

8-22 Patrick Street
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Stawell VIC 3380

☎ 03 5358 7555

📄 03 5358 1669

✉ enquiries@psfamprac.com.au

🌐 www.psfamprac.com.au

THE DOCTORS:

Dr Arthur Obi

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

Dr Felix Ogbo

MBBS, PhD

CLINIC STAFF:

Nursing: Anulika (Joy), Augusta &
Tammy

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 – 5:00pm

Friday: 8:00am – 5:00pm

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

Hearing Australia

Continence Nurse

Flying Doctors Telehealth Addiction,

Cardiology, Endocrinology, Geriatrics,

Paediatrics, Pain, Psychiatry, Respiratory

& Wellbeing

Australian Clinical Labs

INTERPRETER SERVICES:

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

NEWSLETTER

Summer 2023/2024



❖ **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 \$30 (or \$20 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...**

Food safety outdoors



Food poisoning is a real risk when taking food outside the home. Taking food out of its regular environment such as the fridge, freezer, pantry or clean kitchen for long periods of time can mean a greater risk of contamination. Take extra care with packed lunches for work and school, picnics and eating outdoors, especially in warm weather.

Eating outdoors and the risk of food poisoning

Eating outdoors is a great way to enjoy the Australian climate, but it can bring added risks:

- Bacteria grow more easily when food is stored in the temperature danger zone of between 5 °C and 60 °C.
- Facilities for cleaning and hand washing may be inadequate, and clean water is not always available.
- Food can be exposed to contamination from insects, pests, animals and dust.

High-risk foods

Food poisoning bacteria grow more easily on some foods than others. High-risk foods include:

- raw and cooked meat - such as chicken and minced meat, and foods containing these, such as casseroles, curries and lasagne
- dairy products - such as custard and dairy-based desserts like custard tarts and cheesecake
- eggs and egg products - such as quiche
- small goods - such as ham and salami
- seafood - such as seafood salad, patties, fish balls, stews containing seafood and fish stock
- cooked rice and pasta
- prepared salads - such as coleslaws, pasta salads and rice salads
- prepared fruit salads
- ready-to-eat foods - such as sandwiches, rolls, and pizza that contain any of the foods above.

Some people are more at risk of food poisoning

Some people are more at risk of getting food poisoning than others. Special care should be taken with their food. Vulnerable groups include:

- pregnant women
- the elderly
- young children
- people with a chronic disease.

Home barbeques and outdoor cooking

Some practical hints for keeping food safe to eat when you have a barbeque at home are:

- Keep the meat in the fridge until you are ready to start cooking it.
- Store raw meats and poultry separately from cooked items, and below other food so that raw juices do not contaminate other food.
- Cook food to at least 75 °C. Use a meat thermometer to check the final temperature. Using a thermometer is the best way to ensure that meats are properly cooked. If you don't have one, you should cook poultry until the meat is white - there should be no pink flesh. Similarly, if there is no thermometer, cook hamburgers, mince, sausages and other meats right through until any juices run clear.
- Never buy cracked or dirty eggs and always thoroughly cook any food made from eggs.
- Use a clean plate for all cooked meats - don't re-use the same plate or container that held raw meats. Don't use the same equipment used to cook raw food (such as tongs or forks) to handle cooked food.
- Take salads, pates, dips and other perishables outside only when required, and return them to the fridge when that part of the meal is finished.
- Throw out any high-risk food left in the temperature danger zone for more than 4 hours. Don't put it in the fridge and don't leave it for later.
- Cover food and keep birds, insects and animals away from it.

Preparing food for outdoors

When planning a picnic, making packed lunches or preparing for any other occasion where you are eating away from home, be aware of the basic food safety rule - keep hot foods hot and cold foods cold.

You should also:

- Store any raw meat in an insulated cooler kept cold with ice or ice packs, away from other food.
- Cut and prepare all meats and salads beforehand to reduce the need to handle foods when you are outdoors.
- Place raw meat or other high-risk foods into separate leak-proof containers and then into a cooler kept cold with ice or ice packs.
- Make sure all cooked foods are completely cooled before you pack them in the cooler.
- Use plenty of ice or cold packs around the food. Frozen drinks can serve as ice packs, especially in packed school lunches.
- Travel with the cooler on the floor of the car, out of sunlight. Cover the cooler with a blanket for extra insulation.

Camping food safety tips

Perishable foods are generally unsuitable for camping unless you have access to a fridge. It is best to take dry, UHT and canned products. Other tips for camping include:

- If you want to take some meat with you, frozen meats can be stored in a cooler with ice bricks for up to 2 days and pre-cooked meals, such as frozen stews, for up to one day.
- Cover the cooler with a wet bag to promote evaporative cooling.
- Divide the food into meal-size portions and pack it according to when you plan to eat it so that you can get what you need quickly.
- Make sure you cook or heat all food well, to at least 75 °C.
- Boil drinking water before use or use disinfecting tablets.

General cleanliness tips

Cleanliness is always important, but it's especially important when you're preparing food outside the home. Remember to:

- Wash your hands before and after handling raw foods. Wash your hands with clean water and soap, and dry them with clean towels or disposable towels.
- Consider using disposable wipes or a hand sanitiser if there is no safe water. Hand sanitiser won't kill all bacteria that cause food poisoning. Good handwashing is preferable to sanitiser.
- Keep the outdoor area or campsite as clean as possible.
- Keep food sealed and covered - birds, insects and animals can be a source of food poisoning bacteria.

Where to get help

- [Food Safety Hotline Tel. 1300 364 352](tel:1300364352)
- [Your guide to food safety](#), Department of Health, Victorian Government
- Your local council health department - find your council's contact details at '[Find a Council](#)'

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

Try this Word Search:



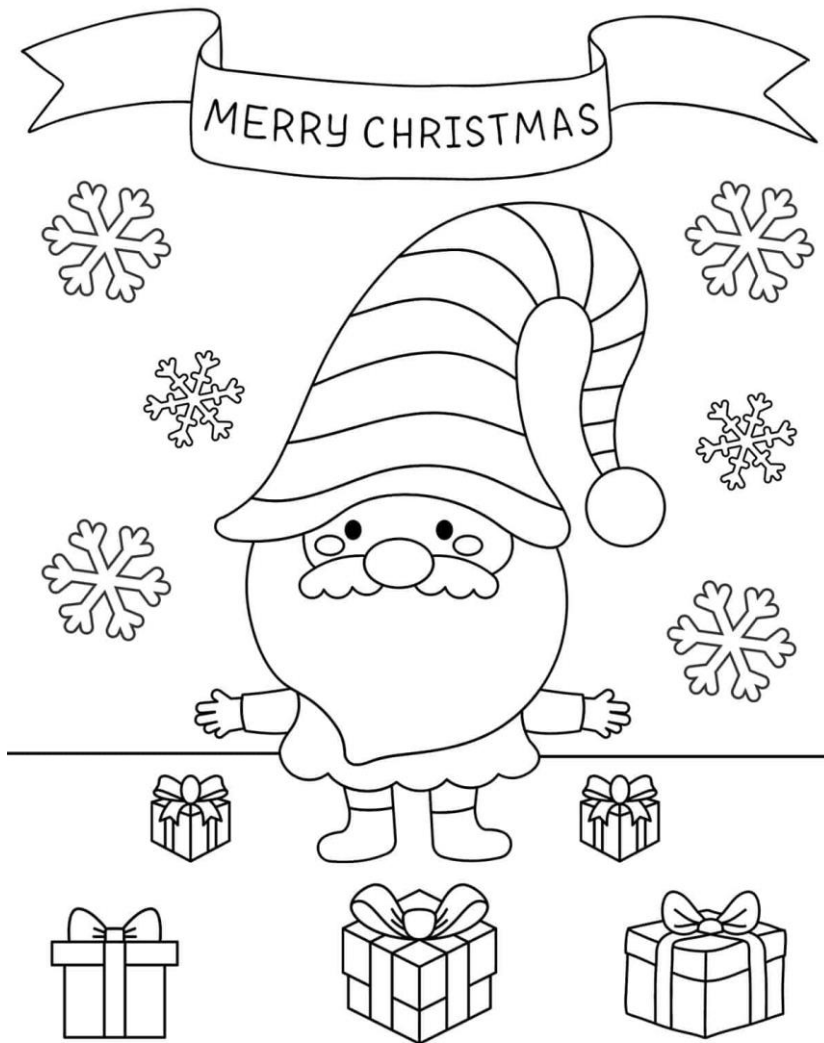
CHRISTMAS WORD SEARCH

Circle words in the puzzle below



- | | | | |
|---------|----------|---------|----------|
| Santa | stocking | snow | toys |
| elves | tree | cookies | ornament |
| Rudolph | star | present | sleigh |

For the Kids:



Patient Notices:



FACE MASKS

We ask that patients please wear a mask when entering the practice, please remember to bring one to all appointments.

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.