



newsletter

SPRING 2022

Welcome to our new doctors!



Dr Meaghan Miller-McConochie

Specialisations/Area of Interest

Mental Health, Women's Health, Preventative Health, Nutrition and Environmental Health

Meg graduated from University of Newcastle in 2002 with a Bachelor of Medicine. She spent time in surgical training before choosing to move into emergency medicine.

Meg spent over 14 years working in emergency departments across Sydney. She also has extensive experience in executive health where she conducted comprehensive, preventative health checks for some of Australia's leading companies.

Meg moved to the Illawarra in 2019 and has enjoyed exploring her interests in community, nature, art, gardening and transitioning into General Practice.

Meg is available for appointments on Tuesdays from 8.30am – 4.30pm and Fridays 8am – 4pm.

Dr Nikita Robins

Specialisations/Area of Interest

Women's health, children's health

Nikita completed her medical degree at the University of Melbourne in 2018 having previously completed a Bachelor of Science at McGill University in Canada. She completed her medical internship and residency in Central Australia.

Nikita moved to the Illawarra in 2021 to pursue general practice training and is currently working towards a Fellowship of the Royal Australian College of General Practitioners. She has completed additional training in paediatrics and emergency medicine, and is registered to provide antenatal GP shared care. She is also qualified to insert Implanon.

Outside of work Nikita enjoys spending time with family and friends, rock climbing, live music, and going to the beach. She is available for appointments Mondays, Tuesdays, Thursdays and Fridays.



Take a survey to help us improve

To improve patient experience, enhance our service delivery and the care our patients receive, we're gathering patient feedback.

Scan the QR code (right) or use this secure link in your browser to complete the survey online:

<http://cfep.net.au/Mzn31j>

Please note, your feedback will be anonymous and analysed by an external survey company, CFEP Surveys.



Do you know about Automated External Defibrillators (AEDs)?

A cardiac arrest occurs when the heart suddenly stops beating. It is a medical emergency that, without immediate intervention, leads to death with an estimated 25,000 Australian lives lost every year.

An automated external defibrillator (AED) is a portable electronic device that diagnoses life-threatening abnormal heart rhythms that can cause a cardiac arrest. An AED can be used to treat abnormal heart rhythms by giving an electric shock to 'restart' the heart to its normal rhythm. This is known as defibrillation. AEDs are designed so non-medical people can use them in an emergency.

Access to early defibrillation increases the chance of survival for people experiencing sudden cardiac arrest. An estimated 50-70% will survive if defibrillation occurs within the first 5 minutes. For every minute that passes, there is a 10% less chance of survival.

AEDs are commonly placed in large public places, including:

- hospitals
- community centres
- workplaces
- schools
- shopping and business centres
- sporting clubs and gyms
- public libraries.

Only a few months ago, one of our nurses was at a Bunnings BBQ when the man on the grill collapsed with a sudden cardiac arrest. Luckily our nurse was able to perform first aid, and with the assistance of staff, used the Bunnings AED to revive him. He was taken to hospital shortly afterwards where he made a full recovery.

If you are responding to a medical emergency and there is an AED nearby, please use it. You cannot do any harm by using an AED on someone who is unconscious and there are clear visual instructions and voice prompts. The AED will assess the cardiac rhythm and only give a shock if it is necessary.

You can learn how to use an AED as part of First Aid training, or by watching a short [St Johns Ambulance instruction video](#).

Bulll Medical Practice has an AED and all our staff have undertaken training to use the AED as part of performing Cardiopulmonary Resuscitation (CPR).

For more information on performing CPR, visit [Health Direct](#).

For more information on first aid courses and AEDs visit [St John's Ambulance](#).



Women's Health Week – Menopause

By Dr Rebecca Goodman

During women's health week (5 - 11 September) we are raising awareness about perimenopause and menopause.

Most people with a uterus start going through perimenopause (the phase before menopause) between 45 and 55 years but some are later or earlier.

Menopause is a normal phase when you stop ovulating (getting your periods) for 12 months or more. Everyone going through perimenopause and menopause has a different journey but for some, the symptoms can affect their quality of life.

People going through perimenopause may be working and supporting dependent children as well as elderly parents. Their lives are busy and fluctuating symptoms can make it difficult to function.

This is an important time for a check-up with your GP to help manage any symptoms and consider preventative health including bone and cardiovascular health, as risks begin to increase.

Symptoms

Perimenopause and menopause symptoms vary for each person but can include:

- hot flushes and night sweats, and poor sleep
- changes to period- can be extremely heavy to irregular and light
- mood changes (including anxiety, irritation, and depression which can be severe)
- forgetfulness
- headaches
- sore breasts
- aches and pains
- dry vagina and reduced sex drive
- dry, itchy skin
- weight gain
- tiredness.

Management

There are several options for the management of symptoms including:

- maintaining a healthy diet
- drinking lots of water
- regular sleep routine
- exercising most days
- when you feel hot use a fan or water spray
- wear layered clothing and take layers off when hot
- relaxation classes like yoga and meditation
- psychological therapies if needed
- medication (menopausal hormone therapy).

Menopausal Hormone Therapy (MHT)

Previously known as Hormone Replacement Therapy or HRT, MHT is safe for most people with a uterus in their 40s and 50s or for the first 10 years after the onset of perimenopause.

There are many different types of MHT available including patches, tablets, gels, implants and natural therapies. Ask your doctor about the risks and benefits of MHT for you as an individual.

Many people find MHT medication life-changing and can function, and feel like themselves, again. Other medications, such as antidepressants, can help to manage mood and reduce hot flushes and sweating.

For more information

Speak with your GP or visit:

- **Jean Hailes for Women's Health**
<https://www.womenshealthweek.com.au/>
- **Australian Menopause Society**
<https://www.menopause.org.au/>

Practice/staff news

- Welcome Elizabeth Cowden, Rebecca Trevillian, Chloe Wood and Rebekah Lie to our administration team.
- After 6 years with our admin team, Keely Mar has left to pursue her teaching career. She will be sorely missed but we all wish her well.
- Due to road closures for the UCI Road Championships, we will be closed on Saturday 24th September. For more information on the race and road closures, please visit <https://wollongong2022.com.au/resident-information-road-closures/>

GP Availability Spring 2022

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. Please note:

- Dr Michael Hanson works alternate Mondays and Fridays every 2nd week.
- Dr Jeffrey Hall works Mondays every 2nd week.
- Doctors alternate on Saturdays as part of a roster. Please ask at reception.

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SAT
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM
Dr Victoria Beyer	✓	✓			✓	✓	✓	✓	✓	✓	✓
Dr Julie Blaze		✓	✓		✓	✓					✓
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 Meaghan Miller-McConochie			✓	✓					✓	✓	✓
Dr Berlinda Png			✓	✓	✓	✓	✓	✓			✓
Dr Nikita Robins	✓	✓	✓	✓			✓	✓	✓	✓	✓

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 \$46.25.

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

COVID-19 UPDATE

Despite changes to NSW Covid Rules and easing of restrictions, Bulli Medical Practice will continue Covid-safe practices to ensure the safety of our patients, staff and doctors.

- All staff and doctors will continue to wear masks and we request all patients continue to wear masks.
- We will continue to screen for Covid-19 symptoms at the time of appointment and again on presentation to the practice.
- Appointments are available at the separate Respiratory Clinic allowing patients with potential Covid 19 Symptoms face-to-face access to a doctor wearing full PPE.

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.