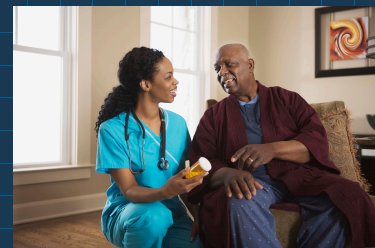


CLINICAL COUNCIL MEETING

7 August 2025



GENERAL DISCUSSION

**MEDICARE
MENTAL HEALTH
1800 NUMBER**

Following conversations at the May meeting, it was noted that GPs referred patients to this service. However, patients reported that they did not get timely call backs from the service.

Topic #1 - PHASES

DETAILS

Preventing Heart Attacks and Stroke Events through Surveillance (PHASES) is a statewide initiative jointly funded by the Department of Health, Disability and Ageing and Queensland Health. PHASES consists of two projects.

Project one – PHASES Data Linking Primary and Secondary Care Research

Aims to identify, at a population level, who is most at risk of developing cardiovascular disease (CVD). Linking data from general practices (primary care) and hospitals (secondary care), to provide valuable insights for Queensland Health and researchers into CVD rates, medication use, and opportunities to prevent heart attacks and strokes. Involving two PHNs, GCPHN and Country to Coast Queensland PHN

Project two – PHASES with Primary Sense

A collaboration with all seven Queensland PHNs to improve the management of CVD through a proactive, data-driven approach to identify and treat existing patients to enable early intervention and improve the treatment of CVD in primary care, ultimately reducing CVD related hospital presentations. Use of general practice data underlies the successful implementation of both the projects and will be used to evaluate the effectiveness of the intervention.

DISCUSSIONS

CC members said patients respond better when the purpose and benefits of data sharing are clearly explained, particularly the role of deidentification. They questioned the value of seeking consent on every occasion, noting it may reduce willingness to share data, and recommended offering all patients a clear and easily accessible opt-out process. Members reinforced the importance of informed consent including the benefits to the wider population.

CC members discussed recalling patients for a heart health check, noting uptake improves when messaging highlights the check is free and explains why the patient is being recalled, the importance of regular checks, and the value of early assessment.

They agreed a recall system is likely to encourage participation but said its effectiveness may drop if reminders are sent too close to other health check recalls. Members recommended reconsidering the starting age for heart health checks and combining them with other age-appropriate assessments.

They observed that people who visit a GP regularly are generally assessed during check-ups, while those without a regular GP or who avoid GP visits need targeted outreach strategies. They observed that people who visit a GP regularly are generally assessed during check-ups, while those without a regular GP or who avoid GP visits need targeted outreach strategies. Members reported rarely using the heart health check MBS item number, explaining that the 20 minutes allocated for the assessment is often more than required, as the same checks are completed during regular consultations. They also cautioned that the check does not consider some diseases that may cause cardiovascular disease, which may lead to false reassurance. They recommended including a disclaimer during the process.



**“Transparency of
how data is
collected,
retained and
disposed of.”**

Anon, CC Member

Topic #1 - PHASES Cont'd

DISCUSSIONS cont'd

Heart Foundation Resources review

GP members felt that the current cardiovascular risk calculator may underestimate risk levels for some patients they would consider high risk.

Use clear, consistent, and easy-to-understand language for people with low health literacy.

NEXT STEPS

- PHASES is being implemented over five years
- Feedback will be considered by the GCPHN PHASES project working group.
- To inform project planning, feedback will be provided to Country to Coast PHN as the lead for PHASES
- CC will revisit the PHASES project as it progresses.
- Member feedback on the Heart Foundation resources will be provided through the official review channel.

Topic #2 - YOUR MOOD MOVES WITH YOU

DETAILS

Your Mood Moves with You is a mental health campaign promoting the positive connection between physical activity and mental wellbeing. The campaign encourages people to embrace movement to boost their mental health and wellbeing in accessible, everyday ways.

DISCUSSION

Members discussed how social media images often present unrealistic and unachievable ideas of wellness. They emphasised that exercise is not time-dependent and can be done at any time. They described exercise as a natural antidepressant and suggested promoting the idea of “energy snacking” — starting with small amounts of regular activity.

Members said they liked the campaign concept and recommended emphasising messages such as “don’t wait to be in the mood” and the value of incidental exercise. They stressed that any movement is beneficial — “Just move!”

They proposed using imagery that includes people of all ages, showing scenarios such as someone lounging on a couch and then getting up to dance in the same clothes. They also suggested incorporating nature-based activities, as natural settings can enhance mood. Members recommended using a light and lyrical voice-over, either male or female, and linking the campaign with the Active and Healthy program. They encouraged including home-based options such as chair yoga or Pilates.

They noted that community interaction and pets can motivate people through commitment and accountability. They also suggested that campaign language should acknowledge that everyone will have both good days and bad days.

Members suggested linking with the Active and Healthy Program and developing a patient resource with ideas for moving your body and promoting incidental exercise. One option could be a card with a QR code linking to activities you can do sitting down, standing up, or lying down. Suggested activities might include chair yoga, wall Pilates, or turning regular chores into something fun, such as vacuuming to music. The message would emphasise that action comes before motivation.

NEXT STEPS

Member feedback will be incorporated into the development of final campaign materials and key messaging.

100%
of members recommend community - based activities to support mental health and wellbeing

Potential Future Topics Raised by CC Members

- AOD Inpatient Detox service in the Gold Coast region including access, referral pathways and affordability
- Funded trauma therapy – adolescents and children including available services, access and eligibility