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📠 03 5358 1669

✉ enquiries@psfamprac.com.au

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Dr Arthur Obi

MBBS, MRCOG (UK), MRCP
(UK), FRACGP

Dr Thayanithee Saravanamuthu

MBBS

Dr Deana Ashton

MBBS, FRACGP, FACRRM,
DRANZOG

CLINIC STAFF

Nursing: Anulika (Joy),
Augusta

Reception: Teash, Emma &
Jane

Practice Manager: Barb

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

INTERPRETER SERVICES

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

NEWSLETTER

Autumn 2020



❖ **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 \$12 (or \$6 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...**



Flu (influenza) Immunisation

Immunisation is the best possible protection against influenza and the most important way we can reduce the number of flu infections and deaths.

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. An influenza epidemic occurs when an outbreak of the illness is widespread in a certain community. A pandemic occurs when the illness is more geographically widespread and on more than one continent. Influenza epidemics occur, on average, every three years whereas pandemics have occurred only four times in the past 100 years.

Who should be immunised against the flu?

Immunisation is recommended for everyone aged six months and over. Some people are more at risk of complications from influenza and are eligible for free vaccination. Anyone with an underlying medical condition or reduced immunity is 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 six months and over
- people aged six 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 aged six months to 10 years
- children aged from six months to under five years of age.

Immunisation is also recommended (but not necessarily free) for people who can put vulnerable people at risk of infection. People who work with or live in close contact with people who have an underlying medical condition or impaired immunity should also be immunised to minimise the spread of the flu to themselves, the people they work or live with and their families. These people include:

- health care workers who provide direct care to people
- people with Down syndrome
- people who are obese (BMI greater than or equal to 40 kg/m²)
- people who are addicted to alcohol
- people who are homeless
- residents in nursing homes or other long-term care facilities
- 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 involved in the commercial poultry and pig industry
- workers in other high-risk industries
- anyone visiting parts of the world where flu is circulating, especially if travelling in a group.

Some workplaces run annual immunisation programs for staff.

How the flu vaccine works

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 vaccine) and is available for those who wish to be immunised. The seasonal influenza vaccine includes protection against four strains of influenza.

Recent evidence suggests protection against influenza may start to decrease from three to four months following vaccination. Annual vaccination before the onset of each influenza season is recommended. While influenza continues to circulate, it is never too late to vaccinate.

The influenza 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.

An annual influenza vaccination is provided through state-funded programs and the National Immunisation Program for most people in the community who are at an increased risk of serious complications. In Victoria, an annual vaccination against influenza is free for:

- all Victorian children aged six months to less than five years of age
- people who have medical conditions that put them at risk of serious complications of influenza
- all Aboriginal and Torres Strait Islander people aged from six months and over
- pregnant women – at any stage of pregnancy
- people 65 years and over.

Contact your doctor or immunisation provider for further information about eligibility. People not covered by these categories can also have an annual flu immunisation but it is not available for free.

Flu vaccines for different ages

Age restrictions apply to all influenza vaccine brands. There is a formulation for children under three years of age and stronger formulations for people aged 65 years and older. Check with your immunisation provider that the right formulation is used for you or your child.

Pregnancy and flu immunisation

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

Influenza vaccination of pregnant women also protects infants against influenza for the first six months after birth due to transplacental transfer of antibodies from the vaccinated woman to the fetus.

Influenza pre-immunisation checklist

Before receiving the vaccine, make sure that you tell your doctor or nurse if you (or your child):

- are unwell (have a temperature over 38.5°C)
- have allergies to any other medications or substances
- have had a serious reaction to any vaccine
- have had a serious reaction to any component of the vaccine
- have had a severe allergy to anything
- are under six months of age
- have had Guillain-Barré syndrome.

Possible side effects of the flu vaccine

The influenza vaccine can cause a range of side effects. In children under five years of age, these reactions may be more obvious. Common side effects of 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 fever after immunisation

Common side effects following immunisation are usually mild and temporary (occurring in the first two days after vaccination). Specific treatment is not usually required. There are a number of 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 fever is present, paracetamol can be given – check the label for the correct dose or speak with your pharmacist, (especially when giving paracetamol to children)

Concerns about side effects

If the side effect following immunisation is unexpected, persistent or severe, or if you are worried about yourself or your child's condition after a vaccination, see your doctor or immunisation nurse as soon as possible or go directly to a hospital.

Immunisation side effects may be reported to the **SAEFVIC**, the central reporting service in Victoria on 1300 882 924 (option 1). You can discuss how to report problems in other states or territories with your immunisation provider.

It is also important to seek medical advice if you (or your child) are unwell, as this may be due to other illness rather than because of the immunisation.

Rare side effects of the 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 or medical surgery 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 flu vaccine, if at all. If any other reactions are severe and persistent, or if you are worried, contact your doctor for further information.

Immunisation and HALO

The immunisations you may need are decided by your health, age, lifestyle and occupation. Together, these factors are referred to as HALO.

Talk to your doctor or immunisation provider if you think you or someone in your care has health, age, lifestyle or occupation factors that could mean immunisation is necessary. You can check your immunisation HALO using the **downloadable HALO poster**

Where to get help

- Your **GP (doctor)**
- In an emergency, always call triple zero (000)
- Emergency department of your nearest hospital
- Your local government immunisation service
- **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 Program**, Department of Health and Human Services, Victorian Government Tel. **1300 882 008**
- **National Immunisation Hotline** Tel. **1800 671 811**
- Pharmacist
- **Victorian vaccine safety service (SAEFVIC)** Tel. **1300 882 924** (option 1) – the line is attended between 9 am and 4 pm and you can leave a message at all other time

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

**Speak to one of our friendly Reception Staff about our
waiting list for the 2020 Flu Vaccination.**

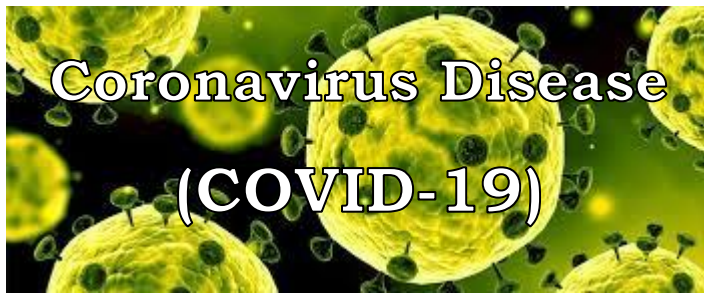
For the Kids:



Try this Sudoku: (Answers on Following Page)

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

Patient Notices:



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.

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. 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 to the current incident, go to:

dohs.vic.gov.au/coronavirus

For national updates:

health.gov.au/news/latest-information-about-novel-coronavirus

For international updates:

who.int/westernpacific/emergencies/novel-coronavirus

WHO resources:

who.int/health-topics/coronavirus

The Victorian Government recommends that people who have travelled to China, Iran, Cambodia, Hong Kong, Indonesia, Italy, Japan, Singapore, South Korea or Thailand and become unwell to seek medical advice and be tested for coronavirus.

If you have travelled to any of these at-risk countries and 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).

Answers to Sudoku on Page 5:

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

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