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Your Doctors

In late January we will welcome two new faces to the medical staff.

Dr Nigel Kwok comes to us from Kilcoy to complete his advanced fellowship training. Nigel grew up in Singapore and achieved his bachelor of science with honours at Melbourne University and his medical degree at Bond University. He moved to Brisbane in 2015. In addition to hospital positions he has spent time as the principal medical officer at the Dunwich Health Service Centre on North Stradbroke Island. Nigel's special interests include chronic disease, child health, mental health and skin cancer screening and management.

Nigel is an avid card player and a club level chess player and he and his wife are keen travellers.

Dr Jeremy Norden studied at The University of Wollongong firstly completing a Bachelor of Medical Science followed by his medical degree in 2011. He completed his junior doctor training in NSW and has since worked many years at various rural emergency departments, and has completed advanced training in emergency medicine.

His special interests include all aspects of rural and remote medicine, mens health, travel medicine, mental health, holistic medicine and expedition/relief medicine.

Outside of work Jeremy enjoys hiking, 4WD adventure, and camping with his partner Katie who is an Emergency Medicine Specialist, or just relaxing at home with his 2 young cats!.

Jeremy will also sit his final FRACGP exams this year.

Dr Nicole Taleon joined us from Gosford in early 2021 and has been warmly welcomed into our community. Nicole has broad medical interests and skills. She is undertaking advanced rural general practice training this year. Along with David Eviston she has also been attending patients in the Fassifern Aged Care facility.

Doctors Lindsay Davidson and David Eviston will be continuing their sessions

Dr. Tony Eviston will be continuing to see patients part-time but hopes to devote more attention to practice management, pandemic response, accreditation, and registrar training in 2022.

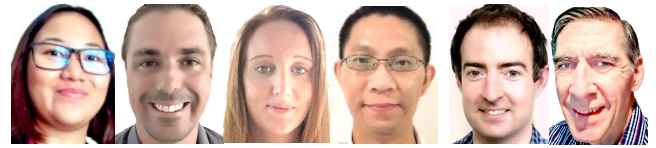
Practice Nurse Changes

We farewellled **Carmel O'Neill** who retired last year. We hope Carmel and Tom get to enjoy some well earned free time when the pandemic travel restrictions lift. **Angela Kearney and Joanne Freeman** continue to prove the much needed



practice nurse support to our patients. When not giving Covid vaccinations they spend most of their time in the community, particularly in the role of care coordination and problem solving

for our elderly and DVA patients. If you have an unmet need you would like to discuss with our nurses please advise reception or your GP.



Reception

Tara leaves us this year to undertake nursing studies. Congratulations on your acceptance into uni, Tara, and don't forget to return when you achieve your degree!

We welcome **Karina** to the reception staff!

The Pandemic

It has been a long two years for all businesses including ours, not to mention the disruptions to the lives of everyone in the community.

Our pandemic response has focussed on staying open and accessible to our existing patients. This has meant taking steps to maximise infection control within our surgeries to protect patients and staff. Many of our patients will have noticed the measures which have been in place to achieve this. 2022 will be another year of actively preventing transmissible illness at our surgeries by use of masks, distancing, outdoor consultations, in-car consultations where appropriate and telephone and video consultations for patients with a high likelihood of infectious illness.

"Double vax" status is likely to become a necessity for entering the surgeries in 2022 but we can still offer outdoor or Telehealth consultations to unvaxed patients.

Adult Vaccination Recommendations

Influenza vaccination - annual vaccination is recommended and is free if over 65 or in younger patients in "at risk" categories (ask your doctor if in doubt)

Pneumococcus - a single injection after age 70 (free)

Shingles - a single vaccination after age 60. It is free between the ages of 70 and 79 inclusive.

Tetanus - Booster at age 50 if no boosters in the previous 10 years. Thereafter vaccinations are given for tetanus prone wounds if no vaccination in the previous 5 years

Pertussis (whooping cough) - every 10 years whilst in close contact with unvaccinated infants eg young grandchildren. Approximate cost \$40. This vaccine includes a tetanus booster also.

Covid 3rd doses - at the time of writing it is recommended to have a 3rd dose of vaccine 5 months after the second dose. Currently Pfizer Comirnaty or Moderna Spikevax are the recommended vaccine options for the 3rd dose.

My Aged Care Phone 1800200422

My Aged Care is the central government call centre for information and help in navigating available aged care support services. They are now the first point of contact and it is no longer possible to access government subsidised services by directly approaching individual care providers. Patients and carers can access this service directly by telephone on 1800 200 422.

	Boonah*	Kalbar*
Monday	David, Nigel, Nicole or Tony	Lindsay, Jeremy or Tony
Tuesday	Nigel, Jeremy, David	Lindsay, Nicole
Wednesday	Nicole, Jeremy, David	Lindsay, Nigel
Thursday	Nicole, Jeremy, Tony	David, Nigel
Friday	Nigel or Tony, Lindsay, David	Nicole, Jeremy or Tony
Saturday	8:30 am to 10am	Kalbar Closed Weekends - please attend Boonah Surgery
Sunday & Public Holidays	Closed	Closed
After Hours Emergencies	Ring 54631200	Ring 54631200

* Commencing February 2022. This roster is a guide and subject to change - check boonahmedical.com.au for the most up to date information.

Frequently Asked Questions

How can I tell if my doctor is available this week?

If you have internet access check <https://boonahmedical.com.au/index.php?id=appointments-available> to see which doctors have appointments available in the next 7 days.

How early can I ring for an appointment?

Officially 8:30am Monday to Saturday but there's no harm in trying from a bit before 8am.

Which of your doctors visit the Fassifern Retirement Village?

Drs David Eviston and Nicole Taleon supported by Drs Nigel Kwok and Jeremy Norden will be seeing patients in the Fassifern Aged care facilities.

My child's vaccinations aren't up to date.

The childhood vaccination schedule is predicated on the vaccinations being administered at the recommended time. If the child is now considerably behind the schedule please make an appointment to discuss a catch up plan with one of the doctors. This will involve collating the previous vaccination history and determining which vaccines need to be administered and the correct interval between vaccines which cannot be co-administered.

Please bring your child's vaccination record (baby book) with you to that appointment.

Do you perform skin checks?

Yes we do. In order to perform a thorough check it is best to dedicate the appointment to the skin check only.

If an abnormality is found it will either be flagged for future review, biopsied or fully excised, in which case the specimen will be sent to the pathologist for final diagnosis.

Skin checks are usually repeated annually but in some cases more or less frequent reviews might be recommended.

Skin checks are billed as consultations as documented in our fee policy and qualify as part of our annual cap on gap fees.

Skin cancer excisions or biopsies (if required) are not included in the annual fee cap and will incur out of pocket fees of \$80-\$110 depending on the cost of disposables and sterilization.

How can I best make sure I stay healthy into old age?

Become mindful of your behaviours! Don't smoke, don't overeat, maintain weight in the healthy range.

Young males need to be mindful of avoiding alcohol-related impulsive behaviours and especially of driving misbehaviours.

If stressed or sad see your doctor to discuss.

Make sure your doctor knows of any family history of diabetes, bowel cancer, breast cancer or early heart disease. Have at least one full skin check by the age of forty.

Appointments Phone 54631200