

Students are our Future

# Shepparton Medical Centre Newsletter



THE UNIVERSITY OF  
MELBOURNE



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## The Life! Program is back...

The LIFE! program is a lifestyle modification program focusing on weight reduction, healthy eating, increasing physical activity and managing stress.

It involves 4 sessions of small group learning over a 2 month period, each session of 2hrs duration.

LIFE! is held at Shepparton Medical Centre and is coordinated by the nursing team – LIFE! Facilitators with Diabetes Australia Victoria. It includes presentations from Daniel – our Dietitian and Cameron – our Exercise Physiologist.

The next LIFE! program commences at the end of September.

Talk to your Nurse/GP about your personal risk for diabetes and heart disease and to check eligibility for LIFE!



## Winter Woes

We are now at the time of year when many of us get coughs, colds and flu like symptoms.

It is important to remember that most of these infections are viral and DO NOT require antibiotic treatment.

For most people the treatment is:

- plenty of fluids
- Paracetamol/Nurofen for high temperature, aches and pains
- adequate rest

If symptoms are more severe or you have other serious health issue, make an appointment to have a check-up.

Remember - It is still not too late to have the **Flu Shot** if you are in the "at risk" groups e.g. over 65, diabetic, asthmatic.

## Dr Silvia Lai & Dr Erwin Wong

### Specialist Training

We are pleased to announce that Dr Silvia Lai & Dr Erwin Wong will be undertaking specialist training in Melbourne over the next 6 months. Erwin has a special interest in Paediatrics, Geriatrics, and Palliative Care. Silvia has special interests in Paediatrics and Oncology. We will welcome them back in 2016.



## Welcome Soenke Tremper & Jo Kinder

The Shepparton Medical Centre would like to extend a warm welcome to our new Executive Director Soenke Tremper and our new Business Manager Jo Kinder.

## COMPASS trial

SMC is participating in the COMPASS trial – a randomised control trial with many clinics across Victoria led by Victorian Cytology.

Eligible participants include; Victorian residents, aged 25-69 years and eligible for routine pap smear.

Cost: nil

It is a proven fact that long term infection with particular types of human papillomavirus (HPV) is the main cause of cervical cancer. Research has demonstrated that testing for these specific HPV types is a better screening test than the current Pap test which only looks for abnormal cervical cells.

Your pap test will be taken in the usual manner, however, the cells collected will be placed in liquid base – thin prep – and sent to Vic Cytology.

As this is a randomised control trial, some samples will be processed in the traditional manner, others will be examined for HPV. Your results will be notified by mail.

In 2017 Victorian Cytology will be processing all pap smear samples for HPV. As this is a superior process and with the success of the current immunisation program for HPV for all Year 7 students, pap reminders will move to 5 yearly recalls.

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## Allied Health at SMC

**Dietitian - Daniel Thomson** is an Accredited Practising Dietitian who has a strong interest in health behaviour change. Daniel knows that some behaviour takes time to change and works with his patients to attain improvement to their health. He considers nutrition as one of life's continuous improvement projects and uses unique techniques to motivate his patients.

**Cameron Phillips is our Exercise Physiologist.** He specialises in coaching people to improved health and fitness with movement therapy. A consultation with Cameron will result in you receiving a tailored exercise plan unique to your needs. This could be working out the right exercise type, frequency and intensity to help you lose weight and improve blood glucose or cholesterol levels. Or, it could be gentle exercises and stretches to help reduce back, hip or knee pain and improve how well your body moves so you can achieve your normal activities. Cameron is a friendly and approachable practitioner who understand there are many factors involved in achieving wellness.

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## Vaxi Grant

Recently SMC was awarded a grant from Sanofi Pasteur to assist in increasing immunisation rates in hard to reach populations. We were delighted to receive the award at a Communicable Disease Conference in Brisbane in June 2015, one of only four recipients throughout Australia.

In partnership with McAuley Champagnat Programme, Notre Dame College, we will be establishing a preventative health service with Dr Elizabeth Kennedy and Nurse Jan Wallace providing ongoing commitment and support to children attending this school. The overall aim of the project is to increase immunisation rates and provide information on sexual health and education. This will be achieved through an outreach service as well as in-clinic consults.

Dr Kennedy brings a wealth of experience to the programme, particularly in sexual health, adolescent health and teaching. Nurse Jan Wallace is a passionate nurse immuniser, having worked in general practice for 15 years.

McAuley Champagnat Programme is an innovative educational programme designed to meet the educational needs of disengaged students in the Greater Shepparton Region that are not currently being met by current education providers.

This is a wonderful opportunity to work alongside the teachers at the school, the local council immunisation programme and the adolescents themselves to provide an innovative collaborative approach to increasing vaccination access and health education resulting in improved health outcomes for this group of vulnerable children.

