

www.anxietyonline.org.au

To use this excellent web resource you need to register for the service by providing a valid email address and create a password and you must be at least 18 years of age. They will then ask you to complete a free and comprehensive psychological assessment called an ePASS, which may take between 10—60 minutes to do.

The ePASS can assess for 21 different mental health disorders and at the end of your assessment you get a report which you can print out and show either your GP or other health care provider. Your ePASS summary will also provide you with treatment options which may include one of the five anxiety on lone treatment programs this website provides.

The on-line treatment program runs for 12 weeks and each weekly module is based on the principles of CBT, cognitive behavioral therapy. Each on-line treatment program is offered either as a self help or therapist-assisted. The cost of the 12 week therapist assisted program is \$120 whereas the self help program is free.

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. It is an interactive self-help service that aims to promote resilience and wellbeing for all Australians. **myCompass** is a guide to good mental health and it points you in the right direction. You can track you moods, write about them and view information and tips. You can also choose to do one of the modules designed to help you manage mild to moderate stress, anxiety or depression.

To get the most out of **myCompass** it is recommended to: track at least 2 moods, feelings or events per day; complete at least 2 of the modules or home tasks; and use the program regularly for 6—8 weeks.

www.mycompass.org.au

SKIN CLINICS & MORE...

Dr Mitchell has recently completed more skin cancer surgical training in the Gold Coast affiliated with the University of QLD. Due to this training and continuing upskilling ASFMC has purchased a hyfrecator which is able to provide electrosurgical diathermy for various skin conditions as well as providing better coagulation control for when surgical procedures are carried out in the clinic. This machine can destroy a number of benign skin lesions and with it's wide range of power settings it can treat the most delicate facial lesion as well as the thickest scaling lesions on the trunk.

Please view skin clinic appointments as a specialised appointment and due to the extra equipment that is required and the potential for digital photos linked to the dermatoscope they are only run at certain times and cannot be offered outside of these times—even when patients have various reasons for why they are requesting for an exception. They should be viewed as a preventative check and if there are specific skin lesions you are concerned about please book a standard appointment to have that issue dealt with immediately. ASFMC Management have decided to trial a booking fee equivalent to our double DNA (did not attend) fee to try to reduce the number of patients from other clinics booking these appointments and then not attending, thus reducing the availability to our patients. That \$90 booking fee needs to be paid first prior to the reception staff allocating an appointment. It will then be deducted from the fee on the day.

17 Stuart Highway (cnr Kekwick Ave)
PO Box 8574
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 23
NOVEMBER 2012**

DOCTORS

Dr Deb Mitchell + locums

PRACTICE NURSE

Susie Leister RN

ADMINISTRATIVE TEAM

Practice Manager—Susie Leister
Receptionists— Charlotte Thompson

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



WHAT'S NEW??

ASFMC Management would like to inform patients that until January 2013 when Charlotte our receptionist returns from overseas with her family, Susie will have to cover reception.

This is not ideal and will mean that she cannot run practice nurse clinics, do routine ECGs, spirometry and we will not be able to provide some types of medical examinations until next year.

Dr Deb Mitchell and Dr Tina Casey are the GPs until early December 2012, when Dr Casey relocates to WA. We will have a new GP Registrar join our clinic in February 2013. We are still on a permanent look out for new GPs to relocate to Alice Springs so if you know of someone suitable please direct them to Susie our practice manager.

ASFMC Christmas Trading Hours

We will have limited trading over the Xmas and New Year period due to the exodus of patients from Alice Springs that occurs during the school holidays plus avoiding potential burnout for Susie who is covering reception full time plus doing her usual Practice Management role plus our lack of childcare during this time.

HOURS are as FOLLOWS:

Saturday 22nd December 2012—usual Sat clinic, walk in

Monday 24th December 2012 CLOSED up to and including Saturday 5th January CLOSED

Monday 7th January 2013 back to normal hours

Dr Mitchell will have the after hours mobile with her during the X'mas and New Year period. It will only be answered after hours not during the normal office hours when we are closed. ASFMC Management would like to take this opportunity to wish all our patients a Merry Xmas and Happy New Year for 2013 and hope that everyone has a safe holiday period.

AFTER HOURS COVERAGE

We do provide after hours assistance to existing patients only. This is a fee paying service starting at \$220 for a call out. Please be mindful that the fee is a lot higher after 11pm at night and currently is \$450. 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

FEES

Please see our new schedule of fees that came into effect on the 1st November 2012. A standard appointment <15 minutes is now \$73.

SKIN CANCER CLINICS

The skin clinics are back on Thursday afternoons, during the month of November 2012. Patient demand is high before Christmas so these clinics are filling quickly. If you are interested in having a skin health check please call reception staff or visit our website for more information of how they are run and the fee schedule. They will not be run in December due to the lack of time required to act on possible issues found and will recommence in late January 2013.

KNOW YOUR OWN SKIN

This is an excellent website with resources to assist you in checking out your own skin and other members of your family. It has videos, and other resources you can either print out, download or order.

www.knowyourownskin.com

WISe—Women's Information Service

This is a NT government resource that provides women with information about services as well as referring people to certain services and activities. They can include:

- Health and wellbeing
- Safety from fear and violence at home or at work
- Education, training and work options
- Participation and leadership
- Protection of women's rights
- Community events
- Links to community services and businesses

WISe is for ALL women of ALL ages and ALL cultures and is FREE and confidential. They have recently moved to a new location at 55 North Stuart Highway, just up the road from our clinic.

FREE CALL 1800 508 051

Ph 08 8951 5174, Fax 08 8952 9087

Email: womensinformation@nt.gov.au