

Winter Strategy Checklist

We would like to encourage all practices to focus on those patients most vulnerable in the lead up to winter. The following steps can be used as a guide by you and your practice staff to be proactive to minimise the impact of the flu season.

Visit our Winter Strategy webpage for additional information and resources, and tick the box beside each item as you action it.



1. Identify vulnerable patients

Identify your patients who are most vulnerable during the winter period. These are the patients most likely to present at hospital, with chronic conditions, etc...

Action: Visit www.nbmphn.com.au/WinterStrategy to download:

- Guide on how to identify patients (pdf, 85kb)
- Information about the HARP Assessment Tool (pdf, 275kb)
- Information about the HARP Calculator (pdf, 73kb)



2. Immunise vulnerable patients

Ensure these vulnerable patients are appropriately immunised.

Action: Visit www.nbmphn.com.au/WinterStrategy for links to:

- NSW Health Flu Season 2018 information
- Department of Health vaccination information
- Flu Vaccine Pathway on our HealthPathways website



3. Update GP Management Plans

Ensure any relevant GP Management Plans are updated and Team Care Arrangements are in place.

Action: Visit www.nbmphn.com.au/WinterStrategy for links to templates on our Practice Support page.

www.nbmphn.com.au/WinterStrategy



4. Sick Day Action Plans

A Sick Day Action Plan (SDAP) is an action plan that supports patients with chronic conditions to:

- self manage their care, and
- know who to contact if they become acutely unwell or just feel sicker.

Action: Visit www.nbmphn.com.au/WinterStrategy to learn more about how to complete Sick Day Action Plans and to download a variety of Sick Day Action Plan templates



5. Authorised Ambulance Care Plan

For relevant patients, also consider setting up an Authorised Ambulance Care Plan as part of the Advance Care Planning.

Action: Visit www.nbmphn.com.au/WinterStrategy for links to Advance Care Planning (or End of Life Care) and download relevant resources



6. Update My Health Record

Ensure an updated Shared Health Summary is uploaded to your patient's My Health record to enable other clinicians access to relevant health information of your patient when needed.

You should also ensure any medications are recorded to My Health Record.

Action: Visit www.nbmphn.com.au/WinterStrategy for links to using My Health Record with your patients.

www.nbmphn.com.au/WinterStrategy

7. Update the PHN with your electronic messaging details

We keep track of GP and practice electronic messaging details to provide to the Local Health District, which then enables you to receive Electronic Discharge Summaries for your patients.

Action: Visit www.nbmphn.com.au/WinterStrategy for links to our online form

8. Educate your patients and practice staff

Some simple things help prevent infection transmission. We have a variety of resources available for you and your practice.

Action: Visit www.nbmphn.com.au/WinterStrategy for links to downloadable resources and our Practice Support Online Order Form, which includes:

- 'Winter is Coming' Brochures and Posters
- Hand Washing Guides and Posters
- The Importance of the "T" zone Poster
- Coughing Guides and Posters
- A 'Glitter Bug In Practice' demonstration in your practice: to show how what ineffective hand sanitising and/or hand washing looks like

9. Need help?

If you want additional information or support to introduce the winter strategy into your practice, contact your Practice Support Officer.

Action: Call us on 4708 8100 or visit www.nbmphn.com.au/WinterStrategy for links to our Practice Support contact form.

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