

8-22 Patrick Street
PO Box 491
Stawell VIC 3380

☎ 03 5358 7555

📠 03 5358 1669

✉ enquiries@psfamprac.com.au

🌐 www.psfamprac.com.au

NEWSLETTER

Dr Arthur Obi

MBBS, MRCOG (UK), MRCGP (UK), FRACGP

Dr Thayanihee

Saravanamuthu MBBS

Dr Deana Ashton

MBBS, FRACGP, FACRRM, DRANZOG

CLINIC STAFF

Nursing: Anulika (Joy) & Augusta
Reception/Admin: Teash, Emma, Jane, Susan & Jill

PRACTICE HOURS

Patrick Street Family Practice's phones are answered from 8:30am until close Monday - Friday.

Our doors are open:

Monday: 8:00am – 6:00pm

Tuesday: 8:00am – 6:00pm

Wednesday: 8:00am – 6:00pm

Thursdays: 8:00am – 9:00pm

Friday: 8:00am – 6:00pm

AFTER HOURS CARE

For after hours care please call the GP Helpline on **1800 022 222**. In case of an emergency dial **000** and ask for an ambulance.

VISITING SPECIALISTS & SERVICES

Dr Hemant Chaudhary

Cardiologist

Dr Chris Hengel

Cardiologist

Dr Rodney Reddy

Cardiologist

Kristie Austin

Clinical Psychologist

Grampians Podiatry

Australian Hearing

Flying Doctors Telehealth

Addiction, Cardiology, Endocrinology, Geriatrics, Paediatrics, Pain, Psychiatry, Respiratory & Wellbeing

Continence Nurse

Soul Concern Counselling

Mental Health Social Worker

INTERPRETER SERVICES

Please notify reception prior to your appointment if you require any interpreter services.

Autumn 2021

❖ APPOINTMENTS

All consultations are by appointment only. Appointments can be made by calling the practice on (03) 5358 7555.

Please let reception know if you require a longer appointment. If more than one family member needs to see the doctor, please ensure an appointment is made for each person.

Please advise reception if you are unable to attend an appointment so the reserved time can be allocated to another patient.

Missed Appointment Policy Patients who fail to attend an appointment or provide sufficient notice to cancel their appointment may incur a fee of \$50. This fee is not claimable through Medicare and needs to be paid before any further appointments.

❖ BILLING

We are a private practice and payment is required on the day by cash, cheque or eftpos. We can claim your rebate immediately from Medicare using Easyclaim onto your cheque or savings card. Bulk billing is available for children 16 years and under, patients aged 65 years and over, concession card holders, and Diabetics.

❖ CONTACT DETAILS

It is important to let us know at each appointment if any of your contact details have changed.

❖ REPEAT PRESCRIPTIONS

Script requests are provided at the discretion of the doctor for a fee of \$15 (or \$10 for Concession Card Holders).

❖ REFERRALS

New referrals require the patient to be seen by the doctor. Referrals are current for 12 months, please check with your specialist if your referral is current as they *cannot be back-dated*.

❖ COMMUNICATION

To allow each patient the best consultation possible, our doctors prefer not to be interrupted by phone calls. Our practice staff are happy to take a message and pass this along to the doctor. Emails are only to be used for correspondence of a non-sensitive nature and are checked daily.

➤ **Practice information continued on last page...**



Why immunisation is important

Immunisation is important

Immunisation is one of the best ways you can protect yourself, your children and future generations from infectious diseases. In other words, if you vaccinate, you help wipe out disease that could spread now and into the future.

By making sure you and your family are fully vaccinated (by following the [National Immunisation Program](#) schedule set by the Australian Government), you are not only looking after your own family but also protecting vulnerable people in your community. The more people who are vaccinated, the fewer people will be infected, and the less widely can a disease spread.

Immunisation saves lives. As recently as the 1950s, thousands of children died every year from diseases such as tetanus, diphtheria and whooping cough (pertussis). Luckily, it is rare for anyone in Australia to die from these infectious diseases now, thanks to the major vaccination programs introduced in the 1960s and 1970s, which continue today.

How do vaccinations work?

All immunisations work in the same way. The [vaccination](#) uses your body's [immune system](#) to increase protection to an infection before you come into contact with that infection. In other words, it is like being infected with the disease without suffering the actual symptoms.

If you come into contact with an infection after you've been vaccinated, your body works to stop you from getting the disease, or you may get just a mild case. Unlike other proposed approaches to immunisation (such as homeopathy), vaccinations have been rigorously tested to demonstrate their safety and effectiveness in protecting against infectious disease.

What about people who cannot be immunised?

Some people in our community cannot be vaccinated. This might be because they are too young or too sick. You can help protect these vulnerable people by keeping your family's vaccinations up to date.

When enough people in the community are vaccinated, the spread of a disease slows down or stops completely. So as long as enough people are vaccinated, the disease will not spread. This is called herd immunity.

Modern outbreaks of infectious diseases

Many infectious diseases are rare or not around anymore, thanks to vaccination. But there are still infectious disease outbreaks happening around the world today:

- **flu, chicken pox, whooping cough and measles** – these diseases still have occasional outbreaks in Australia, mainly when introduced from overseas. They could make a strong comeback if people stop vaccinating. In January 2019, 62,225 measles cases were notified globally compared to the same period in 2018 when only 23,535 cases were notified
- **Zika** – in February 2016 the World Health Organization (WHO) declared the Zika virus an international public health emergency following outbreaks in Central and South America. There is ongoing evidence of transmission throughout the Americas, Africa and other regions of the world. As of 2018, a total of 86 countries and territories have reported evidence of mosquito-transmitted Zika infection
- **Ebola** – the latest outbreak of Ebola virus disease started in Democratic Republic of Congo in August 2018, and is ongoing. 584 deaths have been confirmed during this outbreak
- **HIV/AIDS** – The first cases of HIV/AIDS were identified in the gay community in America in 1981 and, by 1985, at least one case had been reported from each region of the world. In 2017, more than 36.9 million people around the world were living with HIV/AIDS. There is still no cure, but current treatments allow patients to live long and healthy lives.

No vaccines exist for Zika, Ebola or HIV/AIDS, but research is underway.

Immunisation surveillance

To keep you, your family and your community safe, governments need a complete picture of immunisation. That is where immunisation surveillance comes in. Immunisation surveillance involves researching and collating information on immunisation programs.

Many countries have an official immunisation surveillance body (for example, the CDC in the United States). Australia has one too, called the National Centre for Immunisation Research and Surveillance (NCIRS).

The NCIRS was set up in 1997 as an independent expert on immunisation and focuses on:

- surveillance of vaccine preventable diseases
- vaccination coverage and adverse events
- program evaluations
- social research.

How new vaccines are developed

It takes a long time to develop a new vaccine, usually between 10 and 15 years. The development process is rigorous and the vaccine is constantly monitored – even after it is being used – to make sure it is safe and effective.

A new vaccine goes through many phases of development, including research, discovery, pre-clinical testing, clinical testing (which can take up to seven years) and regulatory approval. Once the vaccine is approved (another lengthy process of up to two years), the vaccine is then manufactured and shipped to where it's needed.

After vaccines are introduced into immunisation schedules, they are closely monitored through trials and surveillance to see if they are effective and safe. In Australia, there are regional and national surveillance systems actively looking for any adverse events following immunisation. This is necessary, as sometimes unexpected side effects occur after vaccines are registered for use.

Some vaccines, such as the flu vaccination, need to be updated every year to respond to changing infection strains and conditions. For these updates, the process is compressed to ensure the vaccine is available as needed.

Who needs to be vaccinated?

The answer is simple – almost everyone! There are some exceptions – usually people with a serious medical condition (for example, a weak immune system). But don't ever decide against immunisation without checking with your GP first. Your doctor will advise which vaccinations you need based on your HALO: health condition, age, lifestyle and occupation.

If 95 per cent of us are vaccinated, the spread of disease is reduced, which helps to protect everyone. Vaccination is particularly recommended if you:

- are a newborn or young child (as per the NIP schedule)
- have a newborn baby
- are pregnant or planning for a baby
- are caring for very young babies (for example, parents, grandparents and carers)
- are an older person
- are an Aboriginal or Torres Strait Islander child or adult
- have plans to travel outside Australia (ask your travel agent or check on the Smart Traveller website)
- are medically at risk due to certain conditions (such as asthma) or treatment.

Remember, if you are not sure about what immunisations you need, talk with to your GP. If you find you are not up to date with your vaccinations, your GP will tell you about catch-up and booster shots.

Where can I get more information about immunisation?

Health professionals

Find out more about immunisation by speaking with your health professional. The best place to start is with your GP. You can also ask your maternal and child health nurse and paediatrician.

Online information

There is also lots of information online. If you would like to know more about immunisation, check out the Australian Government's Immunisation website, where there is information about how immunisation works, and the safety of vaccines.

When looking for immunisation information, stick to reliable information providers, such as:

- Better Health Channel
- Sharing Knowledge About Immunisation (SKAI)
- Raising Children Network
- Melbourne Vaccine Education Centre (MVEC)
- NPS Medicinewise
- National Centre for Immunisation Research and Surveillance (NCIRS).

Telephone

- In an emergency, always call triple zero (000)
- NURSE-ON-CALL Tel. 1300 60 60 24 – for expert health information and advice (24 hours, 7 days)
- Immunisation Program, Department of Health and Human Services, Victorian Government Tel. 1300 882 008
- National Immunisation Hotline Tel. 1800 671 811
- Maternal and Child Health Line (24 hours) Tel. 132 229
- SAEFVIC Tel. 1300 882 924 – the line is attended between 10 am and 3.30 pm and you can leave a message at all other times

This information has been provided by the
Better Health Channel at www.betterhealth.vic.gov.au

How does wearing a mask help reduce my risk of COVID-19?

Wearing a face covering helps keep you and others safe. Face coverings help stop droplets spreading when someone speaks, laughs, coughs, or sneezes, including someone who has coronavirus (COVID-19) but feels well.

How to wear a cloth mask safely



Inspect the mask for any holes or dirt

Adjust the mask to your face so it fits snugly

Cover your nose and mouth

Avoid touching your eyes, nose and mouth at all times

Remove the mask by the strings or ear loops

Store the mask in a plastic, resealable bag until you can wash it

Wash your hands before and after you wear your cloth mask

Make sure your mask does not have a valve. This can result in breathing out a virus if you are infected

How do I wear a mask correctly?

Before and after you put on your cloth mask, wash your hands for at least 20 seconds with soap and water or use a hand sanitiser containing more than 60% alcohol.

Avoid touching your face at all times.

Keep a paper bag or zip-lock bag with you to keep fresh face coverings clean if you carry them with you.

Cloth mask

A cloth mask should cover your nose and mouth. It should fit securely on your face with either ear loops or mask strings tied into a bow at the back of your head.

After taking your mask off, store it in a plastic bag until you can wash it.

Surgical mask (single use)

You can only use a surgical mask once. Before putting it on, check for tears. If undamaged, position the coloured side of the mask outward.

Mask fastening

Ear loop mask

Hold the mask by both ear loops and place one over each ear.

Tie mask

Hold the mask by the upper strings. Tie the upper strings together near the crown of your head. Tie the lower strings near the nape of your neck.



What is coronavirus disease?

Coronaviruses are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle Eastern Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV).

This coronavirus disease is a new strain that has not been previously identified in humans.

Symptoms

Symptoms of COVID-19 can range from mild illness to pneumonia. Some people will recover easily, and others may get very sick very quickly. People with coronavirus may experience symptoms such as:

- fever
- respiratory symptoms
 - coughing
 - sore throat
 - shortness of breath

Other symptoms can include runny nose, headache, muscle or joint pains, nausea, diarrhoea, vomiting, loss of sense of smell, altered sense of taste, loss of appetite and fatigue.

If you have any of these symptoms, please call ahead before coming to the clinic.

How do I protect myself and my family?

The best way to protect yourself and your family is to pay attention to good hand and respiratory hygiene, practice physical distancing and wearing a face mask when in public.

Cover your mouth and nose when coughing and sneezing with a tissue, or cough into your elbow, dispose of the tissue into a bin and then wash your hands afterwards. Wash your hands regularly, after using the toilet and before eating.

Where can I find out more information?

For Victorian updates, go to:

[dhhs.vic.gov.au/coronavirus](https://www.dhhs.vic.gov.au/coronavirus)

For national updates:

[health.gov.au/news/latest-information-about-novel-coronavirus](https://www.health.gov.au/news/latest-information-about-novel-coronavirus)

For international updates:

[who.int/westernpacific/emergencies/novel-coronavirus](https://www.who.int/westernpacific/emergencies/novel-coronavirus)

WHO resources:

[who.int/health-topics/coronavirus](https://www.who.int/health-topics/coronavirus)

If you begin to feel unwell - develop a fever or shortness of breath, a cough or respiratory illness - call the dedicated hotline on **1800 675 398**. Please keep Triple Zero (000) for emergencies only.

If you are seeking more information, call the Coronavirus Information Line **1800 020 080** (operates 24 hours a day, seven days a week).

For the Kids:



6	2	3	5	7	8	9	1	4
1	5	7	4	9	6	3	8	2
4	9	8	2	3	1	6	7	5
2	6	4	1	8	7	5	3	9
7	8	9	3	6	5	4	2	1
5	3	1	9	2	4	8	6	7
3	4	5	8	1	2	7	9	6
8	1	6	7	4	9	2	5	3
9	7	2	6	5	3	1	4	8

Patient Notices:

2021 Flu Vaccinations

Speak to one of our friendly reception staff if you would like to place your name on the waiting list.

Try this Sudoku:

6	2				8			4
	5				6	3		
	9						7	
2			1			5		
			3	6				
		1	9		4		6	
				1			9	
8				4				
	7							8

For answers see Page 7.

SERVICES:

- Men's Health
- Women's Health
- Children's Health (including Childhood Immunisations)
- Family Planning
- Antenatal Care
- Chronic Disease Management
- Travel Health (including Yellow Fever Vaccinations)
- Minor Surgeries (Suturing, Ingrown Toenails, Sunspots, Removal of Moles, etc.)
- Health Assessments
- Mental Health
- Q Fever Testing and Immunisation
- Pre-Employment Medical Assessments

RESULTS:

If you wish to discuss any results, an appointment needs to be made with your doctor. If you have any results requiring immediate action, you will be contacted to make a follow-up appointment with your doctor.

PRIVACY:

Patrick Street Family Practice respects your privacy. Your medical record is a confidential document. It is the policy of this practice to maintain security of personal health information at all times and to ensure that this information is only available to authorised members of staff. A copy of our Privacy Policy is available upon request.

COMMENTS/FEEDBACK:

We value all comments and feedback, and will take all suggestions seriously. We will take all feedback under advisement as part of our continuous quality improvements. For minor feedback/suggestions that we may be able to deal with immediately, please contact us in person at the practice or phone us on (03) 5358 7555. For matters requiring more consideration, please put your feedback in writing and place it in the Suggestions Box at Reception