

## Welcome Dr Luke Harvey

Dr Luke Harvey is excited to finally work in the place he's called home for many years. He arrived in the northern Illawarra as a teenager, emigrating from Scotland with his family. He lived in the area through most of his studies and returned in 2022 with his wife and two children after living and working for a few years in Sydney.

Luke undertook medical school at Western Sydney University before completing hospital training in western Sydney. He went on to complete his general practice training, qualifying as a specialist GP in 2019. He is currently undertaking further training in dermoscopy and skin cancer medicine. He is also an accredited supervisor for GP trainees through the Royal Australian College of General Practitioners.

Luke passionately believes that general practitioners are integral to good patient health. He enjoys being the 'first port of call' for any issue a patient may be having and will work with his patients to figure out the best management plan. He prides himself on being thorough but also efficient.

Luke strives to be accessible to the entire community. He is happy to see patients of all ages and backgrounds, and practises in a non-judgmental manner. He welcomes members of the LGBTQI community and is keen to engage Aboriginal and Torres Strait Islander patients to improve health outcomes to Close the Gap.



Luke is available for face-to-face or telehealth consults (phone or video). He believes that telehealth, while not always the best fit, can be extremely useful. He endeavours to make the experience as smooth as possible with paperless solutions for prescriptions, referrals etc.

Away from work, Luke enjoys spending time with his young family, watching soccer (for his sins, he follows Partick Thistle FC from afar), cooking and performing questionable cover versions of The Smiths on his guitar.

Dr Luke Harvey works on Mondays, Tuesdays, Thursdays, Fridays and some Saturdays. To make a booking, call 4284 4622 or [book online via Hotdocs](#).



Bulli Medical Practice GPs and staff cut loose at the annual Christmas Party at BattleAxe.

Wishing all our patients and their families a happy and healthy festive season.

Please note these changes to our opening hours:

Monday 25th Dec CLOSED

Tuesday 26th Dec CLOSED

Wednesday 27th Dec OPEN

Thursday 28th Dec OPEN

Friday 29th Dec OPEN

Saturday 30th Dec OPEN

Monday 1st Jan CLOSED

# Managing bites and stings this Summer

by Dr Jeffrey Hall

The management of stings and bites has changed with improved understanding of how toxins work and are delivered to our bodies.

## Ticks

Tick bites are a particular problem for families living close to the Escarpment bushland. Avoid tick bites by wearing long sleeved shirts tucked into long jeans and a broad-brimmed hat. Use insect repellent (ideally one containing DEET) before gardening or bushwalking. Check for ticks on return. If you find a tick, avoid scratching or pulling at it as irritation causes the tick to increase the amount of toxin they inject into your skin.

The best way to kill a tick is using a freeze spray containing ether available at pharmacies or your GP can use a liquid nitrogen spray. Otherwise, try killing the tick with a permethrin cream (Lyclear). Do not put kerosene or methylated spirits on ticks as this may increase the toxin they inject.

Reactions to tick bites can vary. Some people get a slight redness and itching, others have significant tenderness and swelling. Manage with cold-packs and non-sedating antihistamines. Some people develop severe allergies which need emergency treatment with adrenalin. See your doctor if you have concerns or if you're worried about developing Mammalian Meat Allergy which is an unusual consequence of tick bites.

## Bees

Bee stings can happen any time of year but are more common in later summer as worker bees are more active. Reactions to bee stings can vary from a painful local swelling to life threatening anaphylaxis requiring emergency adrenaline.

Remove the sting as soon as possible. Slide the sting sideways using a credit card, fingernail or carefully angled knife blade. Apply a cold-pack, take a non-sedating antihistamine for the inflammation and paracetamol for the pain. If you are worried about a more severe reaction, see your GP to develop an emergency response management plan.

## Bluebottles

Bluebottles are common on the east coast of Australia in summer, particularly on beaches with a north-easterly exposure. Strong north-easterly winds blow the bluebottles close to the shore.



Bluebottle stings are very painful and while there have been no deaths, some individuals have more severe reactions with abdominal pain and nausea.

Management includes removing the sting (if still wrapped around the skin) using tweezers or a stick, fingernails, or the thicker part of the skin on your fingertips. Initially wash the sting site with salt water (fresh water is thought to increase the toxins discharged into the skin). Then apply hot water - as hot as possible but always check the temperature to prevent burns. Do not rub or scratch the site and do not apply vinegar as this can increase the toxin discharge.

## Fun flight for Ruby

Earlier this year Bulli Medical Practice was contacted and asked to nominate a patient for the Joey Joy Flight. This annual event involves a Qantas jet aircraft taking children and their carers on a 90 minute joy-flight over the Sydney-Newcastle-Wollongong area.



The children are physically or intellectually disadvantaged, experiencing life threatening illnesses, come from disadvantaged backgrounds or from circumstances where holidays are not possible.

We nominated Ruby McLean and she was lucky enough to be chosen. She attended the flight on Saturday 25th November and as you can see in the photo below, she thoroughly enjoyed the experience.

Thanks to all the organisations who make the Joey Joy Flight possible including the Rotary Club of Turramurra, Qantas and Sydney Airport Corporation.



## Bulli Medical Practice is registered for My Medicare. Now you can register too.

MyMedicare is a voluntary system created by the Australia Government Department of Health and Aged Care intended to improve management of people with chronic illnesses by encouraging continuity of care.

Registering with MyMedicare identifies your general practice as your primary, regular healthcare team.

This will help us to improve the coordination of your health conditions which need long term follow-up.

There is no cost associated and you are still free to visit other practices and medical providers as you choose.

MyMedicare patients will also have access to longer Medicare Benefit Scheme (MBS) funded telehealth consultations with your GP or any other GP at Bulli Medical Practice.

Registration is open to Australians with a Medicare card or Department of Veterans' Affairs (DVA) Veteran Card.

Talk to your regular GP or our reception staff about registering in MyMedicare, or find out more at [health.gov.au/mymedicare](https://health.gov.au/mymedicare) and download a [FAQ factsheet](#).



### GP Availability Summer 2024

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

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.
- \* 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	currently on maternity leave											
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 Luke Harvey	✓	✓	✓	✓			✓	✓	✓	✓		*
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 \$56.60.

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 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**

## Other Practice News

- ◇ Dr Victoria Beyer is on six months maternity leave.
- ◇ Congratulations to Chloe and Rebekah who completed their nursing degrees.
- ◇ Congratulations to Jessica who completed a degree in medical and health science.
- ◇ Congratulations to Tayla who completed her psychology honours degree.
- ◇ Congratulations to Alex who completed a Masters in Nursing.
- ◇ Welcome Tilly and Evie to the reception team.

## 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](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.