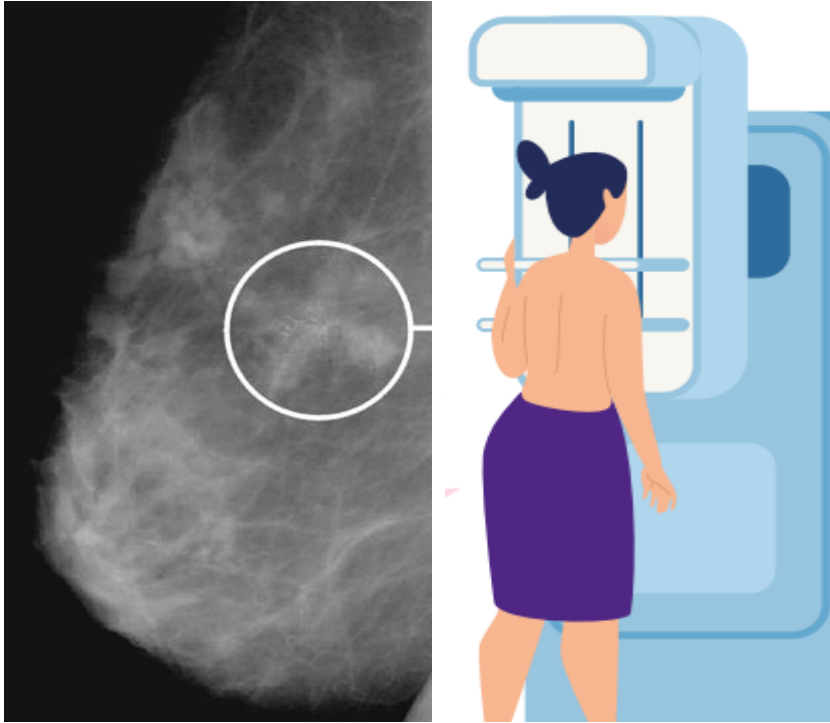
Why is early detection important?

- Finding breast cancer early gives individuals the best chance of successful treatment & recovery
- Having a regular screening mammogram (breast screen) can find breast cancer in its very early stages, when it's easier to treat
- A breast screen won't stop individuals getting breast cancer, but finding it early means:
 - ✓ More treatment options
 - ✓ More conservative surgery
 - ✓ Less chance of cancer having spread
 - ✓ Improved quality of life



Screening

What is it?



- High quality, nationally accredited breast screening program
- All BreastScreen services are required to meet strict standards
- Organised program with systematic data collection
- Emphasis is on population benefit
- Most clients recommended screening biennially
- Some invited for annual screening
- **Two 2-D X-rays**
- Aims to detect unsuspected (mostly impalpable) lesions
- Best way to find early breast cancer, before it can be seen or felt, for women 50+
- Free at BreastScreen services
- Appointment takes less than 20 minutes
- Procedure only takes a few seconds & may feel uncomfortable

Screening

Who is it for?



- ✓ For asymptomatic 'well' women* with no breast cancer signs or symptoms
- ✓ Women aged over 40 however those aged 50-74 actively invited - evidence of screening benefit strongest for this group

Breast Implants: Yes. Appointment may take longer.

Breastfeeding: Yes. Feeding or expressing beforehand recommended to reduce density and improve comfort

History breast cancer: Yes. 5 years after diagnosis. Will remain under care of treating surgeon in interim



Who should NOT access
screening at this time



Pregnant women – risk of radiation to baby



Women presenting with any symptoms – these women **MUST** be referred for diagnostic imaging*



Women who have had mammographic imaging within last 12 months



Women under 40 (unless Dr referral to family history clinic if meet criteria)

Pre-menopausal breast

Post-menopausal breast

What about women under 40?

- Breast cancer is less common
- Mammograms are less effective
- Young women, & women with dense breasts, should talk with their GP
- BSQ sees some women under 40 at North Brisbane Family clinic via Dr referral



Queensland
Government

Screening: Where?

Over 230 locations



Gold Coast sites:

Permanent:

- Burleigh Waters
- Helensvale
- Robina
- Southport

Mobile:

- Beaudesert
- Eagleby
- Elanora
- Jimboomba
- Nerang
- North Tamborine
- Pimpama

The screening sites are all part of the Gold Coast Service & BSQ program



❖ [Find a location | BreastScreen Queensland](#)

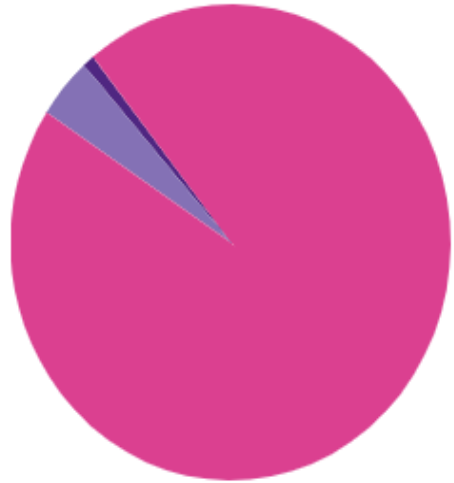
What happens next

- Each breast screen image is read by 2 or more trained specialist doctors
- 'Normal' results: Postal or electronic letter to client and their nominated GP within 2-4 weeks. *GP does not receive a detailed report or access to images*
- Most clients are advised there are no signs of breast cancer and invited to return to routine screening
- Women aged 74+ are not sent a reminder notice but can continue to screen if they wish. They can talk with their GP to help decide if screening is right for them
- 'Abnormal' results: Clients notified by phone by nursing team and invited for further assessment (usually within 28 days). GP will be notified of outcomes post-assessment
Around 1 out of 20 clients screened will be asked to return for further tests
- More common to receive recall to assessment if first screening mammogram



Recall for Assessment

For every 1000 people who have a breast screen



950 will have a normal result

50 will be asked to have follow-up tests

6 of those asked to have follow up tests will be diagnosed with breast cancer

- Most individuals asked to return for more tests will be told they do not have breast cancer
- In FY24, BSQ GC Service screened 34,508 clients – 5% were recalled for more tests
- On average, 4-5 breast cancers are diagnosed each week
- Clients diagnosed through BreastScreen will be informed face to face and referred privately or publicly (*occasionally clients request GP provide diagnosis. If this happens, we provide verbal handover and relevant written information to GP*)
- Our Nursing team follow their journey in the background
- Clients diagnosed may return to BSQ after 5 years post diagnosis (& treatment), if appropriate

Assessment Clinic

- Held at the **Southport site only**
- Free with valid Medicare card
- Specialist multidisciplinary team
- Last approximately 2-4 hours
- Mostly morning appointments

Tests may include:

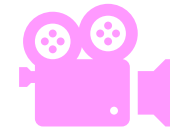
- Tomosynthesis (3D mammography)
- Targeted X-ray
- Ultrasound
- Biopsy (result appointment made for 7 days)

What happens at a BreastScreen Queensland Assessment Clinic

This video explains what happens when clients are asked to come back for more tests after their breast screen.

It covers things like:

- how to prepare for your appointment
- the kinds of tests you may have
- what happens after your appointment.

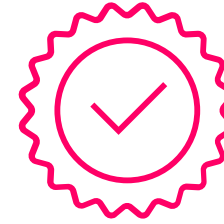


An online [video](#) shows what happens at follow-up BSQ Assessment clinics:

- available in several languages including Auslan
- link to video included in SMS confirmation of appointment sent to client

BSQ program benefits summary

- Free breast screens & follow-up tests
- Reminder notices sent when due
- **State-wide database** (not National)
- High quality
 - ✓ Mammography experts specialised in screening & assessment of asymptomatic women
 - ✓ X-rays independently viewed by at least 2 specially trained doctors
 - ✓ Friendly, highly trained professionals
- Accessible
 - ✓ Convenient locations across Qld
 - ✓ Can book online (breastscreen.qld.gov.au)
 - ✓ Can book by telephone 13 20 50 (or via TIS - 131450 for)
 - ✓ Group bookings can be arranged
 - ✓ Interpreter support available



What you can do

- ✓ Make every contact count
- ✓ Promote screening uptake
- ✓ Understand who is eligible
- ✓ Understand the Assessment process to support client queries
- ✓ Understand breast symptoms to refer to GP
- ✓ Help clients prepare for their visit
- ✓ Promote breast awareness
- ✓ Promote health choices to reduce risk
- ✓ Display and share BreastScreen materials
- ✓ Share information amongst your team
- ✓ Get in touch if you have any questions



Help boost breast screening participation

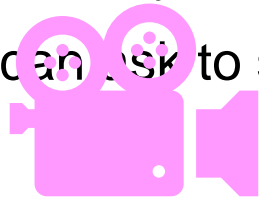
Only half of local woman aged 50-74 regularly participate in the BSQ program

- Ways to help increase screening rates:
 - ✓ Encourage eligible clients to access free BSQ services
 - ✓ Share information resources with patients (inc. online fact sheets & videos)
 - ✓ Display promotional resources (inc. posters, brochures, cards)
 - ✓ Support use of GP Recommendation pads
 - ✓ Audit practice database to see if BSQ outcomes & reminders are up-to-date in-patient files
 - ✓ Prompt overdue patients to screen during consultations or via SMS reminders

Note: BSQ client 'Well woman' results are available via *MyHealthRecord*

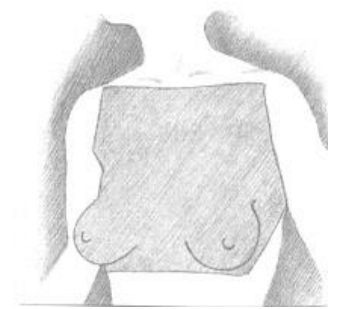
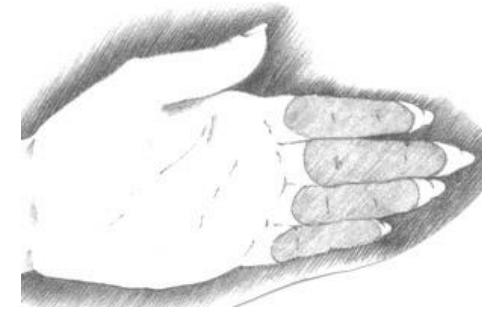
Help patients prepare for their visit

- Become familiar with breast screening:
 - ✓ Once booked, clients complete a *Consent Form & Personal Questionnaire*
 - ✓ Female radiographer takes client to private room & explains next steps
 - ✓ Individuals remove top & bra (Tip: wearing a two-piece outfit is best)
 - ✓ Two X-ray images taken of each breast usually
 - ✓ Procedure only takes a few seconds & may feel uncomfortable
 - ✓ Clients can ask to stop at any time



Promote breast awareness

- Encourage all patients to 'Be Breast Aware' & get to know what their breasts/chest normally look and feel like & see a doctor, without delay, if any new or unusual changes including:
 - ✓ A new lump, lumpiness, or thickening (especially if only in one breast)
 - ✓ Nipple changes (crusting, ulceration, redness, dimpling, drawing inwards, discharge)
 - ✓ Skin changes (puckering, dimpling, redness, rash)
 - ✓ Persistent or unusual pain that does not go away (particularly if one breast)

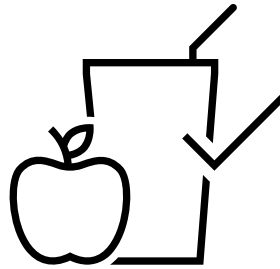
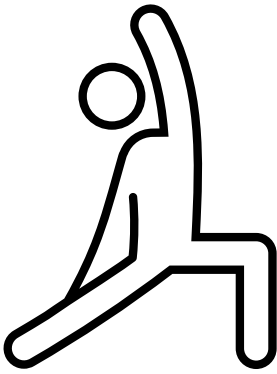


FEEL



LOOK



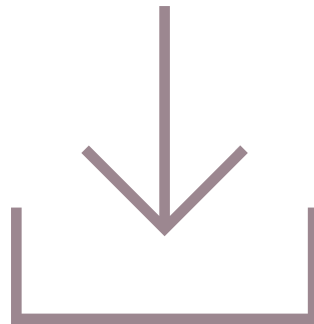
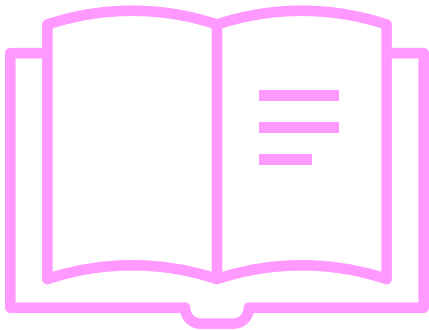
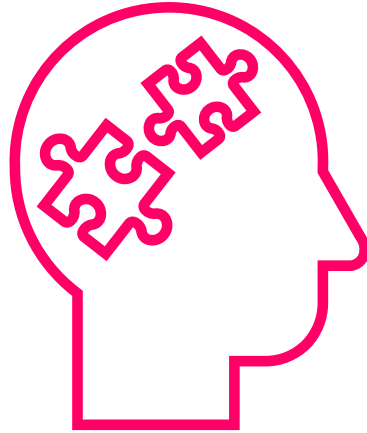
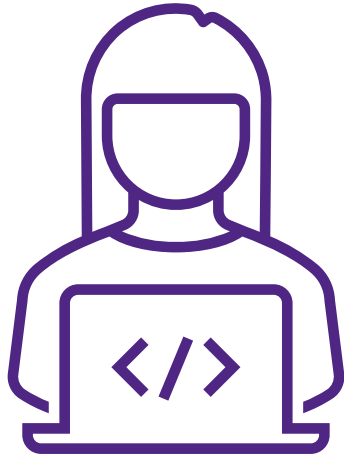


Health Promotion & Behaviour Change

Encourage patients to:

- ✓ Maintain a healthy body weight
- ✓ Be physically active
- ✓ Balance intake & activity
- ✓ Make healthy, varied food choices
- ✓ Avoid or limit alcohol (<1 standard drink per day)
- ✓ Encourage breast feeding
- ✓ Learn more on reducing their cancer risk by visiting canceraustralia.gov.au

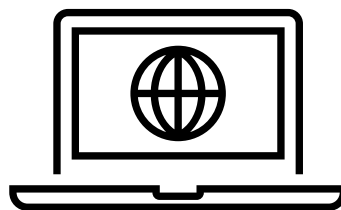
Further Reading



- [Health professionals | BreastScreen Queensland](#)
- [Having follow up tests | BreastScreen Queensland](#)
- [Breast cancer | Cancer Australia](#)
- [Breast Cancer Network Australia](#)
- [Breast cancer | Causes, Symptoms & Treatments | Cancer Council](#)
- [Australian Institute of Health and Welfare \(AIHW\) BreastScreen Australia Monitoring Report 2024](#)
- [BreastScreen Queensland Strategic Plan 2025-2032](#)



Contacts



- General enquiries, resources and feedback:

13 20 50

BSQ-GoldCoast@health.qld.gov.au

- BSQ GC Nursing team:

07 5537 0305

- **13 HEALTH** (13 432584)



Appendix 1: Clinical Concern / Diagnostic Imaging

It is imperative that any client presenting with breast cancer symptoms seeks urgent diagnostic assessment and DOES NOT access BreastScreen.

You can support symptomatic women in the following ways:

- Can make e-referral (using your local system) to Robina Hospital – can be marked urgent if required. Client will be triaged and contacted
- Private referrals – document clinical concern i.e. ‘suspicious lesion’. Note some providers may offer bulk-billing
- For a client to have an MRI bulk-billed, a specialist *must* make the referral to provide the correct item number
- Please make it clear to clients that referrals are for diagnostic imaging, if symptomatic
- Please ensure clients are aware QScan offers ultrasound imaging but not mammography
- Please inform clients they can return to BreastScreen *1 year* after diagnostic imaging or private mammogram



Questions



Next meeting

Tuesday 8 April 2025



An Australian Government Initiative

‘Building one world class health service for the Gold Coast

Level 1, 14 Edgewater Court Robina QLD 4226

www.gcphn.org.au

ABN: 47 152 953 092