

'Diagnosis, Management & Outcomes of Depression in Primary Care'

Building capacity in primary mental health care research and evaluation



THE UNIVERSITY OF MELBOURNE

THE PRACTICE PHASE OF RE-ORDER



After months of preparatory work, data collection for the third phase of the re-order project, the practice phase, is about to begin.

In the previous two phases of the project, data was collected concerning the experiences of consumers and the views of key stakeholders regarding the provision of depression care in the general practice setting. The object of the practice phase of re-order is to complete the picture by getting input from the perspective of the general practices. This phase of the study will focus on a small number of practices (between 4 and 6), with an emphasis being placed on properly understanding the complex, context-specific manner in which each practice, as a whole, provides depression care. Data will be collected using a number of methods. An audit will be done on each of the practices' medical records to examine such things as the number of patients diagnosed with depression, the number of prescriptions being written for anti-depressant medication, and the number of patients being referred to mental health professionals. Interviews will also be conducted with GPs and other practice staff to document their experiences in helping to treat those suffering from depression. In addition, a member of the re-order team will spend time at each practice observing its day-to-day activities, the aim being to record what the practices do in dealing with depression and to record the context in which what they do is done.

Once collected, the data from this research, in combination with the data already collected through the previous two phases of the project, will be fed back to practices with the aim of helping them to assess their approaches to depression care. Facilitated as a series of practice forums, this feedback process has been accredited by the RACGP and will be worth 40 category 1 QA&CPD points for GPs who participate.

DATES FOR YOUR DIARY

3rd International Congress on WOMEN'S MENTAL HEALTH

Melb 16 - 20 March 2008

www.iawmhcongress2008.com.au

Congratulations

Professor Jane Gunn!!

Jane recently gave a fantastic Dean's Lecture titled:

'Everyone's normal is different': the challenges of detecting and managing depression in general practice'

Despite the lecture theatre being in the dark, Jane's lecture shed light on the history of mental illness and the diagnosis of depression in primary care. Jane also presented preliminary results from the *diamond* study indicating how individuals with depression seek care through general practice.

Introducing Ben Killingsworth & Victoria Palmer



Mr Ben Killingsworth is a qualitative researcher in the final stages of completing a PhD in Anthropology at the University of Melbourne. His PhD examines qualitative fieldwork conducted with five different mothers' groups and playgroups around Melbourne and

explores the way in which 'rationality' was reproduced through the maternal practices of the mothers. The study challenges the normative social and biological accounts of "rationality" by presenting "rationality" as, first and foremost, a set of socially/politically constituted and understood bodily practices rather than mental, cognitive capacities. Ben also works as a volunteer phone counsellors with the Men's Referral Service, a service for men involved in perpetrating violence.



Dr Victoria (Vikki) Palmer is a multi-perspective, qualitative researcher who completed her PhD in applied ethics and community development. In that study, she analysed a selection of interviews and social policy for evidence of master narratives and counter-stories to explore a distinction between moral and ethical communities. Victoria has worked for local

government, domestic and family violence services, disability support organizations and as a consultant on a deafness and mental health project. In 2006 Vikki worked as a research fellow on a refugees and education project.

Ben and Vikki joined PCRU in June 2007 as a research fellows on the Re-Order project.



The theme of the 2007 WPA congress is 'Working together for Mental Health: Partnerships for Policy and Practice'. The congress aims to provide a platform for addressing issues in mental health and to foster international networks and partnerships among those active in the field. Bringing together different mental health professionals, consumers, carers and community leaders the congress program features leading researchers in the field of primary care and mental health.

Key note speakers

- ◆ Professor Tony Kendrick: Primary Medical Care; School of Medicine; University of Southampton; UK
- ◆ Associate Professor Kelsey Hegarty; Department of General Practice; University of Melbourne.
- ◆ Professor Helen Herrman; Professor and Director of Psychiatry; Australian International Health Institute

Conference presentations

- ◆ Professor Linda Gask: Primary Care Psychiatry; University of Manchester; UK
- ◆ Professor Simon Gilbody: Psychological Medicine and Health Services Research; University of York; UK
- ◆ Associate Professor Donald Nease: Department of Family Medicine; University of Michigan Health System; USA
- ◆ Associate Professor Ngaire Kerse: General Practice and Primary Health Care; University of Auckland; NZ
- ◆ Professor Christopher Dowrick: Primary Medical Care; Population, Community and Behavioural Sciences; University of Liverpool; UK
- ◆ Professor David Richards; Professor of Mental Health; Department of Health Sciences; University of York; UK
- ◆ Associate Professor Evelyn Van Weel-Baumgarten; Department of General Practice; University Medical Centre Nijmegen; Netherlands

For further information regarding speakers and conference program please visit
www.wpa2007melbourne.com

diamond Consortium Problem Solving Treatment Workshop

Associate Professor Evelyn van Weel-Baumgarten
Department of General Practice
University Medical Centre Nijmegen

Monday 3 December 2007
6.30pm registration and light refreshments
7- 9pm Workshop

Associate Professor Evelyn van Weel-Baumgarten is a leader in the field of teaching GPs and other primary health care professionals problem solving skills and will be presenting an overview of the latest research followed by an interactive workshop. Places are limited and interested GPs & health professionals can register with Vikki Holmes at vholmes@unimelb.edu.au by November 26 2007



Reducing Suicide in Men
through General Practice

The SIM (Reducing Suicide in Men through General Practice) study is funded by the *beyondblue* Victorian Centre of Excellence in Depression and Related Disorders, and involves a diverse team of researchers including Dr Grant Blashki, Dr Penny Mitchell, Associate Professor Jane Pirkis, Professor Jane Gunn, Mr Jon Kroschel and Ms Jill Day. They are collaborating with the Victorian Crisis

Support Services and have developed and are evaluating a training package to assist GPs in managing men at risk.

Dr Grant Blashki explains, "Suicide is unfortunately still very common, especially in men and we now know that many of these men are visiting their GP in the weeks and months leading up to the suicide- sometimes they come in with a mental health crisis but often they present with more subtle presentations, so we are hoping we can assist GPs in identifying and managing these men at risk"

"The training itself involves a face to face training session at the local division of general practice using a DVD training program. GPs are also provided with a SIM resource pack including patient handouts and an interactive CD Rom, so they can review materials or load clinical resources on to their computer," says Dr Blashki.

"The SIM training is also being carefully evaluated in a randomized controlled trial which involves a planned visit to each GPs practice before and after training to undertake a 20 minute standardised simulated patient consultation. GPs are recompensed for their participation in the study with a copy of the new book "General Practice Psychiatry" and a \$200 Coles voucher"

In 2007, the SIM study is running in a number of Victorian Divisions. Interested GPs or divisions can contact Dr Grant Blashki on gblashki@unimelb.edu.au or Dr Penny Mitchell on pennym@unimelb.edu.au for more information

diamond CONSORTIUM SEMINAR INVITATIONS

PROFESSOR TONY KENDRICK

Professor of Primary Care, School of Medicine
University of Southampton

Friday 16th of November 2007

1-2pm

'The rise of antidepressant prescribing'

RSVP Friday 9th of November 2007

Wednesday 21st of November 2007

6-7pm

Followed by light refreshments

'GP Contract: Quality and Outcomes Framework in the UK'

RSVP Wednesday 14th of November 2007

VENUE: Department of General Practice
Seminar Room, Ground Floor
200 Berkeley St, Carlton 3053

RSVP: Vikki Holmes
vholmes@unimelb.edu.au or 8344 4478

DO YOU HAVE ANY RESEARCH OR BEST PRACTICE YOU WANT TO SHARE WITH US?

Contact: Darsh Ayton on +61 3 8344 7449 or e-mail dayton@unimelb.edu.au