

Students are our Future

Shepparton Medical Centre Newsletter



THE UNIVERSITY OF
MELBOURNE



May/June 2015

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Nurse Led Clinics. . . .

SMC is a Better Health Clinic which means that our highly trained nurses take a lead role in preventative health and provide much needed support and strategies to manage your chronic illness.

Your GPMP (Care Plan) is prepared by the nurse and she will go through important aspects of your management plan like:

- Giving lifestyle management advice
- Self management education
- Goal setting
- Health promotion
- Access to Allied health eg. dietitian, exercise physiologist and podiatrist
- Monitoring and screening
- Counselling and motivation to give you empowerment

Farewell Dr Conway Lee & Dr Jaya Sangam



Farewell to Dr Conway Lee who leaves us to pursue his career in Melbourne.

Conway began his GP registrar training with us back in 2012 and obtained his fellowship to become GP late last year.

Conway and SMC have formed a special bond, with him being the first of our registrars to complete their entire training at our Medical Centre.

We wish this excellent doctor all the best in his future undertakings.

Farewell to Dr Jaya Sangam who has headed back to India to be closer to her family. Jaya was very popular and she will be sadly missed by patients and staff.

Jaya started with the Shepparton Medical Centre in early 2014 and completed her registrar training terms 3 and 4 and obtained GP fellowship earlier this year.

We would like to wish Jaya all the best with her future endeavours.



May is 65 Roses Month!!

Cystic Fibrosis (CF) is a condition that primarily affects the lungs and digestive system because of a malfunction in the exocrine system, responsible for producing saliva, sweat, tears and mucus.

There is currently no cure. People with CF develop an abnormal amount of excessively thick and sticky mucus within the lungs, airways and the digestive system. The mucus causes impairment of the digestive functions of the pancreas and traps bacteria in the lungs resulting in recurrent infections which lead to irreversible damage. Lung failure is the major cause of death for someone with CF.

From birth, a person with CF undergoes constant medical treatments and physiotherapy.

May is 65 Roses Month and to celebrate people are encouraged to participate in 65 themed challenges to raise funds and awareness for CF.

Details about these challenges and how to donate can be found at www.cysticfibrosis.org.au



Farewell Vanessa

We say farewell to Vanessa who has been a popular member of the Shepparton Medical Centre for the past 12 months. Vanessa's warmth and sense of humor will certainly be missed and we wish her all the best at her new job.

Welcome Back Tameika

We welcome back Tameika from maternity leave. She will re-join the reception team two days a week on Mondays and Tuesdays. She says "it doesn't even feel like I have been gone for 10 months". We think that is a good thing. We are so happy to have Tameika back and hope she doesn't miss her son Miller too much.



Failure to Attend Policy

Disappointingly, up to 10% of our patients fail to attend their booked appointments each month and don't let us know.

This means that others miss out on getting an appointment with their doctor when they need it.

Please be mindful of others when you can't make an appointment and let reception know.

We do have a fail to attend policy which **could** see you charged \$20 for a late cancellation or not attending your scheduled appointment.

Thank you for your consideration of others.



Bowel Cancer Awareness Month is an annual initiative of Bowel Cancer Australia running throughout the month of June (1 - 30 June each year), to raise public awareness of a disease that claims the lives of 77 Australians every week.

Bowel cancer is the second most common type of newly diagnosed cancer in Australia affecting both men and women almost equally and is Australia's second biggest cancer killer after lung cancer.

Bowel Cancer Awareness Month has a positive message – saving lives through early detection – as bowel cancer is one of the most curable types of cancer if found early.

From the city to the country, from the home to the workplace, individuals, loved ones, health professionals, schools and businesses help to spread the word. Bowel Cancer Awareness Champions donate their time, services and creativity. Many also kindly make monetary donations to help Bowel Cancer Australia with their work.

To find out how you can help or to make a donation to Bowel Cancer Australia please go to www.bowelcanceraustralia.org

Red Nose Day - Friday 26th June 2015

Red Nose Day has been held annually ever year since 1987 and continues to be the major fundraiser for SIDS and Kids as well as raising awareness of the issues surrounding sudden infant death.

Fundraising activities have contributed over \$16.5 million to research and education programs to date.

To make a donation please go to www.rednoseday.com.au

