



Dr Clifton Sturt, State Records



Dr Francis Crossle

## 125th Anniversary

This year we are celebrating 125 years of continuous operation our medical practice on Park Road in Bulli. We are proud to be one of the oldest medical practices in Australia.

In 1895, Dr Clifton Sturt (pictured above) purchased the premises and built a small medical practice alongside his own private residence. He died in 1901, and the practice was maintained by Dr James Thompson.

Dr Barton Dixon took over the practice in 1903 and was instrumental in the development of Bulli District Hospital. Dr Dixon was a keen photographer and took many images of Bulli and Wollongong in the early 1900s.

In 1916, Dr James Macpherson took over, but sold it to an Irish migrant, Dr Francis Crossle in 1922. Dr Crossle (pictured left) was a colourful character who visited patients via horse and sulky until he bought a car. He caused a scandal when he published his novel 'Dona Juana' in 1931 as it was considered risqué at the time. Some of his friends included D.H. Lawrence and Norman Lindsay.

Dr Bertram Cook took over the practice in 1938 and was superseded by his brother, an ex-army officer, Dr 'Captain' Cook.



In 1958, another ex-army serviceman joined the practice, Dr William (Bill) Feneley (pictured).

His commitment to medical services and education earned him an Order of Australia in 2000. He received the ANZAC Medal for services to charitable and community organisations in 2001.

Dr Julie Blaze joined in 1997, and, together with Drs Jeff Hall and Michael Hanson, they expanded and modernized the practice. Today, with ten doctors, four practice nurses and a dedicated administrative team, Bulli Medical Practice continues to offer quality, personal healthcare in the Northern Illawarra.



Park Road looking East, Wollongong City Council, Image Number: P01/P01184.



## 10 Ways to Reduce Your Risk of Falling

Falls are a major health issue with around 30% of Australian adults over 65 years experiencing at least one fall per year. Most elderly people fall in and around their home, but falls are also common in aged care facilities. An injury, such as a broken leg or hip, as a result of a fall can lead to major life changes, such as where you can live.

### Risk Factors

Your chances of falling may be increased if you've had a fall in the past six months. Other risk factors include:

- Home hazards such as loose shoes, slippery tiles, steps, rugs on the floor and other trip hazards.
- Sensory and balance problems including muscle weakness, low vision or blindness and reduced sensation.
- Medication (side effects) and changes in medication.
- Chronic diseases including Parkinson's, dementia, hypotension (low blood pressure), diabetes, arthritis, stroke, osteoporosis, anxiety and depression.
- Short term illness (such as colds or flu or other infection) or during

### Reducing Your Risk of Falling

There are a number of things you can do to help prevent falls and minimise injuries if you do fall including:

1. Eat healthy and nutritious food and drink enough fluids
2. Maintain a healthy and active lifestyle, with regular exercise to prevent your muscles weakening and joints stiffening such as Tai Chi
3. Take medication only as prescribed and discussing any side effects with your doctor
4. Wear the right shoes – comfortable, firm-fitting, flat shoes with a low wide heel, laces, buckles or Velcro fastenings and rubber soles that grip
5. Hazard proof your home to make it as safe as possible – remove slip or trip hazards like loose rugs or mats and repair or replace worn carpet
6. Ensure adequate lighting, especially at night
7. If applicable, always use your walking aid
8. Instal grab rails in the bathroom
9. Keep pathways around your home clean and in good repair
10. Mark the edge of steps so they're easier to see.

In some instances, wearing hip protectors or limb protectors can help prevent hip fractures and skins tears. Home maintenance and modification services are available that can help to make your home safer and more secure. They can install:

- grab and shower rails
- hand rails
- ramps and other mobility aids
- emergency alarms and other safety aids.

### How your GP can help

If you've had a fall, or, if you or someone you care for is at greater risk of falling, make an appointment to discuss this with your GP. Your doctor can provide tailored advice about how to prevent falls, particularly if you have one or more of the chronic health conditions mentioned above.

"We can review your medications and may refer you to other health professionals such as rehabilitation specialists, physiotherapists, podiatrists and occupational therapists," said Dr Jeffrey Hall.

"If you've already had a fall, try share as much information as you can about the when and where you fell, what you were doing and how you were feeling just before the fall," he said.

## Meet our new GP registrar: Dr Emily O'Donnell

Emily is originally from Washington, DC. After finishing her undergraduate degree in economics, she moved to Sydney and hasn't looked back. She studied medicine at the University of Sydney and graduated with a MBBS in 2015. Emily completed her intern and resident years at Bankstown-Lidcombe Hospital. This included a year in obstetrics and gynaecology. Emily has a special interest in women's and children's health and has completed the RANZCOG Certificate of Women's Health and the Family Planning NSW Reproductive and Sexual Health Certificate.

Outside of work, Emily enjoys spending time with her family at the beach.



## GP Availability Autumn 2020

The table below is a guide to which doctor works on which days. This may help when scheduling your next appointment. Note that the roster changes regularly and doctors take holidays from time to time. Your best guide to availability is our online booking site (via our website) or call us on **4284 4622**. Please note:

- Dr Michael Hanson works alternate Mondays and Fridays every second week.
- Dr Jeffrey Hall works Mondays every second week.
- Doctors alternate on Saturdays as part of a roster. Please check via Facebook or ask at reception.

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SAT
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM
Dr Julie Blaze		✓			✓	✓	✓		✓		✓
Dr Ben Bartlett	✓	✓			✓	✓					
Dr Rebecca Goodman	✓	✓			✓	✓					✓
Dr Saroja Gunasekera	✓	✓	✓	✓		✓	✓				✓
Dr Jeff Hall	✓			✓	✓	✓			✓		✓
Dr Michael Hanson	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓
Dr Amy Harkness					✓	✓			✓	✓	✓
Dr Katrina Heggie			✓	✓	✓	✓	✓	✓		✓	
Dr Helen Maclean	✓	✓	✓	✓			✓	✓			✓
Dr Emily O'Donnell			✓	✓			✓	✓	✓	✓	
Dr Anna Putnis	✓	✓	✓	✓					✓	✓	✓

### Coronavirus (COVID-19)

Coronaviruses are a family of viruses that can make humans and animals sick. They cause illnesses that can range from the common cold to more severe diseases. Coronavirus (COVID-19) was first reported in December 2019 in Wuhan City in China

#### Symptoms

Symptoms range from mild cold like symptoms to severe cough and respiratory failure. Most people will recover easily, but a small proportion get very sick, very quickly. People may experience:

- fever
- flu-like symptoms such as coughing, sore throat and fatigue
- shortness of breath

#### Who is at risk

Most cases of coronavirus (COVID-19) are in Wuhan City in Hubei Province, China.

In Australia, people most at risk are those who have:

- recently travelled to mainland China or Iran
- been in close contact with someone who is a confirmed case of coronavirus.

The virus is most likely spread through:

- close contact with an infectious person
- contact with droplets from an infected person's cough or sneeze
- touching objects or surfaces that have cough or sneeze droplets from an infected person, and then touching your mouth or face.

#### Prevention

Everyone should practise good hygiene to protect against infections. Good hygiene includes:

- washing your hands often with soap and water
- using a tissue and cover your mouth when you cough or sneeze.

#### Diagnosis

If you become unwell and think you may have symptoms of COVID-19, seek medical attention. Call the Practice and ask to speak to a nurse or doctor to organise how you should be assessed.

#### Treatment

There is currently no specific treatment or vaccine for COVID-19, but supportive medical care can treat some of the symptoms and most people make a full recovery. Antibiotics and currently available antivirals are not effective for COVID-19.

## 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 at reception and on our website.

## Reminders, Recalls & Results

Please telephone the Practice after 10am 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.

## 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 \$44.80.

We accept cash payments and have EFTPOS facilities (debit and credit card: Visa & Mastercard but NOT American Express).

Medicare rebates will be sent online directly to Medicare and you will receive your rebate via 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.

## Practice News

- Celebrating 125 years in 2020.
- Phoebe Carter, clinical psychologist, is available for appointments on Wednesdays and Thursdays 8am-2pm.
- Please welcome our new GP Registrar, Emily O'Donnell - [story previous page](#).

## 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](mailto: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.

## Bulli Medical Practice

74 Park Road, Bulli NSW 2516

Monday to Friday 8am - 8pm  
Saturdays 8am - 12 noon  
Closed Sundays.

If you need to see a doctor outside of hours, call:  
Wollongong Radio Doctors 4228 5522  
or the GP Helpline 1800 022 222.

In an emergency call 000.

New patients always welcome!

**Book online today:**

**[bullimedicalpractice.com.au](http://bullimedicalpractice.com.au)**  
or call **4284 4622**.

 **Bullimedicalpractice**