

REFUGEE HEALTH GP DESK REFERENCE

(Based on: *Refugee Health Care – Guide for General Practitioners in Tasmania 2005*,
produced by the Department of Health and Human Services.)

VISIT 1

- Introductions, clarify **interpreter** suitability
- Inform patient about the surgery opening times, appointment system etc
- Address any **urgent health concerns** & ask accompanying support worker if they have been told of any 'Health Undertaking' for the patient
- Explain to the patient that this visit has been an introduction and in the next visit more information will be sought, a physical examination will be done and they may be asked to give blood or other samples for testing

To book an INTERPRETER:

The Translating and Interpreting Service (TIS) is free to any doctor in private practice for a consultation claimable under Medicare.

The Doctors' Priority Line number is **1300 131 450**
(24 hours / 7 days).

The general enquiries number is 131 450.

HISTORY - key points

- **General** (weight loss, fever)
- **Skin** (rash, scars, wounds)
- **Neuro** (seizures, headache, vision, hearing)
- **ENT** (caries, discharge)
- **Respiratory** (SOB, cough, sputum, haemoptysis)
- **CVS** (chest pain, SOA, palpitations)
- **GIT** (nausea, vomiting, constipation, bloody stool)
- **GU** (pregnancy, discharge, bleeding, female circumcision)
- **Musculoskeletal** (limp, pain, swelling)
- **Psych** (depression, anxiety, nightmares, suicidal ideation)
- **Developmental status** (children)

VISIT 2

- Obtain full **medical history**
(See Appendix 4 of the *Refugee Health Guide* for detailed information regarding history, examination and investigations)

- Conduct a thorough **physical examination**

- Order **investigations***

* Referral to a specialist clinic such as the RAHAC Clinic at the RHH is an option at this stage. The clinic can order and perform all necessary tests and treatment for acute and infectious illnesses, and provide a report back to the referring GP. Contact details are provided in Appendix 9 and a referral proforma is provided in Appendix 6.

EXAMINATION - key points

- **General appearance** (malnutrition, temperature)
- **Adenopathy**
- **Eyes**
- **Head and neck** (lymph nodes, masses)
- **Respiratory** (observe cough / sputum production)
- **CVS** (murmur)
- **Abdomen** (spleen, liver)
- **Pelvis**
- **Extremities** (swelling)
- **Central and peripheral neurological disease** (neuropathy)
- **Skin**
- **Developmental status** (children)

INVESTIGATIONS

- **Full blood count**
- **Serum electrolytes**, liver function tests, calcium and phosphate levels
- **Vitamin D** levels
- **Serum iron**, transferrin and ferritin levels
- **Hepatitis B** surface antigen, surface antibody and core antibody testing
- **Hepatitis C** serology
- **Human Immunodeficiency Virus (HIV)** serology
- **Syphilis** testing (RPR and TPHA)
- **Strongyloides** and **schistosomiasis** serology
- **Stool and urine** testing for **schistosomiasis** (rec. if from endemic areas)
- **Malaria** thick and thin films
- Faecal samples for ova, cysts and parasites x 3
- **Mantoux** testing and a **Chest X-ray** – refer to Chest Clinic

This desktop guide was produced by the Southern Tasmanian Division of General Practice, with the assistance of Dr Kelly Shaw.

Current at July 2005

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(continued)

VISIT 3

- Review any test results that have come in, **commence treatment** or refer to specialist as required
- Begin Vitamin D supplementation if required*
- Begin 'catch-up' immunisations
- Referrals to other health professionals or services as required (Phoenix Centre, Dental, Optometry, Audiometry, Physiotherapy etc)

*NB: Functions of this visit would be performed by RAHAC or equivalent clinic if the patient has been referred there.

VISIT 4

- Continue immunisation catch ups as needed

REFERRALS

(Additional key contacts are listed in Appendix 9 of the *Refugee Health Guide*)

- Referral for the recommended assessments is available in the south of Tasmania through the RAHAC (Refugee and Humanitarian Arrival) Clinic, Royal Hobart Hospital
- In the north of Tasmania respiratory assessment for tuberculosis is available - Chest Clinic, Launceston General Hospital
- In the north-west of Tasmania respiratory assessment for tuberculosis is available - Chest Clinic, Devonport Community Health Service Centre.

COMMENCE IMMUNISATIONS

- See Section 4 of the *Refugee Health Guide* for immunisation recommendations
- For a summary sheet outlining recommendations for catchup immunisations contact the Division, ph: (03) 6234 4230
- Refer to the current **NHMRC Immunisation Handbook** for full details of the immunisation schedule. (see: <<http://immunise.health.gov.au/handbook.htm>>)
- For any other information about immunisation issues, contact the **Public and Environmental Health Service (Tasmania)**, ph: **1800 671 738**

KEY CONTACTS (see Appendix 9 of *Refugee Health Guide* for a more detailed list)

- **RAHAC Clinic** - Ph: (03) 6222 8636 fax: (03) 6222 8083
- **DHHS Public & Environmental Health Service** (immunisation info and copies of the *Refugee Health Guide*) - ph: **1800 671 738**
- **Translating and Interpreting Service** (TIS Doctors' Priority Line) - ph: **1300 131 450**
- **Chest Clinic** (tuberculosis screening)- ph: (03) 6222 7293 or (03) 6228 4855
- **Southern Tasmanian Division of General Practice** - Ph: (03) 6234 4230
- **Phoenix Centre** (south) - ph: (03) 6234 9138 or (03) 6234 9330
- **Migrant Resource Centre** (south) - ph: (03) 6234 9411

This desktop guide was produced by the **Southern Tasmanian Division of General Practice**, with the assistance of Dr Kelly Shaw. To obtain more copies, or for further information, contact the Division on (03) 6234 4230.

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This document is available for download from the Division website: <<http://www.southtasdgp.com.au>> .

To obtain a hard copy of the full **Refugee Health Guide**, contact the **Department of Health and Human Services**, Population Health, ph: **1800 671 738**.

The full guide is also available for download from: <<https://www.dhhs.tas.gov.au/agency/extranet/index.php>>

(NB this is a secure site for medical practitioners and requires a password. Contact the DHHS if you have access problems)