

8-22 Patrick Street
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📠 03 5358 1669

✉ enquiries@psfamprac.com.au

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NEWSLETTER

Autumn/Winter 2022

THE DOCTORS:

Dr Arthur Obi

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

Dr Thayanithee Saravanamuthu

MBBS

Dr Deana Ashton

MBBS, FRACGP, DipVEN

CLINIC STAFF:

Nursing: Anulika (Joy), Augusta & Ebony

Reception/Admin: Teash, Emma, Jane
& Jodie

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

Thursday: 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 Henge! Cardiologist

Dr Rodney Reddy Cardiologist

Kristie Austin Clinical Psychologist

Grampians Podiatry

Hearing Australia

Continence Nurse

Flying Doctors Telehealth Addiction,
Cardiology, Endocrinology, Geriatrics,
Paediatrics, Pain, Psychiatry, Respiratory
& Wellbeing

INTERPRETER SERVICES:

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



❖ **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...**

Influenza (flu) – immunisation



Influenza immunisation provides protection against influenza and helps reduce the number of infections and deaths. Good hand hygiene, cough etiquette and staying home when unwell also help prevent the spread of influenza.

Influenza (commonly known as 'the flu') is caused by a highly contagious virus that is spread by contact with fluids from coughs and sneezes. Every year, the flu causes widespread illness in the community.

Since the pandemic began, there have been low rates of the flu in Australia due to closed international borders and social distancing measures. However, with borders opening, a resurgence of the flu may occur in 2022. Vaccination is key to protecting yourself and those around you from the flu.

Who should be immunised against influenza (flu)?

Immunisation against the flu is recommended for everyone aged 6 months and over.

Some people are more at risk of complications from the flu and are eligible for free vaccination.

People with an underlying medical condition or reduced immunity are most at risk and should be immunised against the flu. They include:

- anyone aged 65 years and older
- pregnant women (at any stage of pregnancy)
- all Aboriginal and Torres Strait Islander people aged from 6 months and over
- people 6 months or older with:
 - heart disease
 - chronic lung disease (including people with severe asthma who require frequent hospital visits)
 - chronic neurological conditions
 - impaired immunity
 - haemoglobinopathies (blood disorders caused by genetic changes)
 - diabetes
 - kidney disease
- children on long-term aspirin therapy from 6 months to 10 years
- children aged from 6 months to under 5 years.

Immunisation is also recommended (but not necessarily free) for other people such as:

- those who work with or live in close contact with people with an underlying medical condition or reduced immunity, such as:
 - health care workers
 - staff in long-term care facilities or nursing homes

- people who live with, or care for someone who has a chronic illness or is aged over 65 years
- carers of homeless people
- workers, particularly those in workplaces that provide essential services
- people who work with children
- people with Down syndrome
- people who are obese (BMI greater than or equal to 30 kg/m²)
- people who are addicted to alcohol
- people who are homeless
- residents in nursing homes or other long-term care facilities
- people involved in the commercial poultry and pig industry
- people who provide essential community services
- anyone visiting parts of the world where the flu is circulating, especially if travelling in a group.

Speak to your immunisation provider to see if you are eligible for a free flu vaccine.

Where to get the influenza (flu) vaccine

In Victoria the most common way people access the flu vaccine is from their doctor (GP) or a pharmacist immuniser. Some local council immunisation services also provide the flu vaccine as do some hospitals, maternity services and community health services.

Workplaces seeking to reduce the impact of flu infection on employees may also provide flu vaccination programs for their staff.

When to get the influenza (flu) vaccine

Yearly vaccination before the onset of each flu season is recommended. In most parts of Australia, flu season occurs from June to September, with the flu vaccine typically available from April.

Recent evidence suggests optimal protection against the flu occurs within the first 3-4 months following vaccination. It is important to note that, while the influenza virus continues to circulate, it is never too late to vaccinate.

How the influenza (flu) vaccine works

The influenza viruses change every year because the influenza virus has a unique ability to change its surface structure. This means that even if you had the flu or an immunisation one year, your body's immune system might be unable to fight the changed version of the virus that will be circulating the following year.

Each year, a new vaccine is developed (usually called the seasonal flu vaccine) and is available for those who wish to be immunised. The seasonal flu vaccine includes protection against four strains of influenza viruses.

The flu vaccine cannot give you the flu because it does not contain live virus. Some people may still contract the flu because the vaccine may not always protect against all strains of the influenza virus circulating in the community.

Who should get immunised against influenza (flu)?

Everyone who is able to be vaccinated, should be vaccinated against the flu, every year.

Yearly flu vaccination is provided free through the National Immunisation Program for most people in the community who are at an increased risk of serious complications.

In Victoria, flu vaccination is free for:

- children aged 6 months to less than 5 years

- people aged 6 months and over who have medical conditions that put them at risk of serious complications of the flu
- Aboriginal and Torres Strait Islander people from 6 months and over
- pregnant women – at any stage of pregnancy
- people 65 years and over.

People not eligible for free flu vaccination under the National Immunisation Program can purchase the flu vaccine from their immunisation provider.

Influenza (flu) vaccines for different ages

Age restrictions apply to all flu vaccine brands. There are formulations for people under 65 years and a formulation for people 65 years and older.

Check with your immunisation provider that the right formulation is used for your age or someone in your care.

Pregnancy and influenza (flu) immunisation

Pregnant women are at increased risk of complications from the flu. The flu vaccine is strongly recommended and safe for pregnant women at any time during pregnancy. It can also be safely given while breastfeeding.

Flu vaccination of pregnant women also protects infants against the flu for the first 6 months after birth due to transplacental transfer of antibodies from the vaccinated woman to the unborn baby.

Some people may need more than one influenza (flu) vaccine each year

There are some people who are recommended to have a second dose of the flu vaccine within the space of one year.

These include:

- Children less than 9 years receiving their flu vaccine for the first time require 2 doses 4 weeks apart for an adequate immune response.
- People who have had a haematopoietic stem cell transplant or solid organ transplant and are receiving the flu vaccine for the first time after transplant.
- Pregnant women, who may be vaccinated with the next season's flu vaccine if it becomes available in the latter part of their pregnancy, even if they were vaccinated with the previous season's vaccine prior to or earlier in pregnancy.
- Overseas travellers, who may benefit from a second dose of this season's flu vaccine if going to the northern hemisphere winter and receiving the northern hemisphere formulation there is not feasible.

Please check with your GP, pharmacist, or other immunisation provider to find out whether you fall into one of these categories.

Can you have the influenza (flu) vaccine and COVID-19 vaccine on the same day?

Yes. A COVID-19 vaccine can be co-administered (that is, given on the same day, one after the other) with a flu vaccine. There is no requirement for a time interval between these vaccines.

The influenza (flu) vaccine pre-immunisation checklist

Before receiving the flu vaccine, your immuniser will go through a pre-immunisation checklist with you. Make sure that you tell them if you (or your child):

- are unwell (have a temperature over 38.5°C)
- have had a serious reaction to any vaccine

- have had a severe allergy to anything
- are under 6 months
- have had Guillain-Barré syndrome.

Possible side effects of the influenza (flu) vaccine

The flu vaccine can cause side effects. In children under 5 years, these reactions may be more obvious.

Common side effects of the flu vaccine include:

- drowsiness or tiredness
- muscle aches
- localised pain, redness and swelling at the injection site
- occasionally, an injection-site lump (nodule) that may last many weeks but needs no treatment
- low-grade temperature (fever).

Managing side effects after immunisation

Common side effects following immunisation are usually mild and temporary (occurring in the first 2 days after vaccination). Specific treatment is not usually required. There are several treatment options that can reduce the side effects of the vaccine including:

- Drinking extra fluids and not overdressing if there is a fever.
- Although routine use of paracetamol after vaccination is not recommended, if pain and fever are present, paracetamol can be given – check the label for the correct dose or speak with your pharmacist (especially when giving paracetamol to children).

Rare side effects of the influenza (flu) vaccine

There is a very small risk of a serious allergic reaction (anaphylaxis) to any vaccine. This is why you are advised to stay at the clinic, medical surgery, or pharmacy for at least 15 minutes following vaccination in case further treatment is required.

Apart from anaphylaxis, other extremely rare side effects include febrile convulsions in children.

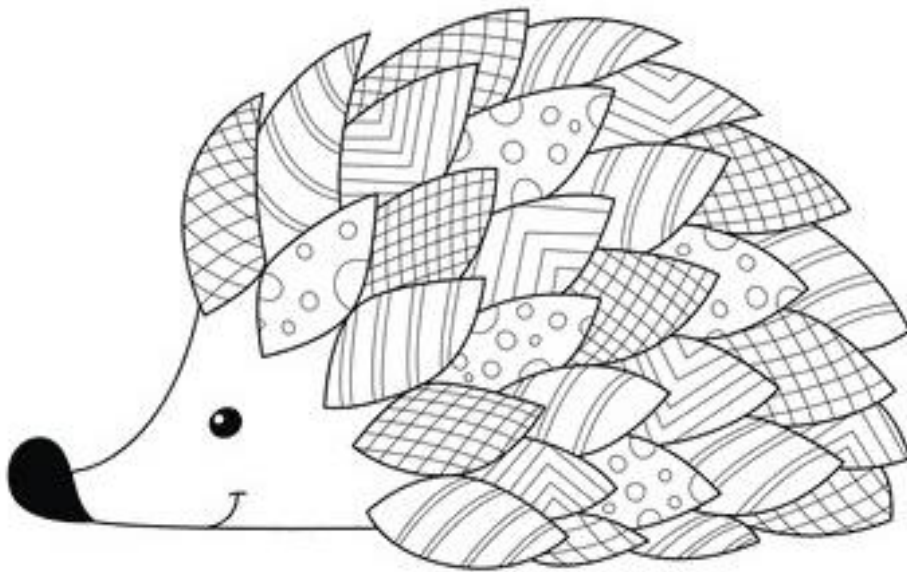
A small increase in Guillain-Barré syndrome was seen in the US in 1976, but since that time, surveillance has shown that it is limited to one case for every million doses of the flu vaccine, if at all.

If any other reactions are severe and persistent, or if you are worried, contact your doctor for further information.

Where to get help

- In an emergency, always call triple zero (000)
- Your GP (doctor)
- Emergency department of your nearest hospital
- Your local government immunisation service – visit Know Your Council
- Maternal and Child Health Line (24 hours) Tel. 132 229
- NURSE-ON-CALL Tel. 1300 60 60 24 – for expert health information and advice (24 hours, 7 days)
- Immunisation Unit, Department of Health, Victorian Government Email: immunisation@health.vic.gov.au
- National Immunisation Information Line Tel. 1800 671 811
- Your community pharmacy
- Victorian vaccine safety service (SAEFVIC) Tel. 1300 882 924 (option 1)

For the Kids:



Patient Notices:



FACE MASKS

Masks **MUST** still be worn when entering the practice, please remember to bring one with you to all appointments.



FREE INFLUENZA (FLU) VACCINES IN JUNE

From June 1st – 30th Flu Vaccinations are free to all Victorians.

Speak to Reception if you would like to make a booking for the flu vaccination.

SERVICES:

- Men's Health
- Women's Health
- Children's Health (including Childhood Immunisations)
- Family Planning
- Antenatal Care
- Chronic Disease Management
- COVID-19 Vaccinations
- 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
- ECG's
- Urine Drug Screens

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:

Patrick Street Family Practice values all comments and feedback, and take all suggestions seriously. We 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.