

DIABETES CLINICS

Dr Mitchell and practice nurse Susie successfully ran these clinics last year on a Tuesday morning (a quieter day usually for ASFMC) where patients with diabetes were personally invited to complete an “Annual cycle of Care” where various physical parameters are measured, certain allied health services are enquired about, and facilitated for future use and the half hour appointment is not charged outside of medicare (no out of pocket expense for you, the patient). We feel it is a win-win for our patients and definitely has been show to provide better health outcomes for patients affected by diabetes. Now that we have a new GP registrar Dr Mitchell’s availability has improved, so ASFMC management is keen to get these clinics restarted.

Due to room availability and our planned flu clinics we will trial them on a Wednesday morning and start personally inviting those who have never had the visit previously, plus new diabetics to our clinic (may be a new diagnosis or just new to town). If you are diabetic and interested in these funded clinics please enquire through reception and either Susie or Dr Mitchell will be in contact with you about your eligibility and suitability.

HOW MUCH BELLY FAT IS TOO MUCH?

Not sure where you stand in the health stakes? You don’t need to see your GP if abdominal fat is putting your wellbeing at risk. Just pull out a tape measure and wrap it around your waist.

If your circumference is <80cm for women and <94cm for men you can give yourself a tick. If >80cm for women you are at increased risk of chronic disease while a waist >88cm (or 102cm for men) ups the risk even further.

WHAT IS YOUR WAIST MEASUREMENT? DO YOU KNOW?

www.measureup.gov.au

www.swapit.gov.au

Harness your Decisiveness

1. Prioritise—think about what is most urgent and what can wait. Deal with one thing at a time, and if in doubt, move onto the next, Time spent procrastinating is better spent being pragmatic
2. Don’t second guess yourself—once you’ve decided on something, let all the variables go. A good decision today is still better than a perfect decision tomorrow
3. Take responsibility for your decisions
4. Sleep on it—big decisions don’t need to be rushed. Sometimes the best strategy is to sleep on it and tomorrow everything seems 100% clearer
5. Weigh up all the pro’s and con’s—list everything, both practical and personal; sometimes though instinct can be the most accurate barometer
6. Know yourself—when you make a decision, always consider your needs. Looking after yourself is not a selfish act; if you are happy then the people around you will be too
7. Look before you leap—make sure you know exactly what you are getting into
8. Visualise—being able to “see” the outcome is a great way to get there successfully
9. Understand “no” is an option

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 24
FEBRUARY 2013

DOCTORS

Dr Deb Mitchell + locums

Dr. Gaurang Prajapati—GP Registrar

PRACTICE NURSE

Susie Leister RN

ADMINISTRATIVE TEAM

Practice Manager—Susie Leister

Receptionists— Charlotte Thompson

Tabitha Ruigrok

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



WHAT'S NEW?

ASFMC Management would like to welcome our new GP Registrar Dr. Gaurang Prajapati and his family to Alice Springs from Adelaide and he will be with us for the next 6 months, potentially longer.

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.

The Skin Clinic demand has increased again and we are running 3 clinics during the month of February to try and satisfy the extra demand. Please speak to the receptionists if you are interested in this preventative check as the booking and billing is very different to a standard appointment.

Charlotte is back at reception in the mornings meaning Susie can free herself up to again offer practice nurse specialised appointments. ASFMC Management will be going through our recall and proactively inviting those eligible for funded visits to take advantage of those options for their chronic health issues.

We have recently recruited for the second receptionist position and welcome Tabitha on board. We appreciate your patience and understanding as she learns the position under the guidance of Susie our practice manager over the next few months.

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

AGPAL REACCREDITATION

ASFMC will be undergoing a new 3 year accreditation update with AGPAL later in 2013. AGPAL is the market leader providing quality accreditation for general practices, medical deputising services and Aboriginal medical services. AGPAL guides practices through accreditation against professional standards developed by the RACGP. Continuous quality improvement acknowledges the need for primary health care providers to continually improve, upgrade and monitor services the practice provides including education, practice management, the rights and needs of patients and the physical facilities of the practice. The aim of continuous quality improvement is to make substantial and sustained improvements in the quality of care to ultimately produce better health outcomes for patients.

ASFMC Management values all feedback—positive, negative but always preferably constructive. Please feel free to fill in the structured questionnaire at reception and either drop it into the box there or post back at your convenience.

“How to Talk so Kids Will Listen”

There are some new workshops being run in Alice Springs through Catholic Care NT one night per month. They are facilitated by Sara Phillips and Shirley Baker.

**Enquiries—89582400 and email:
shirley.baker@catholicarent.org.au**

The sessions are based on the book “How to Talk So Kids Will Listen” by Adele Faber and Elaine Mazlish.

www.fabermazish.com

www.positivediscipline.com

**Mini—FLU CLINICS ON Tuesday 19th &
26th March , 2nd & 9th April 2013**

All patients aged 65 yrs and older are eligible for “free” influenza and pneumococcal vaccinations—if you identify as Aboriginal or Torres Strait Islander you are eligible from the age of 15 years. You may receive an e-mail, SMS or letter of invitation if you are in that age group or suffer with a chronic medical condition—eg. Diabetes or asthma about these upcoming clinics. In the past 6 years we have successfully run over 15 “free” clinics where the cost of the consult with Dr Mitchell and Susie the practice nurse is covered by medicare—if you are not eligible for the government funded vaccine the flu-vax will cost \$25. Appointments are only for the vaccination and scheduled as <5minutes with usually 50 available positions each clinic—please register through reception if you are interested.