

Students are our Future

# Shepparton Medical Centre Newsletter



THE UNIVERSITY OF  
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## LIFE! - Preventing Diabetes and Cardiovascular Disease

Did you make a new years resolution to lose weight, get fit, eat healthy?

Have you made the same resolution each year?

Want to try a sustainable approach to a healthy lifestyle?

Ask your GP and nurse about the LIFE! Program – valued at \$530.00 – **FREE** to those at high risk for the development of diabetes.

LIFE! Commences Wednesday 3/2/16

LIFE! Has 5 sessions: the first 4 are every 2<sup>nd</sup> Wednesday at 6.30 – 8.30pm, the final 5<sup>th</sup> session is 6 months later

LIFE! Is held here at Shepparton Medical Centre

The LIFE! Team includes a diabetes educator, dietitian and exercise physiologist – your team to support you to succeed with your New Year resolutions – setting realistic goals in a supportive group environment

Ask for an AUSDRISK to check your risk for diabetes today!!

## Asthma

Did you know that in Australia:

- 10% of adults have Asthma
- 20-30% of children have Asthma
- Only 13% of people with Asthma have good control
- 1-2 people die each day from Asthma

Did you also know that:

- Most of those who have a severe attack requiring an ambulance or hospital attendance, have had gradually worsening symptoms for several days prior. Often they have not had, or not followed their Asthma Action Plan.

If you are having increasing day or night symptoms, requiring your reliever medication 2 or more times a week, having to limit your activities due to symptoms or missing work or school, your asthma is not well controlled and you would benefit from discussing this with your GP and one of our Asthma Educators.

What is an Asthma Educator?

Someone who has done specialised formal training to further their knowledge and skills with Asthma diagnosis, medications and emergency management.

Our nurses Allyson, Jane and Jan are Asthma Educators.

Ask at reception to book an appointment so we can discuss your Asthma and devise an Asthma Action Plan based on the medication your GP has prescribed for you.

## We're growing – more docs for you!

### *In 2016, we'll be adding at least four new doctors to our team.*

We have recruited a new experienced GP, Dr Alwin Hoelzl. After a visit to our clinic, we decided that we are a good fit for each other. Dr Alwin is moving to Shepparton with his family and we are looking forward to welcoming him on board before the end of June this year.

We're also very happy that all our current [GP registrars](#) are staying with us in 2016. Dr Rachel McDonald and Dr Lwin Maung will complete their final year of GP specialty training with us, while Dr Ed Siau has now completed all of his specialty training exams and will soon be a vocationally registered Fellow of the Royal Australian College of General Practitioners. Congratulations, Dr Ed!

**Fast fact:** GP registrars are fully qualified doctors who chose to undertake specialty training as general practitioners.

Three new GP registrars will be joining us in February: Dr Jon Teo and Dr Gwen Liow will start their GP training with us. Dr Jon was a medical student with us before, so you may have met him already! Also joining us is Dr Munis Letchumanan who will complete his final GP training year here. Dr Munis, Dr Jon and Dr Gwen live in Shepparton, so there is a good chance that they will stay local when they complete their GP training.

So, this year we will offer you more appointments than ever before – increasing availability for existing and new patients.



Dr Munis Letchumanan



Dr Gwen Liow



Dr Jon Teo

## New Year brings new improvements to Shepparton Medical Centre!

### *We've listened to what our patients and partners said, and we're taking action.*

**Quicker access to appointments with preferred doctors:** We needed more doctors, so we started recruitment straight away. The first article in this newsletter describes our successful campaign. We've also increased our practice nurse contingent and hope to add some more nursing time this year.

**More convenient times:** Starting in March, we plan to open earlier and close later on some days, giving you the opportunity to see your doctor or nurse before work or after work on some days. The next step will then be opening on Saturday mornings — For feedback please get in touch with reception or email [s.tremper@shepmed.unimelb.edu.au](mailto:s.tremper@shepmed.unimelb.edu.au).

**Better access to info:** We revamped our website – the new version went live in October. Have a squiz by clicking on [www.shepmed.unimelb.edu.au](http://www.shepmed.unimelb.edu.au)

**Easier booking:** We have introduced an online booking option for you. You can download an App to do this on your tablet or smartphone, or jump on your computer. Just head to our [website](#) to get started.

**Access to allied health:** We increased the time our dietitian Daniel Thomson and exercise physiologist Cameron Phillips are available. You can access them privately or with referral from your GP – just check with our receptionists or with your GP.

**Schedule of fees:** The federal government has continued its freeze on Medicare rebates while costs continue to increase every year. We simply cannot afford to run at a loss, so we're reviewing our fees. Check out our proposed schedule on our website (<http://shepmed.unimelb.edu.au/patients/schedule-of-fees>).

Our plan for the year is ambitious, but we're on track and confident that we can deliver more care and better access. For feedback, please contact the executive director Sönke Tremper by email ([s.tremper@shepmed.unimelb.edu.au](mailto:s.tremper@shepmed.unimelb.edu.au)), mail, or ring reception to make an appointment.