

DIABETES CLINICS

Dr Mitchell and practice nurse Susie successfully ran these clinics last year 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). If an appointment though is offered and you do not turn up our standard "DNA" fee will be applied especially as this is such a limited service.

We feel it is a win-win for our patients and definitely has been shown to provide better health outcomes for our 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. After our orientation process for our new receptionists is complete we will make contact directly with patients who we feel either would benefit the most or who are entitled and due. This is an invitation only clinic but if you are a diabetic patient or no someone who is please talk to Susie directly to confirm eligibility.

WILL YOU RECOGNISE YOUR HEART ATTACK?

Do you feel any—pain, pressure, heaviness or tightness?

In one or more of the following areas—chest, neck, jaw, arm/s, back, shoulder/s

You may also feel—nauseous (sick), a cold sweat, dizzy and short of breath

Answering YES to any of those questions should be followed up if lasting >10minutes by calling 000

www.heartattackfacts.org.au

Or call 1300 36 27 87

BRCA TESTING FOR BREAST CANCER

Since Angelina Jolie's revelation of her breast surgery due to her having the BRCA gene our practice manager Susie has had quite a few enquiries about how to test for this in Alice Springs. You may be surprised to know that 90—95% of all breast cancers have nothing to do with family history. However around 5—10% of breast cancers occur in women whose families have a gene mutation that is passed down through the family and puts them at greater risk of developing breast cancer. The BRCA1 and BRCA2 gene mutations are known to be associated with hereditary breast cancer as well as ovarian cancer.

If you have a strong family history of breast cancer—that is 2 or more first degree relatives (mother, sister, daughter) or second degree relatives on the same side of the family who have been diagnosed with breast cancer there is a chance your family may carry a breast cancer gene mutation.

Breast Cancer Network Australia is a good website to look at or perhaps calling Cancer Helpline 131120 to check on Family Cancer Clinics that might be a resource to provide counseling and information to families. It is not a simple medicare rebatable test that a GP can order but it could be discussed in more detail in an appointment.

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 26
JUNE 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

Lynlee Sleep, Lyn Schultz

PRACTICE HOURS

Monday to Friday 8:15am—5:30pm

Saturday 9:00am—12:00pm



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WHAT'S NEW?

ASFMC Management would like to welcome our two new receptionists Lynlee and Lyn to the team joining Charlotte out the front.

This will hopefully free Susie up again after the usual orientation and transition period to be able to do her usual practice manager role and practice nurse role.

Our GP registrar Dr Gaurang Prajapati and his family are staying in Alice Springs for the rest of the year for training and we are excited by that opportunity to continue that with us.

The Skin Clinic demand is still high so to try and satisfy the demand clinics are being run either weekly or fortnightly. 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. Appointments will not be held for you unless the deposit is paid.

As our son is now 31 months old and spending close to 40 hours a week in childcare Dr Mitchell is reducing her hours slightly to have more afternoon hours with Joshua. This is deliberate for our family's balance and we hope that patient's can understand the rationale. Afternoon appointments with Dr Mitchell will therefore be less available and after the next few months this will be revisited as to what is both working for our family and also patients. We sincerely hope our core patient population can appreciate this decision.

AGPAL REACCREDITATION

ASFMC will be undergoing a new three year accreditation update with AGPAL at the end of this year. AGPAL is the market leader providing quality accreditation for general practices, medical deputising services and Aboriginal medical services.

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. As we are getting closer to that date our receptionists may ask you to fill out paperwork related to this or at times the training organization “Adelaide to Outback” have structured forms related to our GP registrars.

SKIN PROCEDURES

Due to the higher number of skin presentations at our clinic more and more patients are keen for removals of lesions—either suspicious for skin cancer or cosmetic. Unless a signed consent form is on your file a procedure cannot be booked by our receptionists. You will need a standard appointment first to discuss the skin spot or your concerns with a doctor. Only the doctor signing the consent form can go ahead and do that procedure—while Dr Mitchell was on leave some patients had consent forms signed by a locum. Obviously as each doctor is different those patients have had to have a quick appointment with Dr Mitchell to confirm appropriateness of the procedure recommended.

Again costs vary depending on what is being done, and unfortunately medicare rebates do not give appropriate remuneration so consents include cost.

FLU CLINIC SUCCESS

ASFMC ran 4 clinics in late March and early April and so far as a clinic we have vaccinated over 500 patients. Considering we have 4000 active patients on our books though perhaps there is still a long way to go? It is still relevant leading up to Winter and especially if you are travelling overseas. In the northern hemisphere there have been 100s of preventable deaths so far from influenza.

Employers seem to have got on board more this year recognising the cost saving to their business and depending on your personal circumstances it could be a tax deductible expense. Quiet a few patients are quoting our flu clinic funded visit which was relevant only for those set dates that have already happened. If a consult is literally just for a fluvax it might be created as a fit in appointment charged at that rate or if other issues need to be covered it would usually be done in a standard appointment.

TRAVEL VACCINES

Please be mindful that an expensive overseas trip can be ruined by not planning simple vaccinations, ideally 6 weeks prior to leaving Australia. You may need more than one visit to be appropriately immunised and some combinations of vaccinations cannot be given together. Our website has up to date costs of vaccines plus handouts are kept at reception to plan expense after initial consults which are also charged.