

Sports Medicine by Dr John Deady

With the winter sporting season just around the corner, it's worth sparing a minute to consider some common but important childhood sporting injuries that are often missed.

Fractures are common in children owing to the fragility of the immature bone and are often difficult to diagnose.

Very young children typically have trouble describing the feeling of pain. Slightly older children can be more resilient to pain meaning the often-fleeting concerns they raise (typically while they go about their usual play!) may not be recognized by parents as something more sinister than a 'bump'.

The classic signs of pain, swelling and loss of function (for example a limp or refusal to use one arm when playing), should prompt parents to consider medical review. Xray is a readily available, inexpensive and safe modality for diagnosing fractures which, if missed in a young child, have the potential to effect the growth and function of the bone into maturity.



Dr John Deady joined Bulli Medical Practice in January. He has a special interest in sports medicine and also works professionally with both the St George Illawarra Dragons NRL Club and Wellington Phoenix A League Club.

Concussion

We have seen considerable media attention about concussion in professional sport, but concussion in junior sport is somewhat overlooked. Concussion is a traumatic brain injury that occurs with rapid acceleration/deceleration of the head. It is typically associated with contacts sports such as rugby league and rugby union but also well reported in soccer, AFL, gymnastics, skiing and surfing.

Symptoms

The symptoms of concussion may be obvious, such as loss of memory, or more insidious, such as headache, dizziness, agitation or vacancy. In professional sports, like the NRL, there are professional "concussion spotters". However, in children's sport, the responsibility for the recognition of the injury often falls with the coach or the parents.

Management

Any concerns regarding concussion should be taken seriously, with the child immediately removed from the activity and evaluated by a medical professional.

Helpful information can be found at concussioninsport.gov.au/parents_and_teachers

The Advance Project

Bulli Medical Practice is participating in *the Advance Project* to improve end of life planning.

The purpose of the project is to provide better care to patients through team-based initiatives of advanced care planning and supportive care.

Advanced Care Planning

Advance care planning involves you, your loved ones and your GP or Practice Nurse talking about your values and the type of health care you would want to receive if you became seriously ill or injured and were unable to express what you want. Ideally these conversations start when you are well and continue throughout your illness. However, you do not have to be unwell or have a terminal illness to start planning.

About the Project

As part of the project, practice nurses and general practitioners will introduce new tools and resources to help patients consider their future health care needs.

“Together we will go through these resources and have a discussion. We will then organise follow up appointments to answer any questions and help patients complete any documents,” said Clinical Services Manager, Rebecca Jeffery.

“This is a great initiative,” said Dr Jeff Hall. “Over the years, we have seen the benefits first-hand of well-planned, end of life decisions, and the comfort this brings to patients and their families knowing their wishes are clearly established and will be followed.”

“The project is a national initiative, but we are also working with our local Primary Health Network (COORDINARE) and Palliative Care Services,” said Ms Jeffery. “Ultimately, the project will help strengthen coordination and management of supportive care and end-of-life care in our region.”



Practice Nurse, Victoria Wright with Advanced Project patient resources.

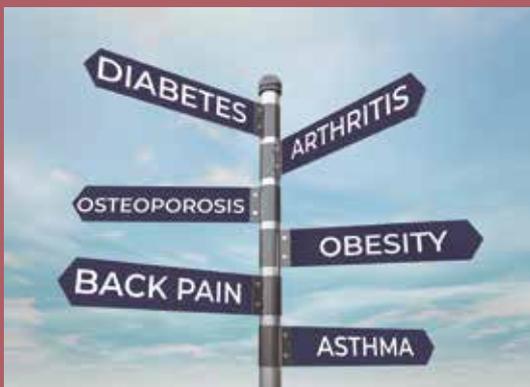
All patients are welcome to initiate Advanced Care discussions with Practice Nurses or General Practitioners. We will also now offer these discussions as part of the 75+ Health Care Assessments.

75+ Year Health Assessment

If you are aged 75 years or older, you're entitled to a health assessment with one of our practice nurses and GP. This is an in-depth consultation that lasts for approximately 1 hour. It provides a structured way of identifying existing health issues and consider interventions or lifestyle change that could help to improve your future health and quality of life.

Please contact reception on 42844622 to book a 75+ health assessment.

Do you have a chronic disease?



It pays to have a care plan.

Ask about Chronic Disease Care Plans.
You may be eligible for Medicare rebates for allied health services from a Podiatrist, Dietician, Physio etc.

GP Availability Autumn 2021

The table (below) is a guide to which doctor works on which days. This may help when scheduling your next appointment. Note:

- The roster changes regularly and doctors take holidays from time to time. Your best guide to availability is via online booking (via our website) or call us on 4284 4622.
- Dr Michael Hanson works alternate Mondays and Fridays every second week
- Dr Jeffrey Hall works Mondays every second week
- Dr Anna Putnis works alternate Thursdays and Fridays every second week
- Dr Saroja Gunasekera is currently providing consultations via telehealth
- 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 John Deady			✓	✓	✓	✓			✓	✓	✓
Dr Hayley Glasson	✓	✓					✓	✓	✓	✓	✓
Dr Rebecca Goodman	✓	✓			✓	✓					✓
Dr Saroja Gunasekera	✓	✓	✓	✓	✓	✓	✓	✓			✓
Dr Jeff Hall	✓			✓	✓	✓			✓		✓
Dr Michael Hanson	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓
Dr Amy Harkness					✓	✓			✓	✓	✓
Dr Helen Maclean	✓	✓	✓	✓			✓	✓			✓
Dr Emily O'Donnell			✓	✓			✓	✓	✓	✓	✓
Dr Anna Putnis	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Bulli Medical Practice Covid Vaccination Centre

Bulli Medical Practice is proud to be appointed an eligible COVID-19 vaccination clinic in the national roll-out program commencing with phase 1B.

We want to assure all patients that, once you become eligible, we can provide both doses of the vaccine which is safe, effective and free.

We are still awaiting final details of the program and have not yet received the commencement date. But we will keep you updated via our website, eNewsletters and Facebook page.

Training of staff

All GPs and nurses at Bulli Medical Practice, and some of our administrative team are undertaking online training modules to ensure competence in:

- Handling and administering the COVID-19 vaccine
- Vaccine storage
- Communication and documentation around patient informed consent and record keeping
- Processes to undertake in the unlikely possibility of an adverse event.

When am I eligible to get my vaccine?

The National Roll-out Strategy details the phases in which vaccines will be available to priority population groups. You can check which group you will fall into via the COVID-19 Vaccine Eligibility checker: <https://covid-vaccine.healthdirect.gov.au/eligibility>

Booking System

We are waiting further instructions regarding the booking system for COVID-19 vaccines, but we understand our current, online booking system (with HotDoc) will integrate with the National Booking System. We also understand there is flexibility for our practice to identify priority groups within our regular patient cohort and arrange bookings directly with you.

Preparing for your COVID-19 vaccine

The National Roll-out Strategy provides the following advice to help you prepare for the COVID-19 vaccine: https://www.health.gov.au/sites/default/files/documents/2021/02/covid-19-vaccination-preparing-for-covid-19-vaccination_2.pdf

Evidence of Vaccination

Once you have had your vaccinations, we will report to the Australian Immunisation Register (AIR). You will then be able to access your immunisation history through your Medicare Online account, the Medicare Express Plus app, myGov or My Health Record. We can also provide paper-based copies if required.

What about my Flu Vaccination?

It is recommended not schedule and administer the influenza and COVID-19 vaccine on the same day. The preferred minimum timeframe between these vaccines is 14 days. We will provide further advice about flu vaccinations over the coming months.

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 \$45.25.

We 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.

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.

Bulli Medical Practice

74 Park Road, Bulli NSW 2516

Monday to Friday 8am - 6pm

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
or call 4284 4622.**

 **Bullimedicalpractice**

Other Practice News

- Patients completing Better Consult questionnaires prior to their appointment will still be asked COVID questions on arrival by reception staff. This is unavoidable because your Better Consult questionnaire response is confidential and only accessible by GPs and nursing staff.
- The Practice will be closed on Saturday 13 March due to the installation of our new air-conditioning system.
- We are transitioning to eNewsletters, so you can expect to receive this information every quarter in your inbox. We will still provide some paper copies via reception.

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.

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.**