



# Tasmanian HealthPathways


## Youth Mental Health Forum November 7, 2019

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# What is Tasmanian HealthPathways?

- ✓ An online portal designed to be used by GPs at the point of care
- ✓ Aims to guide best-practice assessment and management of common medical conditions - including how to refer patients to local specialists and services in the most timely and efficient way
- ✓ Based on the Canterbury Initiative in NZ
- ✓ THP commenced in October 2013 – Live website released September 2014
- ✓ Now used in 44 Primary Health Networks and District Health boards across Australia, New Zealand and the United Kingdom
- ✓ Over 740 live pathways (October 2019) covering a wide variety of areas



The image shows a laptop displaying the Tasmanian HealthPathways website. The website interface includes a search bar at the top, a navigation menu on the left, and a main content area with various sections like 'Using HealthPathways', 'Health System News', and 'New and Updated Pathways'. Callout boxes point to specific features: 'SEARCH BOX' points to the search bar, 'TOGGLE' points to the navigation menu, 'FEEDBACK' points to a feedback button in the top right, and 'PATHWAYS' points to a pathway entry in the main content area.

**SEARCH BOX**

**TOGGLE**

**FEEDBACK**

**PATHWAYS**

**TOGGLE** Use the **toggles** on the left of the screen to navigate through the pathways **OR** use the **Search box** to find a pathway

**PATHWAYS** To view a **pathway**, click on the relevant pathway and the details will be shown in the main part of the screen

**FEEDBACK**

2 **GO TO** [tasmania.healthpathways.org.au](http://tasmania.healthpathways.org.au)

2 **LOG IN**  
username   
password

2 **THEN** use the **toggles** on the left of the screen to navigate through the **pathways**

2 **OR** use the **Search** function to find what you are looking for

**FEEDBACK**

To provide **feedback** on a pathway, e.g. link not working or incorrect details, click the **send feedback** button located in the top right corner of the screen, or the bottom of the pathway pane.

Enter any feedback, changes, updates or queries in this section and then click the **send feedback** button. Members of the HealthPathways team will acknowledge the feedback (via email) and review it as part of developing updated versions of the pathway.

**Want to know more? Get in touch:**  
[healthpathways@primaryhealthtas.com.au](mailto:healthpathways@primaryhealthtas.com.au)  
1300 653 169

# Why Tasmanian HealthPathways?

**Tasmanian HealthPathways**  
Connecting care across Tasmania

HealthPathways Factsheet Disclaimer

Search

Back < > Print Send Feedback

## Anxiety in Children and Young People

This pathway is about obsessive-compulsive disorder (OCD), post-traumatic stress disorder, and anxiety disorders. See also:

- Deliberate Self-harm
- Suicide Risk
- Youth Mental Health

### Red flags

- Suicide risk
- Severe functional impairment
- High-risk environment

### Background

[About anxiety in children and young people](#)

### Assessment

- History:
  - [History of the problem](#) – consider [common features of anxiety disorders](#).
  - [Personal history](#).
  - [Psychosocial history](#).
- Consider using the SCARED screening tool:
  - For younger children, use the [parental screening tool](#).
  - For older children and young people, use the [child screen](#).
- Assess for [suicidal ideation](#) and [deliberate self-harm](#).
- Look for [indicators](#) that the child may not be coping and assess the [severity of anxiety](#).
- Consider common types of anxiety disorders in children and young adults, however, features of each type overlap. The most common anxiety conditions seen in children and young adults are:
  - [Adjustment disorder with anxiety](#)
  - [Generalised anxiety disorder](#)
  - [Selective mutism in children](#)
  - [Social anxiety disorder](#)
  - [Separation anxiety disorder](#)
  - [Specific phobias](#)
  - [Panic disorder](#)
  - [Trauma](#)

- ✓ Internationally proven methodology
- ✓ Facilitate communication between primary and specialist care
- ✓ Created collaboratively – ‘How we do things here’
- ✓ Connecting care - ‘How we can do better’
- ✓ Whole of system
- ✓ Covers Public and Private Tasmania-wide
- ✓ Pre-hospital assessment and management (not just referral)
- ✓ Patient journey – navigating through system/ saving patient’s time

# Why Tasmanian HealthPathways?

- ✓ **Dynamic** – website information can be updated as required
- ✓ **Relevant curated source** for time poor clinicians
- ✓ **“Field guide”** to help GPs and Specialists
- ✓ **Clinical guidance tool** for reducing inappropriate variation in health care
- ✓ **Password accessible to all Health Professionals in Tasmania (not accessible to consumers)**

The screenshot shows the Tasmanian HealthPathways website interface. At the top, there is a search bar and a navigation menu with categories like Home, Aboriginal and Torres Strait Islander Health, Acute Services, Allied Health, Child Health, and Child Growth. The main content area is titled 'Deliberate Self-harm' and includes sections for 'Red flags' (Change in usual harming behaviour, Serious injury or self-poisoning, Suicidality), 'Background', and 'Assessment'. A 'PRACTICE POINT' box advises: 'Be aware of your own responses. Maintain a calm reassuring manner while assessing the patient and be prepared to debrief with colleagues if necessary.' Below this, there are numbered steps: '1. Assess safety and possible suicide risk.' and '2. Take a history and context of the self-harming episode.'

The screenshot shows the HealthPathways Community website. The header includes the logo and navigation tabs: Home, About, News, Members, Groups, Resources, Support, Online Help, and Contact Us. The main content area features a 'Welcome to the HealthPathways Community' message, stating the website aims to inspire and facilitate collaboration between HealthPathways Teams across New Zealand, Australia, and the United Kingdom. Below this, there is a section for 'Access to the Community website' with instructions on how to request access. A news article titled 'HealthPathways helps GPs respond quickly to meningococcal outbreak in Tasmania' is featured, with a photo of a woman in an orange top. The article text reads: 'An urgent update to Tasmanian HealthPathways enabled GPs to respond quickly to a meningococcal outbreak in Tasmania in late July.'

# HealthPathways Benefits -

## Patients

- benefit from general practice and other services being able to do more for them in the community
- benefit as clinicians have greater clarity about the appropriateness and likelihood of obtaining further specialist services or alternative options

## Clinicians

- benefit through relationship building with their primary care and hospital specialist colleagues as they localise HealthPathways
- benefit through greater confidence and options in managing their patients

## The local “health system”

- benefits through less demand on acute and outpatient services as patients are better managed in the community
- benefits by freeing up resources to provide more elective services and provide assistance to primary care

Search

Back >

## Using HealthPathways



- [What is HealthPathways?](#)
- [How to use HealthPathways](#)
- [How to send feedback on a pathway](#)
- [Install shortcuts to HealthPathways](#)

## Health System News



[DHHS Tasmania - Public Health Alerts](#)

20 Sept

### Thunderstorm asthma: Information and advice

The Tasmanian Department of Health advises thunderstorm asthma is an emerging environmental health threat in Australia and other parts of the world.

Thunderstorm asthma happens with the concurrent presence of 1) aeroallergens (such as pollen, ruptured pollen or fungal spores), 2) specific weather conditions of thunderstorms and strong wind gusts and 3) a population group who are already sensitised to those aeroallergens and have a history of allergic rhinitis or asthma. [More](#)

# Mental Health in Children & Young People

This suite of pathways have either been:

- ✓ Edited and updated – previously reviewed by local Paediatricians
- ✓ Localised from various other HealthPathways regions in Australia

All new pathways have been reviewed by the team at Orygen in Victoria as well as the local Clinical Work Group members

# Providing feedback

The screenshot shows the Tasmanian HealthPathways website interface. At the top, there is a blue header with the logo on the left, a 'Draft Site' button in the center, and 'HealthPathways Factsheet Disclaimer' on the right. Below the header is a search bar and a navigation menu on the left. The main content area is titled 'Anxiety in Children and Young People' and includes sections for 'Red flags', 'Background', and 'Assessment'. A red circle highlights the 'Send Feedback' button located in the top right corner of the page content area.

- ✓ A living document – anybody using HealthPathways can send feedback
- ✓ Click on “Send Feedback” button at top of each pathway
- ✓ Opens up a thread in system administration portal to add changes/updates/feedback
- ✓ All feedback is triaged by THP team and forwarded to GP Clinical Editor
- ✓ Important updates can be made quickly if locally agreed

# Clinician Quotes

“I think that for any GP, it’s a good resource. But so many of the trainees especially find it as a really useful as a way of being able to, usually, find local, Tasmanian information. It also just gives you a really good, thorough approach, because even though in the early parts of our training we’re heavily supervised, as you progress, there’s not always someone on site to ask.” - *Dr Sophie Otlowski, GP*



“We strongly endorse THP in the School of Medicine at the University of Tasmania. Where possible we incorporate the pathways into our teaching especially in the case base learning tutorials in senior years. We find it prepares students well for entrance into the Tasmanian Health System and gives them confidence to efficiently navigate complex management pathways” – *Dr Nick Cooling, Director of Internationalisation and Global Health, UTAS*

“It’s so logically and succinctly laid out – what tests you need, who to refer to and contacts. When I start teaching registrars, the way I’m going to start is to say to them pick a complex medical condition, go to Tasmanian HealthPathway and teach me what they say” – *Dr Daniel Kulback, GP*





**Questions?**

**Thank you.**