



The Elms Quarterly

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



www.theelms.com.au

Summer 2012/2013

We would like to wish all our patients a safe and happy festive season.

The Elms recently celebrated Christmas at West Waters, Caroline Springs, with everyone having the opportunity to catch up without the pressures of work. It was an enjoyable evening, with the function lasting well into the night.

The construction work to extend and renovate The Elms is well underway. The builders have already stripped out the old gym next door and erected the wall frames for the new consulting rooms. Installation of electrical wiring and plumbing has begun, as well as the heating/cooling services. As we approach the transition to using the new section, there will likely be disruptions in the form of extra noise and juggling of rooms between doctors and other visiting staff. We anticipate that the transformation will take at least until the start of April to be completed.

Doctor News

In February, Dr Jessie Low will be heading off to Ararat to complete a six-month outer rural general practice rotation, and we will be welcoming back Dr Asha Jacob, who will be returning to The Elms after completing her six months of outer rural placement. Dr Nyree O'Connor will also resume consulting full-time in 2013, after having worked part-time at The Elms whilst completing a special skills rotation in geriatric medicine at The Queen Elizabeth Centre, Ballarat.

Dr Rob Hosking has been busy outside of his usual consulting at The Elms with an ongoing commitment to the use of e-health in medical practice around the country. He is active as a clinical lead in the National e-Health Transition Authority (NEHTA), as well as being a member of the e-Health National Standing Committee of the Royal Australian College of General Practitioners (RACGP), and National Prescribing Service e-Health and Decision Support Advisory Group. Dr Woody Wu has also been involved in activities outside the clinic, having taken on being an examiner for the Deakin University School of Medicine, as well as an examiner for the final Fellowship examinations of the RACGP.

Drs Manju Nadiger, Rakhi Basu, Chuong Nguyen and Bharat Kaushik will continue consulting at The Elms.

Receptionist News

With the increase in number of doctors, visiting specialists and allied health service providers at The Elms, our office assistant, Belinda McCoubrie, has started as our new trainee medical receptionist. The role of a medical receptionist is extremely important as they are the first point of contact, both on the phone and at the front desk. It is a difficult job that requires mastery of many skills including effective communication, medical terminology, account handling, and computer literacy. In addition to these skills, we are lucky that all our receptionists have local community knowledge which allows them to offer a more personal and individualised service to our patients. We are very proud of the great job that our receptionists perform, often under very demanding circumstances.

Physiotherapy at The Elms

Commencing in January, The Elms will have a visiting physiotherapy service. Physiotherapists, Mr Joseph Louka and Mr Michael Rafla, will initially have sessions on Wednesday afternoons and Saturday mornings. Having already established themselves in Melton as “101 Physio”, Joseph and Michael hope they can provide a more convenient local service for their Bacchus Marsh clients.

Appointments can be made by phoning (03) 9746-6852, with additional information about Joseph and Michael available at their website, www.101physio.com.au

The “Egg Timer” Test

With an increasing number of women choosing to delay starting their family for personal, lifestyle or career reasons, it is not uncommon for them to ask about how this may affect their future fertility. One way of answering this question is to measure a woman’s “ovarian reserve”, which assesses the quality of the remaining eggs in the ovaries. This “egg timer” test consists of a blood sample to measure several hormone levels, combined with the result of a high quality ultrasound scan of the ovaries during the menstrual period. The “egg timer” test is offered by Melbourne Womens Imaging and can be performed here at The Elms. Please speak with your doctor about a referral for this test. More information can be found at www.mwimaging.com.au/services

Gardasil injections for boys

Infection with the Human Papilloma Virus (HPV) can cause genital and anal warts, as well as increase the risk of cervical cancer in females, and penile cancer in males. Exposure to these genital-specific subtypes of HPV is through sexual contact, hence the vaccine must be given prior to commencement of sexual activity for the Gardasil immunisation program to be effective.

The previously introduced immunisation for girls to reduce the risk of infection with HPV will be extended to boys. Commencing in 2013 as part of the Australian National Immunisation Program, boys aged 12 to 13 years (year 7) will be routinely offered the Gardasil vaccine through their schools. Boys in year 9 will also be able to have the Gardasil vaccine as part of a two year catch-up program. Having the course of Gardasil injections will help protect boys from HPV infection, as well as enhancing the overall effectiveness of the vaccine program against cervical cancer in females. The course consists of three separate injections, given over a 6 month period.

Organ and Tissue Donation

Despite the organ transplant program in Australia having one of the world’s highest outcome success rates, our number of organ donations remains low with only 15 donors per million people of the population. The most common organs transplanted are kidneys, followed by livers and lungs. In 2011, the 337 donors in Australia helped improve the lives of 1009 recipients, with around another 1600 people on waiting lists.

In order for an organ donation to occur, the family of a potential donor will always be asked to confirm the wishes of the deceased. Therefore, it is important for families to discuss how they feel about organ donation and make it known to each other what their wishes are. As it is always a difficult subject to broach when a family member is gravely ill, the Australian Government’s Donate Life initiative actively encourages families to discuss the issue of organ donation, as well as providing a means to register an individual’s decision to become an organ donor.

Further information about organ donation can be found at www.donatelife.gov.au



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