

INSTRUCTIONS FOR A GOOD NIGHT'S SLEEP

REDUCE the amount of time you spend in bed

GET UP at the same time every day regardless of your sleep duration

DO NOT go to bed unless you feel sleepy

DO NOT STAY in bed if you are not asleep

Brief behavioural treatments are really habit changing—give it a try over the next few weeks and see if you notice a change!!

(from a recent study in "Archives of Internal Medicine 2011;171:887-95)



There is a new website by the publisher of the "Australian Doctor" magazine which is reviewed by over 100 Australian health experts—check it out

www.itsmyhealth.com.au

FLU SEASON at 400% increase so far

According to recent data released by CDC the East Coast of Australia is experiencing a 400% increase in the cases of influenza being notified—please remember it is not too late for this years seasonal fluvax. We stock it at \$25 for private use—and many patients may be eligible for the government funded vaccine—please ask at your next GP visit.

DR MITCHELL'S AVAILABILITY

My receptionists have made comment recently on how many patients are willing to wait > 2weeks to see me, even though the locums might have on-the-day appointments available. I am flattered that patients wish to remain 'loyal' to me and are seeking consistent medical care, however I wish to point out that I cannot possibly be the "personal physician" for the 2000+ patients out of our 5000 active patients that view me that way.

Please do not put your health in danger by waiting > 2 weeks to see me to fill routine medications, or deal with acute issues when other GP's are available. That only hurts you and potentially defeats the purpose of waiting to see me—for example if you have run out of your blood pressure medication, how will I know if your high BP is due to the medication not being the correct dose or because you have not taken it for > 2 weeks !!

Our clinic will celebrate our 5th anniversary in September 2011 and when I reflect on the clinical hours I used to work, I can confidently state I will never return to those hours as my work-life balance was very unhealthy. In attempting to reinvigorate myself and get back my enthusiasm for our practice (ASFMC) I need to also have time out away from it.

I sincerely hope patients can understand my position and take responsibility for their health care as well.

17 Stuart Highway (cnr Kekwick Ave)
PO Box 4246
Alice Springs NT 0871
Entry via Kekwick Ave

For more information about our medical centre visit

www.alicefamilymedical.com.au



**ALICE SPRINGS
FAMILY MEDICAL**

NEWSLETTER

**EDITION 20
AUGUST 2011**

DOCTORS

Dr Deb Mitchell + various locums

PRACTICE NURSE

Susie Leister RN

ADMINISTRATIVE TEAM

Practice Manager—Susie Leister

Receptionists—Jodie Foley & Diane Tennyenhuis

PRACTICE HOURS

Monday to Friday 8:15am—5:30pm

Saturday 9:00am—12:00pm

(will close earlier if demand is low)

Sunday Closed

Public Holidays Closed



**Accredited
General Practice**

Proud to be working with the
community to improve Central

TEL: 08 8952 7774



RECENT EVENTS

Dr. Deb Mitchell has returned from her personal leave and wishes to let everyone know she is recovering from her surgery. Thanks for all the positive thoughts ; she will still be slightly less than full time to assist in her complete recovery.

ASFMIC is still struggling to recruit appropriate GPs to our team so we have been reliant on locum support and this looks like it will continue for the rest of 2011. Due to increasing overheads our fees will increase from Monday July 18th. Please have a look at our website for all changes but we would recommend double checking before booking certain types of appointments. Our friendly reception staff will endeavour during late July and August to ensure all patents are made fully aware of these slight increases.

ASFMIC does not book more than 2 weeks in advance to manage DNAs (Do Not Attend) and for consistency so that patents all have an even playing field to access Dr Mitchell and other GPs. This policy will be adhered to more strictly over the next few months due to limited capacity by Dr Mitchell and no exceptions will be made.

We currently have > 5500 active patients. We are still looking to recruit a permanent GP and despite an expensive national advertising campaign we have not found anyone suitable as yet. If you happen to know of any potential GPs willing to consider relocating to Alice Springs please let our practice manager Susie know, or direct them to our website for more information.

EMAIL SIGN-UP

ASFMIC Management is keen to utilise the new tool on our updated website to get as many patients as possible to sign up to receive email notifications, including this newsletter quarterly, as well as invitations to various health initiatives, for example the flu clinics recently held or to let our patient population know of recent health issues relevant to Central Australia.

PLEASE SIGN UP TODAY!! Ask at reception how

FEES

Standard consult 12-15mins (local)	\$ 70
Extended consult 25-30mins (local)	\$ 132
Extra-long consult >40mins (local)	\$ 200

Pre-employment and/or other medicals \$ POA
 Higher rates apply to non-locals and on Saturdays.
 Specialised service consultations (eg mental health counselling)

attract different fees. Your GP will inform you of costs.
 Fees are payable at the time of consultation by cash, cheque, EFTPOS, Mastercard or Visa.

We do not bulk bill.

POTENTIAL PRIVATE SPECIALISTS AT ASFMIC
 ASFMIC Management is looking at the possibility of inviting various private specialists from interstate to fly up to Alice Springs to privately consult in one of our rooms. Due to the potential costs in doing this we are keen to gauge public interest in the types of specialists patients would be willing to pay to see. Depending on patient feedback and logistics ASFMIC is keen to try to implement this service before the end of the year, potentially saving hundreds of dollars in travel costs to see specialists in Adelaide or elsewhere. We have created a survey that we are keen to circulate and get as many patients ideas as possible—please fill in at reception either prior to or after your GP appointment.

HOLYOAKE ALICE SPRINGS

is a non-government, non-religious organisation that offers confidential counselling, education and awareness to those affected by gambling, alcohol and drugs. Call **8952 5899** to participate in one of the many programmes on offer—including “Managing your life”, “Young People’s program”, “Anger Management”, “DrumBeat”. There would usually be an initial interview to determine which program suits you best and whether it would a group session, or one on one with a counselor. The fees vary but are minimal (compared to other options in town).

BULLYING

An excellent website with heaps of resources for both kids, parents and schools—please check it out. It is estimated that 2/3 kids are bullied via cyberspace—eg. Facebook, twitter or SMS. Times have certainly changed—and it is not OK!! www.bullyinnoway.com.au

PARENTING EDUCATION & SKILLS TRAINING PROGRAM—call 8958 2400 ask for Tricia

Where—6 Hartley St Contact Centre Building
 (at the back of Catholic Care—see reception first)
 Group begins Tuesday 26th July and goes for 5 weeks 6.00—8.30pm (light snack included)
 Cost \$10 per session run by Helen Rayner, adapted by triple d program



Thank you for not smoking on the entire grounds of our medical centre.