



Bulli Medical Practice

Spring Newsletter 2018

Farewell Andrea

In August we said a sad farewell to our wonderful practice nurse Andrea Whitton.

Andrea has been with the practice for over 8 years and has developed important nursing initiatives in aged care and chronic disease management.

She has been an integral member of the nursing team and well-liked by staff and patients for her consistently professional and caring manner.

Andrea is looking forward to travelling, perfecting her golf swing and spending time with family and friends.



Farewell Karen

In October we will also say farewell to our senior practice nurse, Karen Ruskin.

Karen has worked at Bulli Medical Practice for over 23 years. She started when Dr Bill Feneley owned the practice and when Drs Julie Blaze and Jeff Hall took over, Karen continued her role and helped them during many transformations.

As the Practice grew Karen took the role of Senior Nurse. She remained committed to the highest quality of patient care and has always been highly respected and well-liked by her colleagues and patients.

In her retirement, Karen plans to spend more time with her grandchildren as well as travelling and gardening.

Thank you, Karen and Andrea, for all your work at Bulli Medical Practice, and best wishes for a rich and rewarding retirement.

We will be having a farewell morning tea for Karen on Tuesday 30 October at 11am. If you would like to attend, please contact the practice for catering purposes.



Weight Management Program

Obesity is a disease of energy regulation that requires ongoing management just like any other chronic illness.

An increasing number of Australians struggle to maintain a healthy weight range and find it difficult to navigate a realistic approach to weight loss.

The Bulli Medical Practice Weight Management Program has benefitted many patients over the past four years.

Dr Julie Blaze developed this individualised maintenance program which we have recently extended to include:

- ◇ Initial 12-week program tailored to your goals
- ◇ Weekly visits with the practice nurse
- ◇ Monthly reviews with your doctor
- ◇ Referral to allied health partners
- ◇ Education topics including exercise and food diaries, diet and meal planning, eating out, reading food labels, healthy snacks and recipe adaptation.

The weight management program has been running for six weeks but already six patients on the program have lost a total of 20kg. That's an average of 3.5kgs each.

If you are interested in participating, please speak to your GP at your next visit or ask at reception.



New GP Registrar

A GP registrar is a doctor who has completed their hospital-based training and is currently undertaking postgraduate studies in the specialty of general practice. We are delighted to welcome our new GP Registrar, Dr Cameron Warren.

Cameron completed his medical education at Wollongong University graduating with distinction in 2013. He went on to complete his hospital training in the Illawarra, spending time at Wollongong Hospital, Shoalhaven Hospital, and Milton Ulladulla Hospital. He has also completed extra training in Emergency Medicine at Coffs Harbour Base Hospital.

Cameron takes special interest in chronic disease management, preventive health, mental health, dermatology and minor surgery/procedures.

Cameron plays an active role in training medical students at the University of Wollongong as a clinical academic.

Outside of medicine Cameron loves keeping active, spending time in the ocean and playing the blues.

He is available for appointments on Tuesdays, Thursdays and Fridays.



Staff & community news

- ◇ Welcome to Sofia Fairbrother, our new practice nurse
- ◇ Welcome to Sarah who has joined our reception team
- ◇ Farewell to Karen Ruskin and Andrea Whitton
- ◇ Welcome back Dr Nathan Beckman from his trip around Australia
- ◇ Welcome back Kathy from her amazing journey walking the Camino de Santiago (pictured below).



WorldOsteoporosisDay
October 20

LOVE YOUR
BONES

Worldwide, one in three women and one in five men aged 50 years and over will suffer an osteoporotic fracture.

Osteoporosis causes bones to become weak and fragile, so that they break easily – even as a result of a minor fall, a bump, a sneeze, or a sudden movement. Fractures caused by osteoporosis can be life-threatening and a major cause of pain and long-term disability.

Signs

- ◇ Back pain, caused by a fractured or collapsed vertebra.
- ◇ Loss of height over time.
- ◇ A stooped posture.
- ◇ A bone fracture that occurs much more easily than expected.

Risk Factors

- ◇ Females are at higher risk than males.
- ◇ Age: The older you get, the greater your risk.
- ◇ Family history: Having a parent or sibling with osteoporosis puts you at greater risk.
- ◇ Body frame size: Men and women with small body frames tend to have a higher risk.

Prevention

- ◇ Exercise regularly including weight-bearing, muscle-strengthening and balance-training.
- ◇ Ensure a diet rich in calcium, vitamin D and protein for bone health. Safe exposure to sunshine helps most people get adequate vitamin D but a supplement may be needed.
- ◇ Maintain a healthy lifestyle including a healthy body weight. Avoid smoking and excessive alcohol.
- ◇ Talk to your doctor, especially if you've had a previous fracture or have specific diseases and/or medications that affect bone health.
- ◇ Get tested and treated if needed.

If you are over the age of 50 and you have one or more risk factors you should discuss these with your doctor and ask for an assessment of your bone density.

Lifestyle changes may be recommended and, for those at high risk, medication may be prescribed for optimal protection against fractures.

Guide to doctor availability, Spring 2018

	MON		TUES		WED		THUR		FRI		SAT
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM
Dr Julie Blaze		✓			✓	✓		✓	✓		*
Dr Ben Bartlett	✓	✓				✓					
Dr Nathan Beckman					✓			✓	✓		
Dr Rebecca Goodman	✓**	✓**	✓**	✓**	✓	✓					
Dr Jemima Grant		✓	✓	✓	✓	✓	✓			✓	*
Dr Saroja Gunasekera	✓	✓	✓	✓		✓			✓		*
Dr Jeff Hall	✓	✓		✓	✓	✓			✓	✓	*
Dr Michael Hanson	✓**	✓**	✓	✓	✓	✓		✓	✓**	✓**	*
Dr Amy Harkness					✓	✓			✓	✓	
Dr Helen Maclean	✓	✓	✓	✓			✓	✓			*
Dr Anna Putnis	✓	✓	✓	✓					✓	✓	*
Dr Cameron Warren			✓	✓			✓	✓		✓	*

*Not every Saturday, doctors work on a rotational basis for Saturdays. Please check with reception.

**Every second week. Please check with HotDocs or reception.

For more information on our doctors, their qualifications and areas of interest, please visit the website.

We have provided the timetable above as a guide to which doctor works on which days, as this may help you when scheduling your next appointment. Please note, the roster changes regularly, as doctors take holidays from time to time.



WOMEN'S HEALTH WEEK 3-7 September 2018

The two biggest barriers that prevent women from maintaining a healthy lifestyle is 'lack of time' and 'health not being a priority'.

Women's Health Week is the time of the year for women to put themselves first and start making positive changes that can last a lifetime.

Women's Health Week is an initiative of Jean Hailes, a national not-for-profit organisation dedicated to improving the knowledge of women's health throughout the various stages of their lives.

During Women's Health Week you can sign up to receive free health tips, recipes, videos, podcasts and more, aimed at inspiring you to live a healthier life. Visit <https://www.womenshealthweek.com.au/about>

You can also visit one of our GPs for advice. We have seven female GPs who have a special interest in women's health. Check our website for details.

Welcome Sofia!

We are delighted to announce that a new practice nurse has joined our team. Sofia Fairbrother has extensive primary health care experience including community nursing, general practice nursing, travel medicine and immunisation certification.

Sofia recently returned to Australia after working as a practice nurse in Sweden. In Sweden, nurse-led clinics are a routine part of GP service offerings so we plan to incorporate her knowledge and expertise.

Sofia lives locally with her family and enjoys being active in her spare time.



Fees policy

Bulli Medical Practice is not a bulk billing practice. It is our policy that payment for consultation is made at the time of your appointment.

Please see our website or ask at reception for our full fee schedule. The out of pocket expense for a standard Level B consultation (15 minutes) is \$41.40 however an increase may occur in November. We accept cash payments and have EFTPOS facilities (debit and credit card: Visa & Mastercard but NOT American Express).

Medicare rebates may be claimed in person at a Medicare office, or can be sent online directly to Medicare and you will have the option of receiving your rebate via cheque or direct deposit into your nominated bank account.

If payment cannot be made on the day, an account can be issued incurring an administration fee of \$15 which is not Medicare rebatable.

Privacy & medical records

Your medical record is a confidential document.

It is the policy of the practice to maintain security of personal health information at all times and to ensure that this information is only available to authorised members of staff.

The Practice adheres to the national privacy principles. A copy of our privacy policy is available on request at reception.

Reminders, recalls & results

Please telephone the Practice between 12 noon and 2pm weekdays to find out the results of any tests that have been ordered by our doctors.

Patients that require immediate action in relation to test results will be contacted by the Practice to arrange a consultation so that they can discuss the test results with a doctor.

We are committed to providing preventative health care and participate in government reminder systems and registers.

We offer a SMS reminder system. If you would like to receive SMS reminders please inform reception and ensure they have your current mobile telephone number. If you do not wish to be a part of this system, please notify reception.

Feedback & continuous improvement

We value your feedback and encourage you to complete a general feedback form (which you can deposit in the secure box at reception) or by emailing feedback@bullimedicalpractice.com.au.

We endeavour to respond to your suggestions as soon as possible and to continuously improve our service.

From time to time we might also ask you to complete a confidential evaluation as part of AGPAL accreditation.

If you are unhappy with any aspect of the care that you receive then please let us know. Talk to either your doctor or reception staff and we will try our best to help. We believe problems are best resolved within the Practice as this helps us to continuously improve.

If however, the problem is not resolved, you may wish to contact the NSW state government authority for dealing with medical complaints.

The address is: Health Care Complaints Commission, Locked Bag 18, Strawberry Hills NSW 2012.

Slip Slop Slap Seek Slide



Skin Cancer Action Week

With two in three Australians diagnosed with skin cancer by age 70, Skin Cancer Action Week (November 18 - 24) is an important reminder to get a check-up for early skin cancer detection

More than 2,000 people in Australia die from skin cancer each year, and Australia spends more than \$1 billion per year treating skin cancer, with costs increasing substantially over the past few years.

Most skin cancers can be prevented by the use of sun protection. The five forms of sun protection are to:

- ◇ slip on sun-protective clothing
- ◇ slop on SPF30 (or higher) broad-spectrum, water resistant sunscreen
- ◇ slap on a broad-brimmed hat
- ◇ seek shade
- ◇ slide on sunglasses.

You should also get your skin checked for any changes. We offer a Skin Check Clinic with Dr Michael Hanson every Tuesday from 2 – 6pm (by appointment only). Skin check consultations can also be booked with other GPs at other times.