

DIABETES AND AT RISK ASSESSMENTS

With Susie's involvement as our practice nurse we are going to proactively invite all patients who are between 40—49 years of age and potentially at risk of diabetes to a funded one hour visit with her. It will involve updating a baseline ECG (screening tool for the heart), potentially extra blood tests, physical measurements and lifestyle and dietary information. Our aim is to prevent progression to type 2 diabetes in those at risk, and better educate our patient population without penalizing them with charges for this visit. However if someone declined the preventative check, we would make note in their file, as ASFMC prides itself on the preventative strategies we provide.

DIABETES EDUCATOR TRAINING

Susie is 3/4 of the way through her postgraduate course through the Gold Coast Southern Cross University to ultimately be eligible to be a private diabetic educator in town and access Medicare billing separately to what ASFMC already does using her as a practice nurse. If you are an existing diabetic patient or in particular newly diagnosed, Dr Mitchell is keen to utilize Susie and her new acquisition of knowledge to our patients advantage. Our routine annual cycle of care "Diabetes Clinic" are still being run. Unfortunately the ad hoc nature of these clinics still happens due to patient demand and competing priorities for Dr Mitchell but the plan is to be running these more regularly during the year, usually on a Wednesday afternoon. This is a funded visit by invitation only but if you are a diabetic patient and feel you have never accessed this service yet please enquire through our reception staff about your eligibility.

ATTITUDE IS EVERYTHING

As much as some of us would like to be able to control every aspect of our lives, we can't!!! But what we can control is our attitude towards what does happen to us. We all experience "trying" times in our lives, maybe I could even say "shit happens". The WHAT in these situations is less important than the HOW. How we react and move through these particular situations will determine their effect on our physical, mental and emotional well being.

Up to 40% of our happiness comes from how we choose to approach our lives. Especially during "trying" times we sometimes just focus on our problems. We then get in the habit of focusing all our attention on the negative things happening in our lives. What would happen if we switched that focus to all the good things that happen to us each and every day? What if we took time daily or weekly to reflect on the things we are grateful in our lives? Grateful individuals

- Report higher levels of positive emotions
- Have greater life satisfaction
- Experience greater vitality and are healthier
- Build strong relationships
- Handle adversity better
- Experience lower levels of depression and stress
- Studies show those who practice weekly gratitude were more optimistic and felt better about their lives (article borrowed and adapted from Get Physical newsletter)



**ALICE SPRINGS
FAMILY MEDICAL**

NEWSLETTER

**EDITION 33
SEPT 2015**

DOCTORS

Dr Deb Mitchell

+ various locums

PRACTICE NURSE

Susie Leister RN

ADMINISTRATIVE TEAM

Practice Manager—Susie Leister

Receptionists— Lynlee

PRACTICE HOURS

Monday to Friday 8:15am—5pm
Sat, Sun & Public Holiday's - closed



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WHAT'S NEW?

ASFMC wishes to inform our patients that from the 22/06/15 onwards for the rest of the year we have engaged a number of mature, well experienced female locums to assist in the cover of the practice.

We had a family holiday in Victoria coinciding with the school holidays due to lack of childcare options (11800 km driven in less than 6 weeks) and will be doing something similar over the Xmas, New year break.

Angela and her partner are relocating back to Victoria so Lynlee and Susie will be covering reception on their own. We will miss her.

Dr Lu has left our practice at the end of July and ASFMC will not be having junior GP registrars in the future. We wish her all the best for her future training in country SA.

The skin clinics are now established and run every Tuesday and Thursday afternoons with one of those afternoons nominated as the procedure day when more excisions are required. Please remember if you are just concerned about one suspicious skin lesion a standard appointment is fine to discuss this. While Dr Mitchell is away though the skin clinics will obviously be put on hold as locums do not always have the same expertise in this area.

As the weather is now cooler, although sometimes too cold, it is so much easier to get "out and about" to get moving!!

SKIN CLINICS

Dr Mitchell has recently completed more skin cancer surgical training in the Gold Coast affiliated with the University of QLD. She is working towards her Masters in Skin Cancer Medicine and is continuing to upskill her surgical skills all the time.

We now can do shave biopsies to get tissue diagnoses of suspicious lesions during the skin clinic appointments plus outside during standard appt times.

A Hyfrecator 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 its wide range of power settings it can treat the most delicate facial lesion as well as the thickest scaling lesions on the trunk.

WHITE RIBBON WALK SAT 19/09 Meeting at the ASTC lawns from 0600 with the walk to start @0700hrs come and join us in stating domestic violence is not OK. It is free and sends a message of support to the wider Alice Springs community.

PAP RECALL Due to female locum availability in Oct and Nov we have decided to activate our final pap reminder system. If you can respond to this letter to update our files we would appreciate it; otherwise we will assume you have received the reminder and are choosing to ignore it. We then will not take responsibility for future reminders.

INFLUENZA INFECTIONS

There have been an increased amount of positive swabs for influenza A and B coming back over the last few weeks. Despite having the fluvax annually for many years our household was shot down by Susie bringing back influenza A from Qld. From personal experience those few weeks were horrendous!! It is not too late to get this year's fluvax—which targets 3 strains of influenza, 2 type A and one type B (remembering there are 100s of strains). The other important reminder to patients who might be infectious is common courtesy to the rest of us—stay home if sick, wash your hands, cover your mouth when you cough and sneeze, throw away used tissues. Sometimes a medical certificate is not just about your rest and recovery but ensuring you don't spread your infection to the wider community. In particular avoid contact with the very young and very old, and anyone whom you know has chronic health issues or may be pregnant.

RECALL ACTIVATED

As so many patients have been up to one year overdue on blood testing, Dr Mitchell has gone through all 600 active recalls and printed pathology request forms that are deemed relevant and necessary; sometimes locums or registrars have activated recall unnecessarily. To save money we will not post these requests out but ring the contact numbers we have on file to collect the pathology. If they are not collected in a timely manner they are shredded after 3 reminders.