

MY COMPASS PROGRAM
FROM THE BLACK DOG INSTITUTE

Using the latest technology, the **myCompass** program will bring you mental health and wellbeing tools to help you learn how to understand and manage your stress, worry and low mood. You will be the first in Australia to use the **myCompass** program - a newly-developed internet and mobile phone based program - to learn how different situations affect you and how to stay positive despite life's ups and downs. You will also receive feedback about your stress, worry or low mood at the end of the research study.

People who take part in the **myCompass** project and complete all 3 questionnaires will be entered into a prize draw to win vouchers to the value of \$500, \$300 and \$200.

You can take part in this opportunity if you:

- Are aged 18 -75 years and live in Australia
- Have access to a computer with an internet connection
- Have a valid email address
- Are feeling stressed, worried or low
- Have an internet-enabled mobile phone
- Agree to use the program for 7 weeks and complete 3 research questionnaires over 19 weeks

The **myCompass** Research project is not suitable for people who are severely stressed, depressed or anxious, have suicidal thoughts or other severe psychological disorders.

<http://www.blackdoginstitute.org.au/public/research/participateinourresearch/mycompasstrial.cfm>



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

SUICIDE PREVENTION

This is a problem that kills more than 2000 Australians every year—way more than the annual road toll.

Some useful websites are listed below;

www.livingisforeveryone.com.au

www.suicidecallbackservice.org.au

Call 1300 659 467—free 24/7

www.suicidepreventionaust.org

www.beyondblue.org.au

Call 1300 223 636

Relationships Australia

Call 1300 364 277

Mensline Australia

Call 1300 789 978

Lifeline 13 11 14

Head Space in Alice Springs

89558 4544 (free for aged 12—25 yrs)

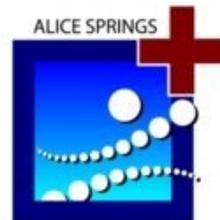
ALICE SPRINGS FAMILY MEDICAL CENTRE

17 Stuart Highway (cnr Kekwick Ave)

PO Box 4246

Alice Springs NT 0871

Entry via Kekwick Ave



FAMILY MEDICAL CENTRE

For more information about our medical centre visit

www.alicefamilymedical.com.au



**ALICE SPRINGS
FAMILY MEDICAL**

NEWSLETTER

EDITION 16

DECEMBER 2010

DOCTORS

Dr Deb Mitchell

Dr Katrina Marshall

PRACTICE NURSE

Susie Leister RN

ADMINISTRATIVE TEAM

Practice Manager—Susie Leister

Receptionist—Jodie Foley

Receptionist—Letitia Stafford

PRACTICE HOURS

Monday to Friday 8:15am—5:30pm

Saturday 9:00am—12:00pm



**Accredited
General Practice**

Proud to be working with the community
to improve Central Australian Health

TEL: 08 8952 7774



RECENT EVENTS

Susie and Deb are proud to announce the birth of their son **Joshua Thomas Leister-Mitchell** on the 01/11/10 weighing in at 3080g. Susie will be returning to work in her practice nurse role towards the end of January 2011.

In 2011 Dr Mitchell is planning to work in a part-time capacity

Dr Marshall has recently been extremely unwell and required just over two weeks off work to recuperate. She returned to work on 29th November, but initially in a part time capacity to ensure she does not overwork and have a relapse of her illness.

ASFMC Management understands how inconvenient it was to have to reschedule appointments throughout November. We thank those affected for their patience and understanding during what were certainly extraordinary circumstances

ASFMC Management would also like to remind patients however that it is not OK to tell receptionists to "F... Off" and we will not tolerate rudeness or intimidation of any kind.

Our receptionists are only doing their job in trying to fit a set number of patients into the available appointment slots. No matter how frustrating it is for our patients please be mindful it has been very hard for our staff in these trying times and there is no excuse for bad behaviour.

ASFMC Management concedes that doctor availability has been reduced (we used to have 3x full time doctors available). Dr Deb Mitchell and Dr Katrina Marshall do their best—but can only do so much. We are trying to recruit more doctors.

As of the 3rd November 2010 ASFMC is not able to provide care to new patients unless they are a partner of, or dependent child of an existing patient. This will be reviewed when additional doctors are recruited.

OPENING HOURS: CHRISTMAS & NEW YEAR

For the first time since we opened, our clinic will be closed over the 2010/2011 Christmas & New Year period.

We will be closed from 4:00pm on 24th December and we reopen on Tuesday 4th January.

On Wed 29th—Fri 31st reception staff will be available from 9am-12pm for any of our patients wanting to check results or make appointments for the new year.

Fri 24th December	815am—400pm
Sat 25th December	CLOSED
Mon 27th December	CLOSED
Tues 28th December	CLOSED
Wed 29th December	CLOSED Admin avail 9am-12pm
Thurs 30th December	CLOSED Admin avail 9am-12pm
Fri 31st December	CLOSED Admin avail 9am-12pm
Sat 1st January	CLOSED
Mon 2nd January	CLOSED
Tues 4th January	Open—Normal Hours

WHOOPIING COUGH OUTBREAK

This is a highly contagious, acute respiratory infection caused by the bacteria *Bordetella pertussis*. Pertussis is on the rise in Australia, with most cases now diagnosed in adolescents and adults where the disease is commonly atypical.

Several recent studies indicate that adults - mothers in particular - are a frequent source of pertussis infection to unvaccinated or incompletely vaccinated infants.

Pertussis infection in newborns can be severe, resulting in prolonged hospital admission, extensive multi-system disease, brain damage and even death.

There is a current outbreak of whooping cough in Alice Springs at the moment, so ASFMC are keen to remind adult patients of the vaccination that is available. Adacel will protect you for up to 10 years. **We stock Adacel which costs \$45. This cost could be tax deductible for work depending on your occupation.**

RAISING CHILDREN NETWORK

Having just had a new baby here in Alice Springs we received an excellent DVD in the package new parents receive from the hospital.

Have a look on the website:

www.raisingchildren.net.au

The website is easy to navigate and has lots of excellent information.

I would also highly recommend the DVD which can be ordered on the website retailing only for \$14.95 as it is heavily subsidised by the government.

If you have had a new baby recently and left hospital without receiving a copy, consider going up to maternity and enquiring about getting one.

BONE DENSITY TESTING

From October 2010 Alice Springs Hospital has its own DEXA scan so that Central Australian patients can get this test for **osteoporosis** at any time during the year, compared to only once a year in August when the caravan visited from Adelaide.

Who should consider getting tested?

1 in 2 women and 1 in 3 men over the age of 60 years of age already have an osteoporotic fracture here in Australia.

Therefore testing earlier may prevent the fracture cascade. The most common fracture sites are vertebral (spine), hip, wrist and upper arm but any bone can be affected.

www.osteoporosis.org.au 1800 242 141

for more information

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