

MARCH 2015

Tasmania Medicare Local General Practice matters



Look out for the other blue book!

Everyone has seen the 'blue book' for babies, but you might start seeing a new blue book. *My passport to better health* is an initiative of TML's Streamlined Care Pathways Program, funded under the Tasmanian Health Assistance Package.

It is a consumer tool to support *Talking Points* - Guidelines for Shared Transfer of Care, and supports the concept of sharing information. It is designed to aid people in taking responsibility for managing their own health journey.

Your patients may wish to share this information with you - consultations with other health providers, family or carer contact information - but there is nothing you need to do except initial or stamp if your patient asks. The product is primarily for older people with chronic or complex needs.

If you would like more information or a supply of the passports to offer your patients, please email scp@tasmedicarelocal.com.au or call Carol Phillips on 6341 8700.



Tasmanian HealthPathways in neurodegenerative diseases now available

We are pleased to announce the release of a number new Tasmanian HealthPathways in a range of neurodegenerative diseases and other neurological conditions (eg stroke, epilepsy, tremor, Bell's palsy, and multiple sclerosis).

In addition, a pathway in advanced care planning is also available; it contains essential information, including templates for Advance Care Directives and Enduring Guardianship, to support GPs in this area of their practice.

These are all available on the Tasmanian HealthPathways portal at tasmania.healthpathways.org.au (username: Connectingcare, password: health) in the *Tasmanian localised pathways* folder.

This brings the number of Tasmanian pathways to over 130, including those in the previously completed clinical areas of cardiology, diabetes, immunisation and respiratory conditions.

Pathways in the areas of mental health, palliative care and orthopaedic/musculoskeletal conditions are being developed over the next four months. We are keen to hear from GPs interested in joining clinical work groups (CWGs) in the development of these pathways.

If you would like to join a CWG, or are interested in a practice visit to demonstrate Tasmanian HealthPathways, please contact us at HealthPathways@tasmedicarelocal.com.au or 6213 8200.

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Do you provide childhood catch-up vaccinations?

You are invited to participate in a brief survey on catch-up vaccinations at www.surveymonkey.com/s/catch-up

This survey is seeking views from immunisation providers on the resources used to prepare childhood catch-up vaccination schedules. It will take approximately five to 15 minutes to complete. The survey will be open until midnight on Friday 13 March.

This survey is being conducted by Healthcare Management Advisors on behalf of the Australian Government Department of Health. The survey is part of the review of the Immunisation Calculator – an online tool to assist development of catch-up schedules.

Any questions about the survey may be directed to Healthcare Management Advisors on 8415 0936.

Applications open for vaccination grants

The Sanofi Pasteur Vaxigrants program is inviting Australian immunisation providers to submit unique, sustainable and replicable ideas to be in the running for one of four \$25,000 grants.

Now in its fourth year, the program encourages healthcare professionals to consider new ways to implement immunisation programs and share best practice amongst the immunisation community.

Applications are now open and close at 5.00pm Friday 17 April.

For more information visit www.vaxigrants.com.au

eHealth reminder

With February being a month where many registrars commenced a placement at a practice, it is timely to remember that clinicians should have their individual Health Provider Identifier number (HPI-I) entered in their setup details in the practice's medical software program.

Even if your practice hasn't fully embraced interaction with the Personally Controlled Electronic Health Record (PCEHR), clinicians who have their HPI-I entered correctly can access this system within a couple of mouse clicks.

This could be extremely helpful when providing care for treating a patient from interstate who has a PCEHR or uploading a Health Summary for one of the 71,000 Tasmanians that has registered for this system.

A clinician's HPI-I identifier is entered in the following locations:

- Medical Director: Under Users..Setup Users. (click edit)
- Best Practice: Under Setup.. Users. (click edit).

If one of your GPs does not know what their HPI-I is, there are a few options for finding out:

- through their home page at the AHPRA website at www.ahpra.gov.au/
- calling AHPRA on 1300 419 495
- calling 1300 361 457 (GP Health Identifier).

On a related note, some practices will be receiving notification that their National Authentication Service for Health (NASH) PKI Certificates have expired and need to be renewed. These updated certificates will need to be installed in the clinical software for the PCEHR interface to continue working.

If you have any queries, please contact your local TML office on 1300 653 169 and ask to speak to an eHealth support officer.

Medical Director - hot tip

At the bottom right of the screen in Medical Director, there are two buttons labelled Custom#1 and Custom#2. They are set by default to go to the Medical Director website when you click on them, but you can make them far more useful.

From the menu at the top of the screen, select Tools..Options..General. From here you can name these two buttons as you choose, and insert a hyperlink to any useful website.

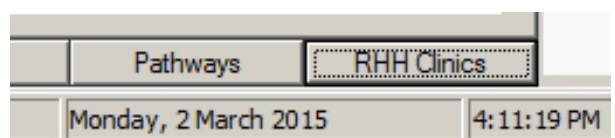
For instance a useful combination might be:

Custom Web Button 1 Caption: *Pathways*: URL: <http://tasmania.healthpathways.org.au>

Custom Web Button 2 Caption: *RHH Clinics*: URL: <http://www.outpatientsouth.tas.gov.au/>

This would give one-click access to these sites, with the bottom of the screen, now appearing thus (see right):

Please contact Ian McKnight at TML on 6213 8200 if you have any questions.



Outreach funding opportunities in 2015/16

The Department of Health and Human Services (DHHS) is the fundholder for two outreach programs funded by the Commonwealth Department of Health.

The Rural Health Outreach Fund (RHOF) and the Medical Outreach Indigenous Chronic Disease Program (MOICDP) aim to improve health outcomes for people living in rural and remote locations by supporting health professionals to provide outreach services across Tasmania. The outreach programs are administered by the TAZREACH offices of the DHHS. There are currently 180 services funded through TAZREACH across Tasmania.

The TAZREACH website provides detailed information about the two funding programs including what services can be supported through the RHOF and MOICDP, what aspects of service delivery can be funded, information about how to get involved, as well as a list of the current services funded by TAZREACH.

Please visit the website at www.dhhs.tas.gov.au/healthprofessionals/tazreach for more information.

TAZREACH is currently calling for expressions of interest for new services to be funded in 2015/16.

If you are aware of any unmet services needs within your community that could potentially be supported by TAZREACH, please complete an Expression of Interest form on the website and a member of the TAZREACH team will be in touch to discuss it further.

Alternatively contact TAZREACH on 6777 2988 or email tazreach@dhhs.tas.gov.au

RHH cardiology department has moved

The RHH advise that the Cardiology Department and cardiothoracic doctors' offices have now moved to their new location on **Level 2, C-Block** (old Specialist Clinic area).

Please note that for general cardiology enquiries and echo appointments, the new telephone number is 6166 8620 or 6166 8860 (fax number remains 6234 2852).

The telephone number of the cardiothoracic offices is 6166 8999.

Specialist Snapshot

Dr Wun Yee Lau
Clinical Immunologist and Allergist
MBBS(Hons), BMedSci, FRACP

Tell us a little about yourself...

I am a University of Tasmania Graduate subsequently completing specialist clinical immunology and allergy training in Brisbane. I have returned to Hobart with my family because of the wonderful lifestyle it offers our two young boys, both currently in their preschool years.



With over eight years' experience as an adult clinician I have also worked closely with the Queensland Paediatric Immunology and Allergy Service and have expertise in the diagnosis and management of a broad range of adult and paediatric allergic and immune mediated disease.

What are your areas of interest?

I welcome referrals for people of all ages for the diagnosis and management of all aspects of allergic and immune mediated disease, including:

- food, drug and venom allergy
- anaphylaxis investigation and management
- allergic rhinitis, atopic dermatitis and asthma
- allergen immunotherapy (desensitisation)
- management of acute and chronic urticaria and angioedema
- investigation and management of primary and secondary immune deficiency
- autoimmune disease including: SLE, Sjogrens syndrome, scleroderma, antiphospholipid syndrome, mixed connective tissue disease, inflammatory myositis and vasculitis.

Where are your services based?

**The Rheumatology Tasmania Rooms,
4 Warneford Street, Hobart**

Faxed referrals are welcomed to 6224 1926.

For further information, please call 6223 3801.

I look forward to working with you in the care of your patients.

New service: Tasmanian Obstetric and Gynaecology Specialists

Dr Kirsten Connan and Dr Tania Hingston, both obstetric and gynaecology (O&G) specialists, have opened Tasmania's first all-female specialist O&G practice. The practice has been in planning for the last six years and Kirsten and Tania are now delighted to call Hobart their long-term home.

TasOGS is located on the ground floor at 25 Argyle Street, Hobart, and is associated with the Hobart Private Hospital.

Dr Connan and Dr Hingston provide quality and compassionate care for normal-risk and high-risk pregnancies. Both specialists spent a year as maternal fetal medicine fellows at the Royal Women's Hospital in Melbourne in 2008.

Dr Connan offers advanced laparoscopy surgery including laparoscopy for hysterectomies, ovarian cysts, endometriosis, pelvic pain, as well as advanced hysteroscopic (Essure, ablation and sub-mucosal fibroid resection) and abdominal surgery. She has interests in managing menstrual abnormalities, PCOS and pelvic pain.

Dr Hingston offers advanced vaginal surgery including prolapse and incontinence surgery, as well as all abdominal surgery. She has interests in managing menstrual abnormalities, PCOS, menopause and vulval disorders.

Dr Connan and Dr Hingston refer all cervical abnormalities to the gynae-oncologists at Hobart Women's Specialists.

**All referrals are welcome to TasOGS, phone 6214 3333 or fax 6234 9216.
Further information about the service is available at www.tasogs.com**



Clare House

A reminder to all referrers that Child and Adolescent Mental Health Services (CAMHS), or Clare House as it is otherwise known, resumed processing all referrals from 2 February 2015.

Any queries are welcomed to CAMHS on 6166 0588.

New lower limb joint pain service

Bodysystem Physio is now delivering a new service aimed at providing a comprehensive assessment for patients with lower limb joint pain. The service is provided at a significantly reduced consultation cost to reflect the importance of evidence-based assessment in the management of joint pain and disease.

Any patient with joint pain in the lower limb (foot, ankle, knee, hip) is eligible, and is encouraged to take advantage of this service. Patients may or may not have evidence of osteoarthritis at the time of the assessment.

The assessment will consist of a comprehensive interview and completion of patient-reported outcome measures, tests of physical function (range of motion, muscle strength, functional performance), evaluation of BMI, and referral for medical imaging if appropriate. Following the assessment (one hour duration), key issues will be identified and patients will be referred for treatment based on the current best practice evidence recommendations. These may include interventions such as strengthening exercises, orthotics, weight loss, pain management, aquatic physiotherapy, exercise classes, further medical referral.

Treatment recommendations will be targeted to the needs of the patient, for example taking into consideration time restraints, financial considerations, patient age and severity of the condition. Patients will receive a report of the assessment findings, and a copy will be sent to the referring doctor. If appropriate, patients will be reassessed at a later date.

To refer patients to this service, please refer them to Bodysystem, at 38 Collins Street, Hobart, or phone 6231 5991, and specify the referral is for the joint clinic.



Specialist Snapshot

Dr Anna Johnston Clinical Haematologist

Dr. Anna Johnston recently joined the haematology team at Calvary Health Care Tasmania.

Anna is a clinical and laboratory haematologist at the Royal Hobart Hospital and director of the Tasmanian Statewide Bone Marrow Transplant Service. She is also the current Tasmanian State Councillor for the Haematology Society of Australia and New Zealand.

Anna grew up in Tasmania and moved to Sydney where she completed her medical studies at the University of Sydney. She then trained at Royal North Shore Hospital, Sydney and The Canberra Hospital. Anna has been a Staff Specialist at the Royal Hobart Hospital since 2011.

In 2008 she undertook a clinical and research fellowship at Centre Hospitalier Lyon-Sud in Lyon, France, focussing on lymphoma.

Anna's special interests include lymphoma and stem cell transplantation. She is an active member of the Australasian Leukaemia and Lymphoma Group and has a strong interest in clinical trials.

Anna is married to Mark and is the proud mother of two young children. Apart from her enthusiasm for managing bloody problems she enjoys cycling, gardening, bushwalking and speaking French. She is delighted to be living back in Hobart with her young family.

Anna is happy to accept referrals for benign and malignant haematological issues. **GPs are welcome to contact her for routine issues through the rooms at St Johns Consulting Suites, 30 Cascade Road, South Hobart 7004, on phone 6224 1839 or fax 6224 3061.** She will be consulting one morning a week at St John's. Acutely unwell patients are best referred via the RHH Clinical Haematology Registrar or Emergency Department.



Educational evening for southern GPs

6.30pm to 9.00pm, Thursday 26 March
The Old Woolstore Hotel

Hologic, Tasmanian Obstetric and Gynaecology Specialists (TasOGS) and Hobart Private Hospital are pleased to present a free educational evening with dinner.

Presentations will include:

- **Advances in the Australian cervical screening programme - where are we up to?**
Myfanwy Blythe, Hologic
- **Managing menorrhagia - what are our best options?**
Dr Kirsten Connan and Dr Tania Hingston, TasOGS

All southern Tasmanian general practices have been emailed an invitation. For more information, or any queries, please contact Lucy Goh on Lucy.Goh@hologic.com or 0417 438 886.



Mental health support

Dr Jonathan (Jon) Lane has just commenced practice with The Hobart Clinic at their Murray Street offices, and is doing two sessions per week privately along with his public sector forensic work with DHHS. As a long-time Army member, his primary interests are in veterans' mental health and young adults.

He is available for shared-care arrangements as well as individual reviews, and ongoing management of all major psychiatric conditions.

New referrals are welcomed to both Hobart Clinic sites:

31 Chipmans Road, ROKEBY 7019
Phone: 6247 9960
Fax: 6247 6439

8/39 Murray Street, HOBART 7000
Phone: 6247 9960
Fax: 6247 6439

Pulse Youth Health

Pulse Youth Health South is a whole of southern Tasmanian health promotion, prevention and early intervention service for young people aged 12-24 years.

The service employs youth health workers (allied health) and youth health nurses who provide assessment, brief intervention, advocacy and referral for young people aged 12 to 24. Pulse Youth Health South also helps with the cost of health items including one-off prescriptions, condoms, pregnancy testing and support.

Visiting services include:

- a sexual health GP clinic through Family Planning Tasmania held twice weekly by appointment – one day at Pulse and the other in Rosny
- an alcohol and drug counsellor - visits weekly
- a psychology clinic is also held twice a week through the University of Tasmania Psychology Clinic.

All services are free and confidential.

Pulse is located at 2 Terry Street, Glenorchy, phone 6233 8901 (Mon-Fri 9am-5pm, closed 12noon to 1pm).

General Practice
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New multidisciplinary service at Bellerive

The Bellerive Quay Health Hub is a new healthcare service for Tasmania which offers a range of conventional and holistic private multidisciplinary services. Evidence-based programs are provided for patients with obesity, heart disease, diabetes, dementia and associated risk factors.

Programs range from paediatrics to aged care, and include in-centre and outreach services, falls programs, mental health programs, client and carer support groups, wound care, memory clinics, dementia diagnostics, management of neurodegenerative conditions and weight loss programs.

Practitioners include medical specialists, geriatricians, physiotherapists, occupational therapists, psychologists, dietitians and speech therapists, as well as holistic practitioners to provide yoga, pilates, Feldenkrais therapy, massage, sex therapy, naturopath, hypnotherapy and hypnobirthing services.

Numerous group sessions will also be available and may include pilates, tai chi, Sit and Be Fit, meditation, walking groups, parenting classes, Heartmoves, Bowen therapy, paediatric exercise and antenatal groups.

Referrals are now welcome. (A referral form will be available on the TML website later this week.)

Specific information about practitioners and services is available online at www.thebellerivequayhealthhub.com.au

The Bellerive Quay Health Hub is located at the Bellerive Quay Building, 3/33 Cambridge Road, Bellerive 7018.

For more information, phone 6122 0150, fax 6122 0169 or email reception@thebellerivequayhealthhub.com.au



Diabetes Management in the General Care Setting

A national training program for nurses and allied health professionals.

8.45am to 4.45pm

Devonport Community and Health Services Centre

Monday 4 May, Monday 11 May and Monday 18 May

Cost is \$250 (morning and afternoon tea provided).

This three day program is presented by the North West Diabetes Centre and consists of eight modules that include pathophysiology, lifestyle issues, medications, chronic and acute complications, self-monitoring, groups with special needs and support management and services.

RSVPs by Friday 17 April. More information is available at www.tasmedicarelocal.com.au/events/diabetes-management-general-care-setting or call 6430 6591 to RSVP.

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Meet Dr Livingstone

6.00pm Wednesday 1 April
Ground floor meeting room, Parkside, Brickwell
Street, Burnie

Dr Angela Livingstone, consultant psychiatrist with the Victorian Dual Disability Service, will be available to meet with GPs in Burnie to discuss her role in the community on Wednesday 1 April. Tea, coffee and nibbles will be provided.

Dr Livingstone travels from Melbourne to the North West to provide on-site assessments, clinical consultations and upskilling for local clinicians. Services include:

- assessing people who have a concurrent psychiatric and intellectual disability (dual disability); or have an intellectual disability and exhibit severe challenging behaviours; and people on the autism spectrum who present with significant anxiety and other mental health difficulties
- specialist advice on effective use of psychotropic medication with above assessment, monitoring mechanisms for people on psychotropics, potential risks and alternative methods of understanding and managing concerning behaviours.

Referral is through Mental Health Services or Disability Services in conjunction with the GP. It is covered by Medicare. Dr Livingstone will also do home visits where needed.

Please RSVP your attendance to Leila Rossiter (leila.rossiter@dhhs.tas.gov.au or 6477 7609) or Wendy Ainslie (wendy.ainslie@dhhs.tas.gov.au or 6434 6434) by 27 March.



General Practice matters in the North West

brave to bold

Australian Primary Health Care Nurses Association (APNA) National Conference 2015

14 - 16 May, Gold Coast Convention and Exhibition Centre

APNA's seventh national conference has a program that includes workshops, plenary sessions, concurrent sessions, masterclasses, interactive panel discussions and Learning on the Move sessions.

Delegates will have opportunities to:

- extend their role through hands-on clinical and leadership masterclasses
- be inspired by their colleagues
- enhance their education and build on current skills
- hear about new and innovative roles for nurses
- have input into key issues affecting nursing in primary health care and practice nursing
- attain the majority of CPD hours required for the year under national registration.

To register, and for further information, go to <http://apnaconference.asn.au/register/>

General Practice matters Education

Benchmark Group workshops

The Benchmark Group, with support from TML, is pleased to offer three nationally accredited courses to be held in Hobart.

The workshops are:

- Wound management in the Primary Health Setting
- IV cannulation and Line Management
- Course in Aural (Ear) Health.

For more information, and to register for any of these workshops, go to <https://adobeformscentral.com/?f=zKy9%2AZ%2AdtkalPi7NZKg%2Ayw#>

ThinkGP online education for GPs and nurses

Key principles in managing mild to moderate body psoriasis

Dermatologist Professor Murrell (Head of Dermatology, St George Hospital, Sydney) considers the differential diagnosis of body psoriasis from other common skin conditions and optimal management plans for body psoriasis sufferers.

www.thinkgp.com.au/video/key-principles-managing-mild-moderate-body-psoriasis

Tip: ThinkGP is for health professionals. You must be logged in to view the content.

National Eating Disorders Forum 2015

HOBART
Rydges Hotel
9.00am to 11.30am
Tuesday 10 March

DEVONPORT
Quality Hotel Gateway
9.00am to 11.30am
Wednesday 11 March

Free professional development forum for Tasmanian health professionals. This presentation will tackle common misconceptions, discuss how to recognise the warning signs and respond appropriately, cover principles of assessment, and look at the continuum of care from prevention and early intervention to treating a client with a chronic course of illness. Referral pathways will be discussed, with an opportunity for local networks to be established.

To register for Hobart, go to <http://member.nedc.com.au/event/Hobart>

To register for Devonport, go to <http://member.nedc.com.au/event/Devonport2015>

Any queries may be directed to Eben Foster, Communications and Membership Officer, National Eating Disorders Collaboration, on (02) 8456 3905.

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Emergency Management of Severe Burns Course

The next Emergency Management of Severe Burns Course is to be held on **Saturday 27 June at the Royal Hobart Hospital.**

The course is open to any health professional who may find themselves caring for a person with an acute severe burn injury. This course is incredibly worthwhile and respected throughout Australia and overseas. Please book your place as soon as possible to avoid disappointment.

To register and for additional information, go to <http://anzba.org.au/education/emsb/>

Any inquiries may be directed to the Secretariat Office, Australian and New Zealand Burn Association, phone (07) 3325 1030, fax (07) 3325 1042 or email to info@anzba.org.au

Asthma Educator update training - one day course

9.00am to 5.00pm

Friday 20 March

Tasmanian Hockey Centre, Cornelian Bay, HOBART

The Asthma Foundation of Tasmania is pleased to have procured the services of asthma educator, Michelle Sammann, to run this one day update course for accredited Asthma Educators. Cost is \$325. Register quickly as the course is limited to 25 places. Those who complete the course will be eligible to attain 7 CPD points.

For more information and to register, go to www.tasmedicarelocal.com.au/events/asthma-educator-update-training

Any inquiries may be directed to Wendy Evans, Operations Manager, Asthma Foundation of Tasmania, on 6272 9175 or WendyE@asthmatas.org.au

Launch of new book

Dr Bruno Cayoun (clinical psychologist) has a new book out for teachers, students and practitioners of cognitive behaviour therapy (CBT).

'*Mindfulness-integrated CBT for Well-Being and Personal Growth*' is now available (online and in stores).

Information about the book is available at www.micbtforwellbeing.com and about the launch at www.fullersbookshop.com.au/events/tasmanian-launch-mindfulness-integrated-cbt-wellbeing-and-personal-growth

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RACGP National events guide

RACGP's guide to Australia-wide workshops and events to June 2015 is now available at www.racgp.org.au/download/Documents/Faculty%20events/2015_national_events_guide.pdf

For any queries about Tasmanian events, contact Kaylene at kaylene.westmore@racgp.org.au

Haemochromatosis patient resources



Haemochromatosis Australia is the support and advocacy group for people affected by haemochromatosis, and their families. Haemochromatosis Australia provides both support and resources for people with inherited iron overload.

Two informative videos for patients are now available online:

- The Haemochromatosis Animation is a two minute animated explanation of iron overload: www.youtube.com/watch?v=MxGUAafNSnl
- Haemochromatosis Explained is a 10 minute video in which Prof Martin Delatycki and Assoc/Prof Amanda Nicoll give a more detailed description of the condition, with some Haemochromatosis Australia members talking about what haemochromatosis means to them: www.youtube.com/watch?v=bPu7gliKuYU

The free booklet *Haemochromatosis: Your Questions Answered* is available by contacting publications@ha.org.au or calling 1300 019 028.

Haemochromatosis Australia can be contacted by calling 1300 019 028 or emailing information@ha.org.au

General practice vacancies

Information about general practice vacancies is available online at www.tasmedicarelocal.com.au/primary-care-vacancies

Educational events

Event information is available online at www.tasmedicarelocal.com.au/events

Tasmanian Health Organisation General Practice Liaison Officers (GPLOs)



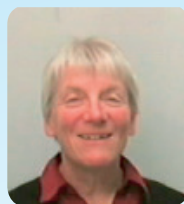
Dr Annette Barratt

THO South
Royal Hobart Hospital
Web www.dhhs.tas.gov.au/hospital/royal-hobart-hospital/gp_liaison
Email gplo.south@dhhs.tas.gov.au
Phone **0418 138 383**



Dr Liz Webber

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Phone **0419 321 240**



Dr Keith McArthur

THO North West
North West Regional Hospital
Web www.dhhs.tas.gov.au/tho/nw/information_for_gps
Email keith.mcarthur@dhhs.tas.gov.au
Phone **6430 6990**

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Launceston TAS 7250
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