

South Coast News - Summer Edition

Issue 1 - January 2019



Enjoy a healthy break with some simple tips to ensure you are at your best

The Summer holidays are a great time to relax and enjoy time with family and friends. Follow these simple tips while having fun in the sun.

- Exercise in the morning - commit to exercise in the morning before your day gets busy.
- Keep moving - a big mistake people make over the holidays is taking a break from exercise all together. Go for a beautiful coastal walk with family and friends.
- Slip, slop, slap, seek and slide....Slip on sun protective clothing, slop on SPF30 or higher and reapply every two hours. Slap on a broad-brimmed hat, seek shade and slide on sunglasses.
- Eyes - protect eyes from the sun with close-fitting, wrap-around sunglasses that meet Australian standards. Glasses have five categories of sun protection - SunSmart recommends category two or higher.
- Water - Kidsafe says it only takes 20 seconds and a few centimetres of water for a toddler to drown. Supervise children at all times when they are at the beach or in a backyard pool.
- Rips - these appear as discoloured patches of water - caused by sand being stirred up. They can also have ripples on the surface while surrounding water is calm. Avoid the dangers of rips by swimming between the red and yellow flags at the beach.
- Mosquitoes - reduce your risk of being bitten by avoiding dark coloured clothes, particularly dark blue and using insect repellent containing DEET, picaridin or oil of eucalyptus.
- Cars - it can be 20-30°C hotter inside a car on a Summer's day - with most of that heat building up within five minutes of leaving the car. Each year in Australia about 5000 children are rescued from cars. The simple message is NOT to leave kids or pets in vehicles on hot days.
- Heat exhaustion - signs of heat exhaustion include muscle cramps, weakness, nausea and/or vomiting, dizziness and clammy skin. The Australian Red Cross recommends resting in a cool place, loosening clothing and having frequent small drinks of water.
- Food poisoning - this is more common in Summer because bacteria grows faster in warm conditions, particularly when food is stored at between 5°C and 60°C. Cooked meats, dairy products, seafood, cooked pastas and prepared salads are particularly prone to bacteria. If you haven't used your gas barbecue for a while, check the gas bottle is in date and isn't leaking, check hoses and connections and clean any build-up of grease in drip trays and grills.

[Food poisoning - prevention](#)

- Alcohol- health guidelines recommend no more than two standard drinks per day - a standard drink is a 375ml bottle of mid-strength beer, a 100ml glass of red or white wine, a 30ml nip of spirits or a 250ml can of pre-mixed spirits.

- **Dr Jonathan Choong** finishes at South Coast Medical on 29 January 2019. Dr Choong has been an invaluable team member working from our Rosebud and Blairgowrie clinics. He has also been a tremendous addition assisting in the medical care of South Coast Medical's nursing home patients. He will be greatly missed by both patients and colleagues alike. We wish Dr Choong all the very best and hope that he returns to South Coast Medical not too far in the distant future!
- As we farewell Dr Choong, we welcome **Dr Olivia Formica and Dr Timothy French** in early February 2019. Dr Olivia Formica will consult, full-time at our Rye clinic. Dr Formica speaks fluent Italian and her particular interests in medicine lie in primary health care, paediatrics, mental health and emergency medicine. Dr Timothy French will consult, full-time at our Rosebud clinic. Dr French speaks French and Russian and special medical interests include: after hours deputising medicine, emergency medicine, paediatrics, general medicine, ICU and surgery.
- **Dr Ian McIntosh** (Dromana) will be taking a few days off at the end of January and a month off from 22 February 2019 - 19 March 2019.
- **Dr Omeros Kefaladelis** (Rosebud) will take a month's leave from 19 January 2019 - 19 February 2019. While on leave, Dr Nish Balakrishnan and Dr Duncan Ledger will take care of Dr Kefaladelis' nursing home patients.

Nursing News

You may have noticed a few new nursing faces at your regular clinic of attendance. Please welcome **Roz** to the Rosebud clinic. **Roz** has been at our Rye clinic over the past two years and now joins **Ben** at Rosebud on Wednesdays and Fridays. A delightful recent addition to the nursing team has been **Jess H.** **Jess H.** works at Rye on Wednesdays and Fridays. Many of you know **Jess R.** who is now a very busy mum of beautiful twins. **Jess R.** works at Rye on Mondays.

Staff News

Please welcome receptionists, Gayle at Blairgowrie, Mary at Rosebud and Louise at Rye and Dromana. All three ladies come with years of medical administration experience and are more than happy to assist in any way they can.

News

Best Practice - an evolution in medical software

On 1st October 2018, South Coast Medical underwent a complete changeover of its medical software. We thank you for your patience during the time of transition and ask that you continue to bear with us as we continue to fine-tune patient information collection. We continue to ask many questions upon your arrival at an appointment and

apologise in advance if you have already been asked the same questions on previous visits. Accurate collection of data is paramount in exercising best practice care.

RACGP Accreditation

In the last week of January 2019, all the South Coast Medical clinics will be going through re-accreditation to ensure we meet the national Standards as set by the Royal Australian College of General Practitioners (RACGP). This process acknowledges our commitment to safe and high quality health care.

When a general practice is accredited, it means you have the peace of mind knowing our practice team is committed to:

- Protecting your privacy
- Respecting your rights and needs as a patients
- Keeping your records secure
- Being understanding and responsive to cultural needs
- Providing you with a safe, high qulaity health care service

Based on your much-appreciated feedback we received from the surveys you completed in September 2018, we have prepared a report for you to read; this includes your suggestions for improvement of which we have implemented or are working on. This report is available at all South Coast Medical clinics.

My Health Record



My Health Record opt-out period extended to 31 January 2019.

If you decide you don't want a record, you can opt-out by following a simple 3-step online process.

[Read More](#)

What is My Health Record?

[My Health Record](#) is a digital record that provides health care professionals with immediate access to patient's key health information. This allows providers to reduce adverse events in case of emergencies, better coordinate patient care and offer the best care possible.

My Health Records enable providers to:

- Quickly gain a picture of the health history of a patient whether working in the public or private sector
- Reduce the time you spend sharing and following up to receive information about a patient with other healthcare providers.

Registered health care providers can [access information](#) about their patients such as:

- [Hospital Discharge Summaries](#)
- [Shared Health Summaries](#), which include medications, medical history, allergies and immunisations
- [Event Summaries](#), which details information regarding significant health events
- MBS and PBS history and up to date medications
- Medication, [prescription](#) and [dispense](#) records
- [eReferrals](#) and [Specialist Letters](#)
- Pathology and diagnostic imaging reports (coming soon)
- With [compliant software](#), health care providers are able to upload clinical information about patients, which may be viewed by hospitals and other health care providers.

Register for My Health Record

You can register online in 3 easy steps. Remember, you need to have a myGov account to register for a My Health Record. myGov is a secure way to access Australian Government services online.

[Sign in or register for myGov](#)

[Click Here to Register for My Health Record](#)

How to opt out of getting a My Health Record

You can opt out through a simple 3-step online process. A few things to keep in mind:

- You will need to verify your identity and provide personal details such as your name and date of birth.
- You don't need a myGov account to complete the opt-out process.
- If you complete the opt-out process online, you have the option to receive an email confirmation. Remember to check your SPAM or junk folder if you do not see the message in your inbox.

[Click Here to Opt Out](#)

[Information you will need to opt out](#)


[Opt out on behalf of dependants/children](#)

Already have a My Health Record?

5.9 million Australians currently have a My Health Record. If you already have a My Health Record, and decide you don't want one anymore, you can cancel it at any time. If you miss the deadline of 15 October 2018 and a record is created, you will be able to cancel it.

[Read more about why you might already have a My Health Record.](#)

If you opt out, you can still get a My Health Record in the future.



Click here for more information and FAQ's



Content and images sourced from <https://www.myhealthrecord.gov.au/>
