Students are our Future

Shepparton Medical Centre
2019 Spring Newsletter

Our Doctors

Community Webster Packs

Please be advised that our process for prescription orders from your pharmacy for Community Webster Packs will change on Monday 4th November 2019.

Patient appointment - if the doctor requires a review before writing scripts the clinic will phone you and organise an appointment. This appointment will be charged as a standard consultation.

If you are a regular patient to the clinic and have been seen by a doctor recently the clinic will phone you and organise a short script only appointment. These fast tracked appointments will be bulk-billed.

Script in absentia - on occasions the doctor may write a repeat script without you being seen. In this case you will be contacted and advised of the out-of-pocket fee for this service.

If you have any questions please see one of our lovely reception team for more information.

World Kindness Day 2019

Wednesday 13th November 2019

WAYS TO START MAKING KINDNESS THE NORM IN YOUR DAILY LIFE:

1. Send an uplifting text to a friend or family member.
2. Let that guy merge into traffic with a wave and a smile.
3. Include intentional moments of kindness, laughter and delight in your daily routine.
4. Go sightly outside of our comfort zone at least once a day to make someone smile.
5. Share a compliment with a co-worker or friend.
6. Reach out to a family member you haven’t spoken to in awhile.
7. Treat someone to a cup of coffee (a friend, stranger, or even yourself).
Welcome Dr Gracie Pun

We would like to welcome Dr Gracie Pun to the SMC family.
Dr Gracie Pun graduated from the University of Melbourne with a Bachelor of Medicine and a Bachelor of Surgery, completing her internship in regional and rural Victoria.
Dr Pun enjoys all aspects of general practice and is thrilled to return to Shepparton to complete her general practice training, joining some of her previous colleagues.
In her personal time, Gracie enjoys reading, swimming and bush walking.

Thunderstorm Asthma

Thunderstorm asthma events are believed to be triggered by an uncommon combination of high grass pollen levels and a certain type of thunderstorm, causing pollen grains from grasses to be swept up in the wind and carried long distances.

If grass pollen is a problem for you then **thunderstorms** in spring and summer may also affect you.
Some pollens can burst open and release tiny particles that are concentrated in the wind just before the thunderstorm. These small particles get further into the airways and can trigger asthma symptoms.

Those at increased risk of thunderstorm asthma include:

- People with asthma
- People with undiagnosed asthma (i.e. people who have asthma symptoms but have not yet been diagnosed with asthma)
- Those who have had asthma in the past
- People with hay fever who may or may not have asthma

Book in to see one of our Practice Nurses and your GP for an asthma review and personalised Asthma Action Plan.

For further information about asthma go to:

[https://www.nationalasthma.org.au](https://www.nationalasthma.org.au)
Congratulations Dr Saif Aswad - VRGP

The SMC team would like to offer their congratulations to Dr Saif Aswad. After completing a two year training program in general practice, Dr Saif was recently awarded fellowship with RACGP (Royal Australian College of General Practitioners).

Well done Saif!!

New Year Resolution: lose weight and improve your health?

The LIFE! program has been successfully running for many years - supporting people to improve their health by setting realistic goals about healthy eating, physical activity and weight management.

LIFE! is small group learning with guest speakers including Exercise physiologist and Dietitian. The program involves 4 core sessions with a 4 month follow up to assess progress.

The program offers support, motivation and evidenced based information to assist you to achieve your lifestyle goals.

The LIFE! program could change your life and minimise your risk for diabetes and heart disease

If this sounds like you, then talk to your GP/Nurse about the LIFE! program commencing in February 2020 at SMC.
The SMC was recently assessed for accreditation.

We've been assessed four times since opening and we've met the required standards first time, each time 4/4!

This general practice is AGPAL accredited – what does this mean?

Being accredited means that our general practice is committed to a comprehensive program which involves:

• Engaging our whole practice team to review our practice’s systems and processes
• Opening our practice doors to allow a team of independent surveyors to assess how our practice operates
• Assessment of our practice, and achievement of the nationally recognised Royal Australian College of General Practitioners (RACGP) Standards for general practices, that focus on health care quality and patient safety.

As a member of the community you may be surprised to learn that general practice accreditation is a voluntary process – which means not all practices undergo an independent on-site assessment on a regular basis.

Achievement of AGPAL accreditation reassures you that our doctors and practice team are committed to providing you with high quality health care in a safe environment.

Next time you visit our practice be sure to look out for the AGPAL Accredited General Practice Symbol or our accreditation certificate. Our practice team is proud of this achievement and as part of this process we continuously strive to make quality improvements to better your patient experience.

Australian General Practice Accreditation Limited (AGPAL) is a not-for-profit independent provider of general practice accreditation in Australia. To learn more about the benefits of accreditation to you, your family and the Australian community visit www.agpal.com.au.