

4 YEAR OLD HEALTHY KIDS CHECK

All parents want their children to be happy and healthy and to have the best possible start in life. Being four is a very exciting time for your child. Soon they will be getting ready to take a major step and start school!!

You can help your child get ready for school now by setting up healthy habits such as eating breakfast, getting a good night's sleep and learning how to feel good about themselves. These habits will also set your child up for a healthy life.

Four year olds are learning so much about the world and will often surprise you with the things they know. They love exploring, using their imagination, playing with friends and doing activities with you. They are often full of energy and curiosity but can still find the world scary and overwhelming at times. Children at this age love to copy—use this to your advantage. If you lead a healthy, active lifestyle your child is more likely to take on this lifestyle too.

ASFMC is keen to offer a specialised 4 year old kids check at no out of pocket expense to our patients, so that it is bulk-billed through Medicare. We will be sending out invitations to our current patients in this age group, which at the moment is about 80+ kids.

It will cover basic physical examinations and assessments like height and weight, eyesight and hearing, immunization status, oral health, toilet habits, diet and physical activity, lifestyle risk factors, behaviour and mood, speech and language, fine and gross motor skills, and the usual developmental milestones. The appointments are going to be trialed from mid November until before X'mas on a Tuesday and Thursday morning taking about 40 minutes with our practice nurse Susie and Dr Deb Mitchell.

PLEASE ENQUIRE AT RECEPTION IF INTERESTED !!!

CHRISTMAS PUDDING—DIABETIC

1 large carrot, grated
100g prunes, pitted, chopped
100g dried apricots, chopped
340g mixed dried fruit
1 tablespoon orange zest
1 tablespoon lemon zest
85g dark brown sugar
100g butter
2 eggs beaten
55g fresh whole wheat breadcrumbs
1 teaspoon ground cinnamon
1/2 teaspoon ground cloves
1/2 teaspoon ground nutmeg
1/4 teaspoon ground ginger
200ml stout
2 tablespoons black treacle

METHOD

Mix together the carrot, prunes, apricots, raisin mixture and grated orange and lemon zest.

In a separate bowl beat together the sugar and butter until light and fluffy, gradually beat in the eggs; stir in all the remaining ingredients including the fruit, cover and refrigerate overnight.

Spoon into a 900g/2lb pudding basin, cover with a pleated piece of greaseproof paper and secure with string.

Steam for 3 hours, ensuring that the pan does not boil dry. Serve hot.

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 21
OCTOBER 2011

DOCTORS

Dr Deb Mitchell + various locums

PRACTICE NURSE

Susie Leister RN

ADMINISTRATIVE TEAM

Practice Manager—Susie Leister
Receptionists—Jodie Foley & Susie Leister

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



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RECENT EVENTS

ASFMC Management wishes Di one of our receptionists all the best as she leaves us to pursue other work options. This will mean that Susie will be covering reception again in the afternoons and there will be some days the clinic will have to close earlier.

From mid November we are unable to recruit any more locums to come up to Alice Springs so Dr Deb Mitchell will be the only GP working until X'mas. This will definitely be noticeable with on the day appointment availability so we will experiment with a "walk in" style clinic every Monday morning from the 14th November until the 19th December 2011. These appointments are 10 minute appointments for urgent matters but you are seen in the order you arrive. There can potentially be a 60—80 minute delay depending on demand but on trialing them so far we can increase our capacity to see potentially double the amount of patients in a clinical session. The walk in Saturday morning clinic will also be run until the week prior to X'mas.

We will be closing a few days prior to X'mas and not reopening until early January 2012 to take advantage of the exodus of patients from town. Please see our website for more detail and we will ensure our notice board has up to date information about our opening times.

ASFMC Management wishes our patients a Merry X'mas and fantastic New year in 2012 and we sincerely hope we can turn around our recruitment issues in 2012 to continue to provide the high level health care to the population of Central Australia.

AFTER HOURS COVERAGE

While Dr Mitchell is away the locums do not provide after hours care—at least we cannot afford to pay what they are asking to provide this care!!

The After Hours GP Helpline is a new Government Initiative that can give you reassurance and practical medical advice.

1800 022 222 from 6pm to 8am MON—FRI

6pm—8am SAT 12noon—8am MON & 24 HRS PH

POTENTIAL PRIVATE SPECIALISTS AT ASFMC

ASFMC 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 ASFMC 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.

The other possibility is using video webcams where we recruit various specialists from interstate who we have a good relationship with, and have Skype or a similar software installed and there are different Medicare codes available with higher rebates for both the GP involvement and also the specialist's time. This is something we hope to have set up by the beginning of next year and would envisage this would be helpful for private specialists that do not rely on physical examination (hands on). STAY TUNED!!

HOURS OVER CHRISTMAS

Wednesday 21st Dec—closing at lunchtime

Thursday 22nd Dec until Sunday 8th January 2012 ASFMC Management has decided to close the clinic due to persistent staffing issues.

On Monday 9th January we will be open but it is unclear whether we will be fully operational this week or the following. We apologise for any inconvenience but are unable to control all the extenuating circumstances so this is the best compromise at this time of year.

CLOSING OUR BOOKS TO NEW PATIENTS

From mid-November on Dr Mitchell's return ASFMC Management has decided to close our books to brand new patients. This is to enable better access to the one GP for the current 6000 active patients ASFMC has. We will accept first degree family members who are co-dependents, eg. Children < 18 years still living at home, and partners of existing patients. We hope this is a temporary measure and that in 2012 once we have more locum coverage, or perhaps even a permanent new GP this policy can be reversed.

ASFMC pride itself on thorough holistic healthcare so over November and December we hope to get into our recall system again which is majorly overdue for most reasons. Please do not ignore the pathology recalls as we are trying to save patients time and money.



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