

- Your Doctors
- Changing Behaviour
- Diabetes Targets

All Appointments Phone 5463 1200

- Adult Vaccination Advice
- Practice Nurses
- My Aged Care

We are pleased to present this news update for patients of Boonah and Kalbar Medical Centres.

Your Doctors

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

Dr Veronica Forde studied medicine as a mature student, her previous career being a secondary school science and math teacher, and a teacher at TAFE. Her medical career includes posts at Redlands Hospital and in general practice at Kingaroy. Veronica will complete her advanced General Practice training and Fellowship exams during 2019. She enjoys outdoor pursuits including cycling, hiking and rock climbing and is familiar with the Boonah District having frequently visited as a rock climber, including on Mount French!

Dr Katrin Rudolph graduated in Medicine at Dresden University, Germany, and since moving to Australia had held positions at Harvey Bay and Gold Coast Hospitals and worked in General Practice at Warwick through 2018. Katrin's hobbies include travel, tennis and running. Katrin, also, will be completing her Fellowship examinations in general Practice in 2019.

Both Veronica and Katrin will be working full time and welcome all patients.

Doctors David Eviston and **Abdullah Akram** will be continuing in full time General Practice in 2019. **Dr Carol Johnson** will be continuing her Friday-only sessions and **Tony Eviston** will be taking appointments part-time whilst devoting more time to teaching and administration.

Dr. Lindsay Davidson will be taking maternity leave for several weeks early in the year before returning to part-time practice.

Practice Nurse Changes



We are pleased to welcome the return of Sr. Joanne Freeman to join Carmel O'Neill and Angela Kearney. Our nurses spend most of their time in the community, particularly in the role of care

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

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.



Diabetes Management

All diabetic patients are managed according to established guidelines and targets are set for Blood Pressure, cholesterol and blood sugars (both daily measures and HbA1c). If you are diabetic and don't know what your targets are you need to discuss this with your GP. If you know your targets but are not meeting them you should discuss a management plan with your GP.

Creatures of Habit

A simple phrase but certainly applicable to human beings. Some behaviours become so fixed in our brains that the behaviours control us rather than the other way around. Doctors encounter this phenomenon every day when dealing with issues such as smoking, overweight and addiction.

Changing behaviours can be a complex and difficult process which needs strategy and planning. Usually one has to replace an unwanted behaviour with a new one and this can impact not just the patient themselves but family members, friends and work colleagues.

Often a health crisis is required to motivate a behavioural change for example the need to shed weight after a new diagnosis of diabetes or to quit smoking after a heart attack. Sadly these crises are often predictable especially where there is a personal or family history of hypertension, early heart disease or diabetes. It is obviously much smarter to be motivated to change behaviour to prevent the health crisis.

How do I implement a change in my behaviour? Firstly just think about the proposed change. Secondly look for role-models of others who have made that change and continued to have happy (or even happier!) lives. Seek advice from doctor, trusted friends or family, even google!

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 - single injection after age 65 (free)

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.

Shingles - a single vaccination from age 60. Free if given from age 70 to 79

*For travel related vaccination advice discuss with your GP

	Boonah*	Kalbar*
Monday	Abdullah, David, Katrin	Veronica, Tony
Tuesday	Katrin, David or Abdullah	Veronica, Tony
Wednesday	David, Veronica, Abdullah	Katrin, Tony
Thursday	Katrin, David, Veronica	Abdullah +/- Tony
Friday	Abdullah, Carol, Veronica	Katrin, David
Saturday	8:30 am to 10:15am	Kalbar Closed Weekends - please attend Boonah Surgery
Sunday & Public Holidays	Closed	Closed
After Hours Emergencies	Ring 54631200	Ring 54631200

* Commencing February 2019, likely to change through the year. Dr Lindsay Davidson will return from maternity leave later in the year. Please visit our website for updated roster information.

Frequently Asked Questions

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

If you have internet access check www.boonahmedical.com.au/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.

I'm traveling overseas soon. How long before departure should I enquire about vaccination and travel health requirements?

At least 6 weeks before travel is recommended. If you are traveling to South America, Africa or South East Asia you should make a dedicated appointment to discuss recommended vaccinations and malaria prophylaxis.

Which of your doctors visit the Fassifern Retirement Village?

Dr Abdullah Akram and Veronica Forde will attend patients in the Nursing Home section in 2019 whilst **Drs David Eviston and Katrin Rudolph** will attend the Boonah and Kalbar hostels on a regular basis. The doctors encourage close communication with next of kin of Aged Care patients under their care.

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.

Appointments Phone 54631200