

TMP News

Spring 2015

Why choose us?

Our Patients are our priority. We are proud to provide a high level comprehensive service to our Patients. We have a large comfortable waiting area, 7 consulting rooms, a Nurses consulting room and a twin bed treatment room. Our treatment room is stocked with high quality products and equipment including an ECG machine. We are very lucky to have a team of loyal highly trained support staff including 3 Registered Nurses.

Continuous Improvement

At TMP we value all feedback and would love to hear from you.

We have a patient feedback questionnaire available at reception if you would like to complete one. Also, if you have any concerns about the care you receive at TMP or have any suggestions for our practice, 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 value positive feedback so if you think we are doing a great job, 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*

TMP Welcomes Two New Doctors



Dr Vivian Praeger

Dr Praeger studied medicine and obtained a scientific doctorate at the University of Bonn in Germany. In 2010 she moved to Australia with her husband. She completed her internship and worked for 2 years as a hospital medical resident officer in Melbourne. She started GP training in 2014 and has now joined TMP after a short maternity leave for her second child.

Dr Praeger is passionate about General Practice and enjoys caring for patients of all ages. She has an interest in Diabetes Care, Children's health, Women's and Sexual Health (Sexual and Reproductive Health Certificate), addiction medicine and carries out small surgical skin procedures.

Dr Praeger is in the second phase of General Practitioner registration.



Dr Shab Cook

Dr Cook graduated from the University of Sydney in 2005, and after completing internship and residency in the Illawarra region, she commenced emergency training prior to changing to General Practice in 2010.

She has a Masters Degree in public health and enjoys all facets of General Practice but particularly Paediatrics, Women's and Sexual Health, Emergency Care, and Mental Health. She also has a background in podiatry foot care and enjoys all types of minor procedures.

Dr Cook is in her final stage of General Practitioner registration.

Accreditation Survey

The staff at Thirroul Medical Practice would like to thank you, our patients, for participating in our recent Patient Experience Survey.

90% of all patient ratings about our practice were good, very good or excellent.

The results of this survey will help us to provide the best possible service to you.

Doctor Availability

Here is a guide to our Doctors availability. 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 #
Assc Prof Ellacott	✓	✓	✓	✓		✓			✓	✓	
Dr Vickers	✓	✓	✓	✓	✓		✓	✓	✓	✓	
Dr French	✓	✓	✓	✓			✓	✓	✓	✓	
Dr Momsen	✓	✓			✓	✓			✓	✓	
Dr Williams	✓	✓					✓	✓			
Dr McDevitt	✓	✓	✓	✓	✓	✓	✓	✓	✓		
Dr Brown			✓			✓	✓			✓	
Dr Hashemi			✓	✓	✓						
Dr Wang	✓	✓	✓	✓			✓	✓			
Dr Praeger			✓	✓	✓	✓	✓	✓			
Dr Cook					✓	✓			✓	✓	

Saturday coverage is rotational. Reception can confirm Doctor on Duty.

How can I improve my families eating habits?

✓ START SMALL

Make small changes you can stick to, such as having fruit for dessert instead of biscuits, or switching from white to wholegrain bread.

✓ HEALTH IN EASY REACH

If you want to eat healthy foods they need to be ready to grab quickly and easily. Shop regularly and stock up on healthy foods and limit the 'sometimes food' you have in the house.

✓ EAT DINNER TOGETHER

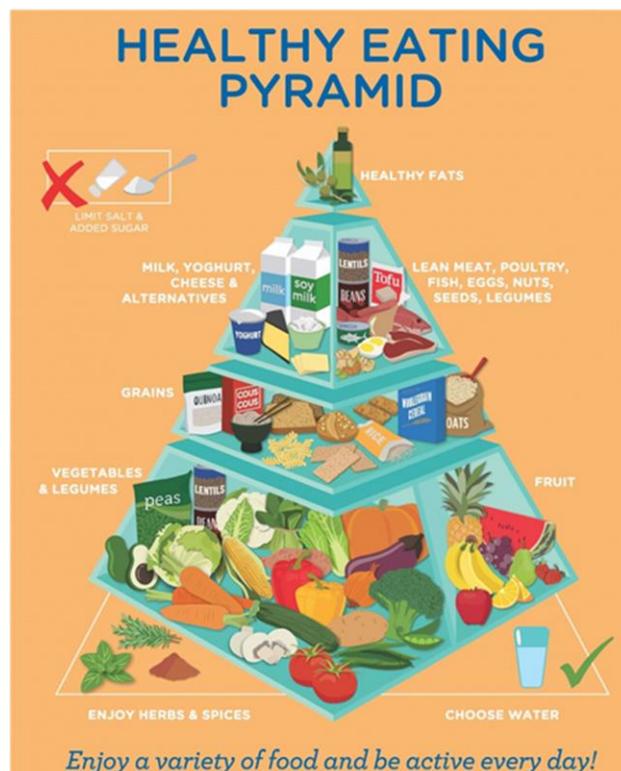
Eating meals together is good for family bonding and home-prepared meals are often healthier than take-away and restaurant meals.

✓ PACK LUNCH

Stay in control of your food choices by packing a healthy lunch, such as a sandwich, fruit, nuts and water. Convenience foods tend to be unhealthy and contain too much saturated fat and salt.

✓ SNACK RIGHT AT NIGHT

Many people eat well through the day and then spoil it by snacking at night in front of the TV. Try healthier sweets like fresh fruit, yoghurt or herbal tea, or start a 'kitchen closed' rule after dinner.





Welcome Lauren and Lisa



We would like to welcome third year medical student **Lauren Morris** from The University of Wollongong. Lauren will be co consulting with Associate Professor Ellacott every Tuesday and Friday. Selected appointments will see Lauren first and then Associate Professor Ellacott will join the consultation.

Also a warm welcome to our new Nurse **Lisa Hemmersley**. Lisa will be joining Meagan, Kim and Sofia and working with us on Fridays.



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.

Contraception

Alternatives

Dr Malcom French, Dr Melissa Brown and Dr Dan Wang are qualified to insert Implanon, Dr French and Dr Brown are also qualified to insert Mirena. Please feel free to book an appointment to discuss these options.

After Hours



After hours services are provided by Wollongong

Radio Doctor, which is a cooperative run by local Illawarra GPs. All visits are bulk billed. For the after-hours medical service, please ring 4228 5522.

In an emergency call 000.

Would you know if someone was having a stroke?

Think F.A.S.T!!

FACE – Has their mouth dropped?

ARMS – Can they lift both arms?

SPEECH – Is their speech slurred? Do they understand you?

TIME – Is critical!! If you see any of these signs call 000

This recipe has been supplied by one of our much respected and loyal patients, Mrs Staniforth who is a wonderful cook and often brings us treats to enjoy.

Thank you Mrs Staniforth.

Curried Rice Salad (Serves 6)

2 cups boiled rice	6 shallots, finely chopped
4 stalks celery, finely chopped	1 red capsicum, finely chopped
1 red apple, finely chopped	Chopped parsley
Sultanas	

Combine all ingredients together

Dressing

4 crushed garlic cloves	1/3 cup oil
1/4 cup sugar	½ - 2 tablespoons curry powder

Mix dressing ingredients together and pour over rice mixture.

Serve with a lovely Spring BBQ!



Hay fever, also called allergic rhinitis, is common in spring because it is often caused by an allergy to grass pollen. Hay fever can occur at any time of the year as an allergic reaction to dust mites, mould and animal fur or hair. Symptoms include a running nose, sneezing and itchy, watering eyes. Medication including antihistamines and staying indoors can help symptoms. Allergen immunotherapy may be a suitable treatment for some people.

Suggestions to prevent or limit symptoms of hay fever include:

- ☼ Check the pollen count forecast on television or in the newspaper. Try to stay indoors if it's a high count.
- ☼ Stay indoors as much as possible in spring, on windy days or after thunderstorms.
- ☼ In your garden, choose plants that are pollinated by birds or insects, rather than plants that release their seeds into the air.
- ☼ Replace your lawn with types of artificial grass, bricked or paved areas.
- ☼ Splash your eyes often with cold water to flush out any pollen.
- ☼ Reduce your exposure to dust and dust mites, animals and animal hair or fur.

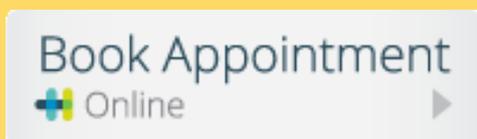
Things to remember

- ☼ Hay fever is an allergic reaction to environmental allergens such as pollens, dust mite, moulds and animal hair.
- ☼ Perennial allergic rhinitis occurs all year round.
- ☼ Avoiding allergic triggers is the best way to reduce the frequency of hay fever symptoms.

Some medications may help the symptoms of hay fever. Ask your doctor or for advice.

You can now book your appointment ONLINE

Look for the **Book Appointment Button** on our website or download the Health Engine App to your smart phone or tablet to make an appointment with your doctor. Now you can book an appointment in your own time, not just during our office hours. Please see reception if you require further information



HealthEngine -
Book Health A...
HealthEngine Pty...

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