



The Elms Quarterly

*Keeping you in touch
with developments at our Medical Centre*



www.theelms.com.au

Autumn 2012

The Elms is strongly committed to improving the health of the Bacchus Marsh community, and in late 2011, made a sizeable donation to “Defib Your Club, For Life!”. Combined with a generous donation from the Rotary Club of Bacchus Marsh, this helped the Bacchus Marsh Golf Club purchase a life-saving defibrillator. This was delivered to the Golf Club earlier this year, and we all hope it will never be needed.

Doctor News

We are pleased to announce the return of Dr Manju Nadiger after spending 6 months in Ararat completing his outer rural general practice training rotation. He has been welcomed back by his many patients as he resumes his long term placement at The Elms.

Dr Jessie Low and Dr Asha Jacob are both settling in well after commencing here in February. Both are living in Bacchus Marsh and we hope you will make them welcome.

At the end of February, we were saddened by the departure of Dr Faiza Khan, who moved to work closer to her home near Melbourne. We are also sorry to hear that Dr Chris Maclay is leaving for the north coast of New South Wales. Chris finishes at the end of April after being with us for 3 years for his general practice training. He has recently attained the Fellowship of the Royal Australian College of General Practitioners, which is the post-graduate qualification to be a general practitioner. We wish Chris the very best for the future and we will all miss him very much.

Nurse News

Our team of practice nurses has grown in number with the commencement of Therese Norrish in February. She is a registered nurse with extensive clinical experience, and will be working part-time on Tuesdays. Therese can provide various services including immunisations, wound dressings, blood pressure checks, and assistance during medical procedures. Appointments with our nurses can be made by contacting reception.

Medical Student

Kate Middleton, our full time medical student from Deakin University, has immersed herself into Bacchus Marsh life, including joining a local netball team. We would like to thank all the patients who have agreed to have Kate involved in their care, and as a result she is already gaining much learning experience. As an extra bonus, by seeing Kate you can often get an earlier appointment with Dr Rob Hosking or Dr Woody Wu who are mentoring her.

Podiatrist

We are very excited that Gerard Zammit has commenced part-time podiatric work with us. He has returned to work in Bacchus Marsh after completing his PhD at La Trobe University. Podiatry is the study and treatment of foot and ankle problems. Gerard will initially be available on Tuesdays, and is running his own business out of The Elms. He can be seen privately (patients paying their own fees, which may be partly reimbursed by private health insurance) or through Medicare funding (if referred by a GP as part of a Team Care Arrangement). Please speak with your doctor to see if you qualify for a Medicare-funded referral. Appointments to see Gerard can be made through our reception. More information about Gerard’s services can be found on his website:
www.medicalfootcare.com.au.

Psychologists

Phillip Blackwood, psychologist, has been consulting at The Elms on Fridays providing general counselling as well as other psychological therapies. We also have Meredith Rayner and Louise Hayes who are well established in their psychological practices here. You can see psychologists privately (self-paying or claiming through private health insurance) or, if your condition is eligible, on referral from a GP using a Mental Health Care Plan (part of the fee is subsidised by Medicare). Please speak with your doctor to see if you qualify for a Medicare-funded referral.

Influenza immunisation available now

It is that time of year again! People age 65 and over, pregnant women and anyone with a disease that makes them more vulnerable to influenza (such as diabetes, asthma, heart disease, cancers, etc) can receive a Government funded “Flu” injection. Other people can obtain a prescription from their doctor and purchase the injection from the pharmacy for administration by our practice nurses (immunisations given by our nurses are usually Bulk Billed). A new injection is required each year as the types of influenza “going around” changes frequently.

Defective breast implant alert

There has been much publicity about defective breast implants (manufactured by French company, Poly Implant Protheses) that may rupture, causing possible health problems. The Australian Government has announced that as of 12th March 2012, Medicare funding will be available for 12 months to provide MRI scans for women who may have these implants, to determine if they are leaking and needing removal. If you are concerned about this, speak with your doctor, or ring the Breast Implant Information Line on 1800 217 257.

Charges for non-attendance at booked appointments

Due to the persistent high level of patient non-attendance at booked appointments, we will be enforcing our policy of charging people who do not attend. This may seem harsh but currently 10% of our appointments are being wasted due to patient non-attendance, making getting an appointment with a doctor even more difficult for those in need.

It would be appreciated if patients can cancel, with at least 2 hours notice, any booking they no longer require so that the appointment can be offered to another person.

Faeces testing for bowel cancer

People turning 50, 55 and 60 may receive in the mail a free bowel screening kit from the Federal Government. We encourage people to utilise this offer as it has already been proven to save lives by detecting bowel cancers early enough so that it may be cured. It works by detecting the presence of invisible blood in the stool. It may not be pleasant collecting a small sample of your own faeces, but having bowel cancer is an even worse prospect. Early detection is a very effective way to reduce deaths from this most common of cancers.

Do you use a walking stick?

If you do, does your walking stick always fall down when you lean it against a wall or chair? A great tip is to use a flat-topped stick (shaped like the number 7). When not using it, lean it against a wall **up- side-down** (i.e. like the letter L). Because of the flat top (now on the ground) and the rubber stopper (now leaning against the wall), it is far less likely to fall down. To start walking, just turn it the right way up again!



We request that patients please turn off their mobile phones during consultations, and refrain from using while at the reception desk. Thank you.