

TMP News

Spring 2016

Why choose us?

Our Patients are our priority. We are proud to provide a high level comprehensive service to our Patients. From Reception Staff to the Practice Manager; from the Practice Nurses to the Doctors; there is an entire team of people working together to ensure you get the best quality health care. We always stay informed about current quality health care and your records are checked and maintained by the appropriate clinical team members.

Continuous Improvement

At TMP we continually look at ways to improve our Practice, however we also value all feedback and would love to hear from you.

Please speak to your Doctor or our Practice Manager and we will do our best to help you. Alternatively, you can send an email to admin@thirroulmedical.com.au

We also like to hear if you think we are doing a great job so please feel free to let us know.

Opening Hours

Mon – Tues	7.30am – 7.20pm
Wed	8.00am – 7.15pm
Thurs	8.00am – 6.30pm
Fri	7.30am – 5.30pm
Sat	9.00am – 11.30am

*Phones will be answered
from 8am daily*

Australians are leaving themselves at risk of falls, traffic accidents and cognitive damage by taking sleeping tablets, while the medication's effectiveness wanes, a study warns.

Dr Fiona Williams works here at TMP, as well as lecturing in medicine at the University of Wollongong. She recently completed a research study looking at the attitudes of patients over 65yrs to ceasing long term sleeping tablets.

The study found there was a "circle of silence" surrounding sleeping tablet use, where both the doctor and the patients were not speaking enough about the need for ongoing use, potential side effects and the cause of sleep disturbance.

Sleeping tablets are only indicated for short term treatment of anxiety and insomnia but the study found many people had been taking them for a considerable period of time. After about 2 weeks of use the tablets become much less effective and may not be having any benefit to sleep. They also have significant side effects particularly in the elderly including increased risk of falls, road traffic accidents and cognitive decline.

The study found that many people were unaware of these side effects or that there were alternative options available such as cognitive behavioural therapy.

Dr Williams is keen to point out that patients should not stop taking any of their medications without first consulting their GP but that patients should discuss other options at a routine appointment.

The research showed that often there was an alternative cause of the sleep disturbance such as pain from arthritis or the need to empty the bladder that could have a more targeted and effective treatment.

The message for people who have been taking sleeping tablets long term is to discuss with your Dr, at your next appointment, whether you should still be taking them or not and what other options are available.





Doctor Susan Beale

Dr Susan Beale holds a **Bachelor of Medicine and Surgery** from the University of Wollongong and a **Bachelor of Medical Science** with first class honours from Sydney University.

She has recently joined the practice as part of the general practice registrar program.

She enjoys all aspects of general practice medicine from **babies to seniors**. Susan does have a particular interest in **paediatrics** and **maternal and women's health**.

Dr Beale is available for appointment on **Monday, Wednesday and Friday**.



Nicola Fraser

Nicola is a **student of the University of Wollongong's Graduate School of Medicine**. She is in her **third year** of study and will be spending twelve months with Thirroul Medical Practice from July 2016.

Nicola has previously studied a Bachelor of Science – Biomedical Science at Auckland University.

Nicola will be involved in all facets of the Practice.

Her medical interests are in **Obstetrics** and **Gynaecology, Oncology** and **General Practice**.

Teaching & Learning

TMP is a Teaching Practice involving students from the University of Wollongong and Registrars. A General Practice Registrar is a fully qualified medical doctor who has chosen to specialise in General Practice. Thank you to our patients who support and value our teaching - it allows our doctors to share their knowledge and skills. An added benefit is attracting younger General Practitioners to the area.

Chronic Disease Management Care Plan

Do you have a chronic disease?



If so you may be eligible for a Care Plan, this will provide an organised approach to your care.

Your doctor may also suggest care from other Health Care Professionals such as **Podiatry, Dietician** or **Physiotherapy** and will refer you to our **Care Plan Nurse, Meagan** to make these appointments.

When on a care plan, these additional services will be subsidised by Medicare.

Doctor Availability

Here is a guide to the availability of our Doctors. This is subject to change, please confirm with reception when making your appointment. All of our Doctors offer high quality medical care in our modern purpose built surgery. For more information, please visit our website.

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM #
Ascc Prof Ellacott	✓	✓	✓	✓		✓			✓	✓	
Dr Vickers	✓	✓	✓	✓	✓		✓	✓	✓	✓	
Dr French	✓	✓	✓				✓	✓	✓	✓	
Dr Momsen	✓	✓			✓	✓			✓	✓	
Dr Williams	✓	✓					✓	✓			
Dr McDevitt	✓	✓	✓	✓	✓	✓	✓	✓	✓		
Dr Brown			✓			✓	✓			✓	
Dr Hashemi			✓	✓	✓		✓				
Dr Wang			✓	✓			✓	✓			
Dr Beale	✓	✓			✓	✓			✓	✓	

Saturday coverage is rotational.

Contraception Alternatives

Our Doctors offer contraception alternatives such as intrauterine devices (IUD's) like Mirena or Copper. They also offer the contraception rod, Implanon. Please make an appointment with your Doctor to discuss the best option for you.

Travel Vaccinations

Before you travel overseas make an appointment to see your doctor to discuss vaccinations required.

TMP is an accredited Yellow Fever Practice and can administer all travel vaccinations.



A reminder about our in home assessments for over 75's

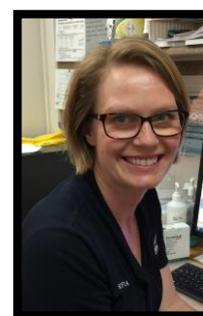
Promoting healthy, independent living in your own home

A health assessment of an older person is an in-depth assessment of a patient aged 75 years and over. It provides a structured way of identifying health issues and conditions that are potentially preventable or adaptable in order to improve health and/or quality of life.

The purpose of this health assessment is to help identify any risk factors exhibited by an elderly patient that may require further health management. In addition to assessing a person's health status, a health assessment is used to identify a broad range of factors that influence a person's physical, psychological and social functioning.

This Government initiative is fully bulk billed.

If you are over 75, our Practice Nurses (Sofia or Lisa) will contact you to make an appointment for your health assessment. If you would like to book your assessment now, please speak with your Doctor to arrange a time.



Sofia



Lisa

BBQ Prawn Skewers with Corn Salsa

Ingredients

Grated rind and juice of 1 lime, plus lime wedges, to serve
 1 Clove Garlic, crushed
 2 Tbs Olive Oil
 1.2kg Large Green Prawns, peeled, deveined, tails intact
 500g Frozen Corn Kernels
 1 Avocado cut into 1cm cubes
 250g Cherry Tomatoes, quartered
 1 cup fresh Coriander

Method

Combine lime rind, garlic, 1 tablespoon of oil and prawns in a large bowl and season. Thread 4 prawns onto each of 12 bamboo skewers (see Tip) and set aside.

2. Cook corn kernels in a saucepan of boiling water for 2-3 mins, until just tender. Drain, rinse immediately under cold water, then drain again.

3. Combine corn, avocado, tomato, coriander, lime juice and remaining oil in a bowl.

4. Preheat a barbecue grill on high. Cook skewers for 3-4 mins each side, until prawns are pink and opaque. Serve on salsa with lime wedges.

Tip Soak bamboo skewers before threading prawns.

Tip: Soak bamboo skewers in water for 30 minutes before threading prawns to avoid burning.



Follow Up Consultations

If the Doctor requests you to have a follow up appointment please be aware that this will not always be Bulk Billed. Each of our Doctors advise the reception staff of the appropriate billing at the end of each consultation. If you have any financial issues please discuss this with your Doctor during your consultation.

Referred Services

Your Doctor may refer you to a service as part of your treatment. These referred services may include; Pathology, X-Ray, Ultrasound, Specialists and Surgeons, Dieticians, Physiotherapist, Dentist, Diabetic Educator, Podiatrist, Optometrist and others.

If you would like to know the cost of the services you have been referred to please contact the Referred Provider using the details shown on the referral form. If you would like assistance with this please ask our reception staff.

Results

Please call the Practice during normal business hours (Mon to Fri, 9am to 5pm) to obtain results of tests (pathology, x-ray, scans) that your Doctor has ordered.

Prescriptions and Letters

In selected cases repeat prescriptions and referrals can be written without a consultation for patients who have had a consultation with their Doctor within a 3 month period. Please allow 72 hours for collection. There is a \$5.00 fee for such requests.

Home Visits

Home Visits are available to regular patients on occasions that the patient may not be able to attend the surgery due to illness or injury. If you require a home visit please contact the practice to arrange a time. We visit patients from Clifton to Woonona.

Policies

If you would like further information on our Billing Policy, Privacy Policy, accessing your results or our policy on complaints, please ask our reception staff for a copy. These can also be found on our website.

Disabled Parking available onsite

Save time, book **ONLINE**

