



Dr. Mitchell will complete the final surgical module on nose and lower limb next Feb 2019 to attain the Advance Diploma in Skin Cancer Surgery. Doing a double Masters has become logistically impossible, so the Masters In Skin Cancer Medicine will be completed after the Public Health and Tropical Medicine one!!

The visiting dermatologists and surgeons at the Alice Springs Hospital are aware of what we can offer and in no way are we trying to replace that service. Dr. Mitchell is not a dermatologist and although referrals from her may seem to get prioritised over other clinics in town due to being a more thorough referral that is not a guarantee. If that is what a patient is after, we would recommend a standard 30 min appointment outside of the skin clinic times

The skin cancer clinic appointments are designed to be a full top-to-toe physical check looking at your entire skin and please remember wearing makeup (in particular mascara and eyeshadow) makes it really hard to see any subtle solar keratosis or other skin damage on your eyelids and face.

We are auditing our surgical excisions through ClinPath as part of upskilling, as well as ensuring appropriate management is offered rather than just cut for the sake of it; currently at 90% accuracy.



Susie is now a Credentialed Diabetic Educator with her own provide number, thus other GPs and clinics can refer their patients to her. If you know other patients with this condition who use different clinics, feel free to let them know about Susie if you have found she has helped you better manage this chronic condition!!

A CDE can also help with understanding carbohydrate counting and portion control for weight loss, or energy gains for an athlete, or growing teenager.

If you have a Chronic Disease Management plan in place—previously known as a GP Management plan with a Team Care current, you are entitled to 5 allied health sessions in a calendar year. Susie could be used for some of these if relevant.

An initial appointment is usually an hour and then subsequent follow up appointments might vary from 30—40 minutes depending on the complexity of what has been covered. Currently her fee is \$75, and if a CDM referral is in place you are entitled to a Medicare rebate of \$52.95.

If you have private health insurance Extras check with your individual fund what rebates you get back. If you have neither you can still self refer for an initial appointment of an hour and pay \$75 in total.



NEWSLETTER

EDITION 6
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DOCTORS

Dr Deb Mitchell

PRACTICE NURSE/DIABETES EDUCATOR

Susie Leister RN, CDE

PRACTICE NURSE

Tammy McCormack RN

ADMINISTRATIVE TEAM

Practice Manager—Susie Leister

Receptionist—Lynlee Sleep

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community to improve Central
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General Practice

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WHAT'S NEW?

Alice Specialised Medicine is excited to announce that Susie has finally jumped through all the extended hoops and is a Credentialed Diabetic Educator. This means she has her own provider number and patients can access her through GP referrals if using Medicare rebates for a chronic disease CDM plan, or self-refer if they have private health insurance or are happy to pay her usual fee.

Our transition from mainstream private general practice happened nearly 2.5 years ago.

Interestingly, more and more patients are trying to see Dr Mitchell as a mainstream GP in the last few months, and in fact manipulating our receptionists by stating the appointment is for a spot check, yet in fact they want to cover totally unrelated matters. Or they see numerous other GPs in town, but then pressuring for an earlier appointment with Dr Mitchell to try and get referrals for specialists unrelated to any consult that has ever happened here at ASM.

ASM is very close to stopping those type of appointments all together due to the inability to control patients manipulating our systems. In a way it is like going to see the skin specialist to ask about your teeth—an extreme example but our frustration is mounting. Please be respectful for what the clinic is trying to offer currently. It will be to the detriment of our current 1500 active patients who play by the rules, so the other alternative is to stop accepting new patients altogether outside of a travel, skin cancer or diabetes clinic.



Dr. Mitchell is currently enrolled at JCU in Townsville doing a Master in Public Health and Tropical Medicine. Last year's subject on "Travel Medicine" started our new range of fact sheets, and this year the plan is to continue to slowly add to the range of topics, that can be found on our website, as well as emailed out to patients on request after a travel consult. If there are any burning topics, please consider emailing us your request, but the plan is to add malaria, hepatitis A and B, pneumonia and sepsis factsheets in the next few weeks.

We would still encourage patients to flag if the appointment they have booked is related to travel, as we would like to line up nurse time after the GP appointment to consolidate information. A thorough travel consult is more than just what Dr Google recommended for vaccinations. Potentially what is recommended for one individual travelling to a certain country would be different to ten other people travelling to the same country. An opportunity to better understand the gold standard recommendations, decide if financially they are affordable, and then plan the correct vaccination schedule could easily take more than 6—8 weeks depending on the location and reason for travel.

INFLUENZA / FLUVAX

There has been lots of media exposure recently about the timing of fluvax and what would be bets for an individual will depend on many factors. ASM currently has our private fluvax in stock for all ages, but as the AU's Govt changed the funded fluvax dramatically for those aged > 65 years at short notice, our supply for this is still pending.

ASM would still proactively recommend all health care professionals, childcare workers and teachers consider getting the private fluvax. The timing is contentious as it is now believed that a person's immunity might wane over the next 6 months so if there was an outbreak late in the year, the protection might not be as good as previously thought.

As per usual ASM will run funded flu clinics, hoping to offer all those eligible patients for funded fluvax as well as those requesting private fluvax an opportunity to get protected. The dates are not yet set but looking like early May and Tuesday mornings work best for us. Now that we have an extra nurse though in Tammy, there should be flexibility to see her Monday through to Thursday for a fit in appt, if you have been seen at ASM previously. All new patients though will need to see Dr. Mitchell, due to prescribing laws.

If you are travelling overseas, and in particular if holidaying on a cruise we would proactively recommend the fluvax. It is one of the commonest reasons for travelers returning unwell and easily prevented.

