



# *The Elms Quarterly*

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



[www.theelms.com.au](http://www.theelms.com.au)

## **Summer 2009/2010**

The Elms celebrated Christmas at Bacchus Hill Winery on 18<sup>th</sup> December and we all had a lovely evening. It was great to share the festivities with our colleagues in a relaxed atmosphere and enjoy fine food and drink. We had a large turnout with all the current doctors, nurses, receptionists and support staff attending, as well as some old friends such as Barrie Bardsley and his wife Barbara, and Dr Sue Wright and her husband David. The view from this venue at night is truly spectacular and the food was fantastic. We would recommend that others try this wonderful local venue.

## **Doctor News**

Dr Anita Manku has had her baby! She had a boy named Michael Singh Manku on 6<sup>th</sup> January 10.32pm weighing 3.8kg (or 8lb 3oz). She is still hoping to come back to work at The Elms part-time when she feels up to leaving her gorgeous baby for short periods (possibly one day per week).

Dr Thai Nguyen, Dr Khemar Wadi and Dr Anita Manku all successfully passed their Royal Australian College of GPs Fellowship examinations. This is the culmination of 4 years of extra training to specialise as a GP. Congratulations to all three as it is a lot of hard work and not everyone passes.

Dr Wadi is leaving us in February having completed her 6 months compulsory rural training. We will miss her cheery manner, and wish her well in her future career.

Dr Faiza Khan and family are having a month holiday in her homeland of Pakistan before moving to Ararat for 6 months and then returning to The Elms in August. As part of her training she is required to work in an outer rural area for 6 months. We look forward to her return.

Dr Thai Nguyen is continuing working at The Elms on a part-time basis until August so his wife can return to work in the city. He will be taking a more active role in caring for his 2 young boys.

We have two new doctors starting in February 2010. Dr Abha (pronounced "Arba") Chikarsal has completed her first year of GP training in Ararat and comes to us to continue her training for all of 2010. She originally trained in India. Dr Grace Diao finished her medical training in China and has completed post graduate studies at The Austin Hospital in Melbourne. Grace will be commencing her GP training with us and working all of 2010.

Dr Chris Maclay, Dr Rob Hosking and Dr Woody Wu will continue working full-time. We are still actively looking for more doctors to bring us up to full strength.

Dr Rob Hosking has a commitment working with the Australian Government in moving towards a more electronically enabled health system. Ultimately this will mean you will not need to take a paper referral to see a specialist or have a test done (it will be sent electronically). Also prescriptions will be able to be sent electronically to pharmacists as well as other improvements to the health system by making it more connected. Hence Rob may be absent from time to time to attend to this work.

Dr Woody Wu has been elected to the Board of Management of the Central Highlands GP Network. We congratulate him on his election. He is the only current Bacchus Marsh doctor on the board.

Many will be interested to know that Dr Wright is back from her 6 month European adventure and is settling down to some part-time medical education work (with medical students and international medical graduates) from her base in Woodend.

### **Nurse News**

It is with sadness that we farewell Tarryn Bristow who has been our diabetes nurse educator for the last 3-4 years. She has another full time job with Melton Health in this specialist nurse role. We are looking for a replacement for Tarryn. In the meantime, nurse Judy Higgs will be filling part of this role. For more specialised assistance we will be utilising the services of Melton Health.

Sophie Kerr, our chronic disease management nurse, is returning from maternity leave shortly. We look forward to having her back as part of the team who organises people who have chronic and complex medical problems to ensure all their medical needs are met.

### **Psychologist News**

Dr Louise Hayes (PhD clinical psychologist) will be returning to her part-time work at The Elms in February after a family trekking holiday in Nepal. She is quite keen on helping the local community there. She took some donations we made of old medical equipment for a clinic in the highlands of Nepal.

Louise has settled in to her position with us very well and says she is enjoying working here. If you are interested in a referral to Louise for any mental health issues then speak to your doctor to see if you qualify for a referral under Medicare in order to receive a rebate for her fees. You can see her privately without involving Medicare, but in that case you will not receive a rebate.

### **Immunisation News**

The *Whooping cough booster* for new parents has been extended. This Victorian Government initiative aimed at curbing the current epidemic of whooping cough initially was to have ceased in Dec 2009 but it has been extended until end June 2010. All parents of newborn babies should consider having this injection which also boosts for tetanus and diphtheria. This is free, and if given by our nurse is bulk billed, like all injections.

The *Gardasil (cervical cancer vaccine)* program for all women aged 18-26 has now ceased. If you have only partly completed your course of 3 injections you will need to get a prescription to buy it from the pharmacist (approximately \$150 per injection) to complete the course.

The *Four year old immunisation* is now recommended to be given from 3 ½ years to 4 and 1 month.

Medicare may deem your child as not immunised and therefore not eligible for family assistance payments if you don't attend to immunisation in the recommended time frame above.

You can find out about your child's immunisation status up to age 14 using either the on-line services at <http://www.medicareaustralia.gov.au/online> or by phoning the childhood immunisation register on 1800 653 809.

The *Swine flu vaccination* is available free to all Australians over 6 months old. Children from 6 months to age ten can now be immunised since it has been ascertained that 2 injections at least 4 weeks apart are required to provide long lasting immunity. The delay in this recommendation had nothing to do with safety issues but because of research into how many doses are required in children.

### **Results of tests**

When a doctor orders investigations, it is for a medical reason. In many situations your condition will need to be reviewed by your doctor and you will receive your results at the follow up visit.

For routine tests, such as cholesterol and blood counts, vitamin and iron levels, we advise patients to telephone the clinic to obtain their results. However, we will try to contact you regarding significantly abnormal results and may ask you to return for further explanation. Please note that it remains the patient's responsibility to contact the clinic if they have not received their results.

Another alternative for routine tests where a review appointment is not required, is to access these and have a brief written discussion with your doctor using the on-line service at [www.ozdocsonline.com.au](http://www.ozdocsonline.com.au). There is a credit card charge for using this service but it is cheaper and more convenient than attending for another appointment.

If you would like to know more about the tests you are having done you can go to the excellent consumer website [www.labtestsonline.org.au](http://www.labtestsonline.org.au).

### **On-line consultation or requests for repeat prescriptions**

Please note that the service mentioned above at [www.ozdocsonline.com.au](http://www.ozdocsonline.com.au) is available for non-urgent consultations with your doctor (where physical examination is not required) or requests for repeat prescriptions. We currently have about 30-40 people registered and using this service. We find this works well and is convenient for all of us.