



# Bulli Medical Practice

Summer Newsletter 2018



## New Cervical Screening Test

The national cervical screening program is changing in December 2017. The current 2-yearly Pap Smear test will be replaced by a 5-yearly test for women. The new 'Cervical Screening Test' (CST) is available for women who have ever been sexually active aged 25-74 years.

The age at which to start screening has been raised from 18 to 25 as most women and men under 25 have been vaccinated against HPV and cervical cancer is rare under 25 years.

The doctor will still collect the specimen in the same way during your consultation, but the pathology process is different.

'Female patients won't notice any difference in the procedure,' said Dr Amy Harkness. 'It's just a different way the test sample is preserved in liquid and sent to the pathologist for analysis.'

Previously, the smear was used to make a glass slide to be viewed under a microscope by a pathologist, to detect abnormal cells. Now, a more accurate method will be used to detect the Human Papilloma Virus (HPV) which causes most cervical cancers.

Women will be due for their first CST two years after their last Pap Smear. The National Cancer Screening Register will still be maintained, but please contact Bulli Medical Practice if you have any concerns.

## Staff & Community News

- ◇ Dr Nathan Beckman is on leave for the next 6 months. We wish him well for his travels.
- ◇ Congratulations, Dr Putnis on the birth of her baby boy.
- ◇ Congratulations, Brooke, on the birth of her baby girl.
- ◇ Congratulations Rebecca Jeffery, voted Employee of the Year 2017 by Bulli Medical Practice staff. Bec was appointed Clinical Services Manager at the beginning of this year and has quickly gained the respect and admiration of staff. This award is testament to her enthusiasm, hard work and leadership.

## Travel Medicine Update

Dr Julie Blaze, Dr Jeff Hall and Alex Pritchard attended the annual Sonic Clinical Services National Travel Medicine Conference in Sydney in November

We are a Travelvax Clinic and one of the benefits of membership to this national organisation is keeping abreast of the latest information. This helps us to help our travelling clients stay healthy.

Yellow Fever vaccination is now regarded as a life long vaccination. Vaccination certification is required for travel to some parts of Africa and South America. Our staff will be able to give you specific advice at the time of your consultation.

There has been an increase here and internationally in some strains of meningococcal meningitis. Vaccination against strain B (Bexsero) is available for infants but is not part of the National Immunisation Program.

Adolescents have funded school-based vaccination to Meningococcal ACWY strains with some access to GP catch-up for missed doses. Please contact one of our practice nurses if you have any enquiries in relation to these vaccines.

It is tick season and the latest advice is 'Freeze don't squeeze' then remove the tick with fine tweezers. This refers to killing the tick with a spray of liquid nitrogen while it is still attached. This can be done in our surgery.



Alternatively if this isn't possible you could kill the tick with an application of insecticide before removal. Avoid tick bites by using insect repellent containing DEET or Permethrin.

Worldwide there has been some reduction in the incidence of malaria but we can review your itinerary and advise as to whether you are at risk and need to take chemoprophylaxis as well as protect against mosquito bites. Please note, there are other serious mosquito born illnesses such as Dengue, Chikungunya and Zika. It is important to avoid mosquito bites to prevent transmission.

Bulli Medical Practice offers a full travel medical service. Visit our website for more information or contact reception to book an appointment.



## Staff Christmas Party

Bulli Medical Practice staff celebrated Christmas 2017 at the Russell Vale Golf Course on Saturday 25th November. Staff broke into teams of four to play Ambrose golf. Clinical Services Manager, Rebecca Jeffery, said, 'It was like herding cats and, to be honest, we were lucky there were no injuries!'

The winning team was Dr Jeff Hall, Kathy Mercer, Karen Ruskin and Tayla Jeffery. Staff dressed up in old-fashioned golfing attire, and two staff babies, Eden and Tom, also attended. Thanks goes to Yarnseys for delicious catering, and to the volunteer staff at Russel Vale Golf Course for fantastic service.

## Guide to Doctor Availability, Summer 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    | on 6 months leave from Bulli Medical Practice                 |    |      |    |     |    |      |    |     |    |     |
| Dr Jemima Grant      |   | ✓  |      | ✓  |     |    | ✓    |    |     |    | *   |
| Dr Saroja Gunasekera | ✓   | ✓  | ✓    | ✓  |     | ✓  |      |    | ✓   |    | *   |
| Dr Jeff Hall         | ✓   | ✓  |      | ✓  | ✓   | ✓  |      |    | ✓   | ✓  | *   |
| Dr Michael Hanson    |   |    | ✓    | ✓  |     | ✓  | ✓    | ✓  | ✓   |    | *   |
| Dr Amy Harkness      |   |    |      |    | ✓   | ✓  |      |    |     |    |     |
| Dr Helen Maclean     | ✓   |    | ✓    | ✓  |     |    | ✓    | ✓  |     |    | *   |
| Dr Melissa Overton   |   |    | ✓    | ✓  |     |    | ✓    | ✓  | ✓   | ✓  | *   |
| Dr Anna Putnis       | on maternity leave from Bulli Medical Practice until February |    |      |    |     |    |      |    |     |    |     |

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

For further information regarding doctor availability, please check our Facebook page Bulli Medical Practice and Travelvax Centre.

## Clinical Psychologist, Grahame Gould

After 24 wonderful years as Executive Director of Lifeline South Coast, Grahame Gould has now finished up the role to focus more on his clinical psychology.

This includes spending more time at Bulli Medical Practice.

Grahame lives in the Illawarra and enjoys running (slowly!) and spending time with his kids and beloved dog, Eddie, on the beach.

Grahame works with a range of people experiencing:

- ◇ Sleep problems (from 5 years up to adult)
- ◇ Anxiety
- ◇ Depression
- ◇ Men who are experiencing depression throughout the period of their child's birth
- ◇ Adolescents.

Contact Grahame directly on 0422 548 022 for an appointment.



## Women's Health

Dr Jemima Grant, has completed training to work with the South Coast Women's Health Institute. This multidisciplinary clinic serves women with gynaecological and urological issues.

Dr Grant will work with urologist, Dr Dalley, gynaecologist, Dr Gale, and pelvic floor physiotherapist, Kate Basu.

As part of this group Dr Grant will use one of the first and most studied lasers to assist with conditions such as stress and urge incontinence, vaginal atrophy, prolapse and vaginal laxity.

'Early treatment with these conditions can help to prevent unnecessary progression and surgery,' said Dr Grant.

Dr Grant will continue as a GP at Bulli Medical Practice on a part-time basis. She can also undertake initial women's health consultations at Bulli Medical Practice as level C appointments.

If required, Dr Grant can then manage patients with laser treatments at Southern Urology, or in partnership with Drs Dalley and Gale.

## Fees Policy

Bulli Medical Practice is a 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 \$41.95 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.



## Skin Check Clinic

Now is the time to get a skin check in the lead up to Summer. The Skin Check Clinic, conducted by Dr Michael Hanson, continues to run every Tuesday from 2 - 6pm by appointment only.

This clinic is provided in addition to skin check consultations which can be provided by all GPs at Bulli Medical Practice. Contact reception to make an appointment or book online via HotDoc.

## Weight Management Clinic

As the weather gets warmer, people often become motivated to get outdoors, exercise and lose weight. Studies have shown that the best way to lose weight and keep it off is sticking to a weight loss plan.

To join the Bulli Medical Practice Weight Support Clinic, contact our reception or speak to your doctor at your next visit.

## 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 & communication policy are available on request at reception.

## Reminders, Recalls & Results

We are committed to providing preventative health care and may send you a reminder notice from time to time. If you do not wish to be a part of this system, please let the staff know at reception. Note that we also participate in government reminder systems such as the Childhood Immunisation Register and the Pap Smear Register.

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 an urgent consultation so that they can discuss the test results with a doctor.

We are moving towards an electronic reminder system. If you would like to receive text or email reminders please inform the reception staff and ensure they have your current email address and mobile telephone number.

## Feedback & Continuous Improvement

We value your feedback and encourage you to complete a general feedback questionnaire (which you can deposit in the secure box) 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.