



FREE TO TAKE HOME!



## FEBRUARY - MARCH 2022 EDITION



School refusal in children



Mobile phone use in kids



Ross River Virus



Plantar Fasciitis – heel pain

### ● AFTER HOURS & EMERGENCY

In case of a medical emergency call '000' and ask for an ambulance immediately.

For all other After hours medical enquiries, after Stawell Medical Centre has closed, on weekends or public holidays, please call **5358 1410** and your call will put through to our after hours service for advice.

### ● PRACTICE DOCTORS

**Dr Andrew Cunningham** MBBS

**Dr Eleazer Okwor-Ojwang** MBBS, FRACGP

**Dr Venkateshwar Komerelly** MBBS, FRACGP

**Dr Swetha Bandaru** MBBS, FRACGP

**Dr Adnan Rasheed** MBBS, FRACGP

**Dr Catherine Pye** MBBS, FACRRM

**Dr Christian Ezeobi** MBBS

**Dr Marcus Wilcox** MBBS

**Dr Haider Abdulrasool** MBBS

**Dr Hao Xiao** MBBS

*Practice doctors are experienced in the broad range of general practice problems and the treatment of all age groups.*

### ● PRACTICE STAFF

**Practice Manager:** Bader Adel

**Administration Staff:**

Bader, Kerry, Jess, Rebecca, Leah, Rhea & Shenae

**Nursing Staff:**

Pam, Vicki, Belinda, Crystal, Lana & Paigen

### ● COVID-19

As the practice is observing social distancing we ask that you limit the number of people accompanying a patient to one other.

We also advise that telephone or video consults are preferred if you do not need to be seen in person.

### ● SURGERY HOURS

**Monday – Friday.....9.00am – 5.30pm**

**Saturday, Sunday & Public Holidays**

(By appointment by the doctor at Urgent Care Centre, Stawell Regional Health - Urgent patients only)

**All attendances at Stawell Regional Health Urgent Care Centre WILL incur an out of pocket fee of \$50.00**

### ● BILLING ARRANGEMENTS

All patients are required to pay in full at the time of appointment. Medicare refunds can be processed immediately via TYRO terminal and deposited directly back into your account. Payment can be made by cash, credit card or EFTPOS. If you would like to know more please ask to speak to our accounts team.

**Fees as of 1st July 2021:**

**Standard consult**

Private ..... \$80.00

Health Care Card Holder..... \$68.40

Pension Card Holder..... \$61.30

All patients under 16 and over 75 years of age will be bulk billed for appointments at Stawell Medical Centre Monday to Friday 8.30am to 5.30pm only.

After Hours fees apply to EVERYONE seen by a Doctor at Stawell Regional Health Urgent Care Centre:

**Standard consult - Regular Hours**

Saturday ..... \$89.10

Sunday..... \$101.00

All attendances at Stawell Regional Health Urgent Care Centre WILL incur an out of pocket fee of \$50.00

### ● APPOINTMENTS

Consultation is by appointment. We have appointments available for urgent cases on the day.

Please let reception staff know if you would like a longer appointment, for a medical report, TAC or Workcover form or if you have several things you wish to discuss.

**Home Visits.** These are available on request. Please speak to reception if you would like further information.

If **more than one person** from your family would like to see the doctor, please ensure that a separate appointment is made for each person otherwise they may not be seen.

**Time is valuable to all of us.** If you are **unable to attend a booked appointment**, please let the practice know at least 2 hours prior. If you **fail to attend** a booked appointment without warning or explanation you may be charged a non-attendance fee. We may not be able to offer you booked appointments in the future either.

### ● SPECIAL PRACTICE NOTES

Stawell Medical Centres Values and Mission align with those of Stawell Regional Health;

**Influenza vaccines** are now available for all ages. \$22.50 charge for non-eligible patients.

**COVID vaccine** clinics are now operating with consent forms available at the clinic or on our SRH website.

**Stawell Regional Health Mission**

*In partnership with our community, Stawell Regional Health will deliver high quality care and improve health outcomes by providing safe, accessible and integrated services.*

**Stawell Regional Health Vision**

*Caring for our community.*

**Despite our best intentions**, we sometimes run late! This is because someone has needed unexpected or urgent medical attention. Be assured that when it comes to your appointment, your doctor will give your consult the time that it deserves. We thank you for your understanding and consideration.



▶ Please see the Rear Cover for more practice information.

YOUR NEXT APPOINTMENT:

### ENJOY THIS FREE NEWSLETTER

Please remember that decisions about medical care should be made in consultation with your health care provider so discuss with your doctor before acting on any of the information.

[www.healthnews.net.au](http://www.healthnews.net.au)



# School refusal in children and adolescents

This is where children experience severe emotional distress at having to go to school, which can lead to considerable absence from school, impacting education and job prospects.

It is completely different to truancy, where the child pretends to go to school but does not and is not associated with anti-social behaviour. School refusal is also entirely different from normal anxiety that may precede exams or school camps.

There is no specific known cause. The child may have various underlying worries about schoolwork, friendships, bullying, social isolation, conflicts with teachers, parental separation, or family grief or trauma. There may be no apparent underlying issue.

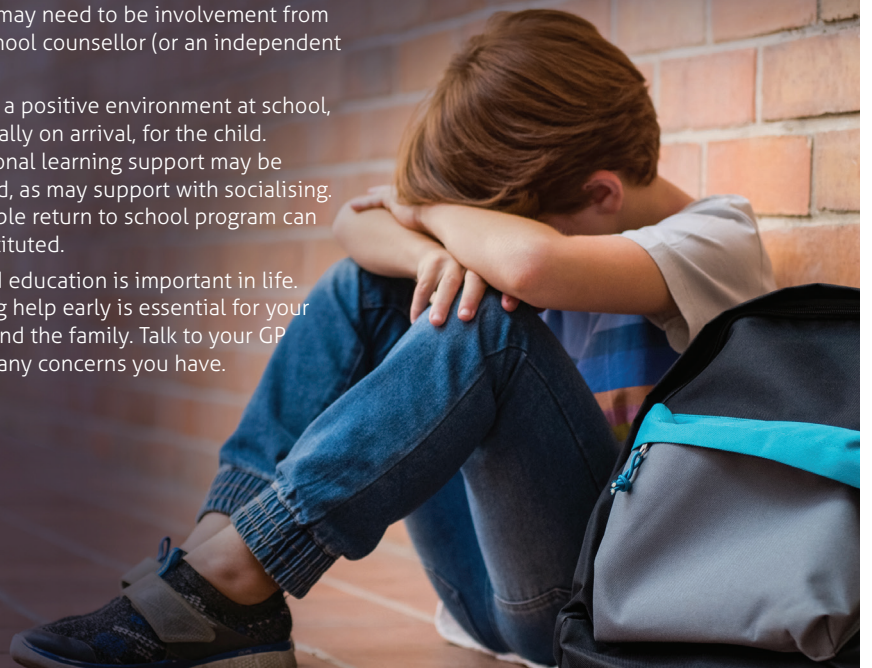
Symptoms include tearfulness before school, frequent complaints of somatic symptoms like headaches, tummy pains or dizziness before school but not on weekends through to tantrums before school.

A general medical check by your GP is important to ensure there are no other underlying medical issues. It is vital to manage the problem early. Parents,

teachers, the school and sometimes education bodies have a role. The family, as well as the child, will need support. There may need to be involvement from the school counsellor (or an independent one).

Create a positive environment at school, especially on arrival, for the child. Additional learning support may be needed, as may support with socialising. A flexible return to school program can be instituted.

A good education is important in life. Getting help early is essential for your child and the family. Talk to your GP about any concerns you have.



 <https://headspace.org.au/friends-and-family/understanding-school-refusal/>

## Mobile phone use in kids

It is hard to believe that the ubiquitous mobile phone only became widely used in the 1990s and smart phones just this century.

Managing their use in children is something previous generations of parents did not have to contend with. There is a view that children should not use mobile phones, but you cannot rewind the clock. Certainly, there is research showing that too much total screen time is an issue in children, as they tend to exercise less, impacting sleep. Plus, the issue of social media access via mobile phone anywhere anytime.

Like all parenting, setting simple rules and sticking to them is key. This is also age-related. The notion of the "electronic babysitter" used to apply to TV but now can apply to phones. But handing a small child the phone as a way to keep them quiet is not a great idea on a regular basis. For primary school children, it can be useful to have a phone to ring parents. This can be an old-fashioned type that only makes phone calls and does not access the internet. Much like TV time can be restricted by parents, total screen time, including phones, can also be. Ensure phones are not kept in children's



bedrooms and are recharged in the kitchen or living room. In older children, ensure a net filter is installed. Lead by example, and don't be permanently attached to your own phone.

Most importantly, don't be afraid to set boundaries and be "the worst parent ever". The objections will settle, and your children will be better for it.





# Changes in prescribing of medicinal cannabis

In November, the Therapeutic Goods Administration (TGA) introduced changes to how applications for medicinal cannabis are made and dispensed.

Medicinal Cannabis was legalised for use in Australia in 2016. It can be prescribed in conditions where the TGA accepts there is evidence for its use and where other treatments have failed to help or caused unacceptable side effects. The medications are unregistered, and thus far, applications have needed to specify the exact product by name and manufacturer. Approvals for use have grown from 3000 for the calendar year 2018 to over 100,000 in 2021 as of November.

The changes mean that doctors can apply for a type of medicinal cannabis based on amounts of cannabidiol (CBD) and tetrahydrocannabinol (THC). There are five categories. To switch between brands will not require new approval. This can be helpful

for all involved; however, pharmacists may dispense a medication other than what your doctor has prescribed. Generic prescribing works well where bio-equivalence studies have been done and medications have the exact same strength. These studies are not done with medicinal cannabis, and there can be significant differences between different formulations even when strengths are similar. In turn, this could lead to side effects or poorer control of symptoms if products that are similar but not the same are substituted.

Problems can be avoided. Your doctor can tick the “do not substitute” box on prescribing, and you can insist that you are dispensed that which you have been prescribed.



<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/ross-river-virus-disease>

## Ross River Virus

This is a viral infection spread by mosquitos. It typically causes joint inflammation, muscle pain and fatigue.

Symptoms generally start between three and 21 days after being bitten. Other symptoms can include rash and enlarged lymph glands. Some people do not even know that they have it, as it can be no more than a flu-like illness.

It is common in most areas of Australia, particularly at inland waterways and coastal regions. Outbreaks can occur if high rainfall or floods lead to increased mosquito breeding.

Like a virus, there is no specific treatment. Symptomatic measures such as rest, maintaining hydration, and simple analgesics are recommended. With no specific features, diagnosis is by blood testing. Whilst everyone makes a recovery, some people are left with intermittent aching symptoms for a year or more. You cannot pass it on to other people.

You can reduce your chances of getting Ross River virus by avoiding mosquito bites; wear long, light-coloured, loose-fitting clothes, especially when in mosquito prone areas. Use effective insect repellents as per the manufacturer’s instructions. If possible, avoid being outside in mosquito prone areas at dusk and dawn. If camping, use insect nets or fly wires. Reduce the number of potential mosquito breeding grounds around your home by getting rid of stagnant water. Ensure your pool or spa is well chlorinated, and don’t let containers of water remain stagnant.

## Plantar Fasciitis – heel pain

A common cause of heel pain, plantar fasciitis, is an inflammation of the tissue (plantar fascia), which runs along the sole of the foot, connecting the heel to the toes creating the foot’s arch.

Risk factors include age, being overweight, sports that stress the heel (e.g. running) and spending long periods on the feet.

The main symptom is pain under the heel. It can be dull or sharp. It is often worse first up in the morning, after prolonged sitting or after intense activity. Diagnosis is largely based on history and examination. X rays generally do not show anything. Some changes in the fascia may be seen on ultrasound or MRI.

Treatment is a mix of improving symptoms and preventing further aggravation. Analgesics or anti-inflammatory medications may help

in the short term but are not a cure. Avoid activities that aggravate the situation. Wear shoes with good arch support and cushioning. Purpose made insoles may be helpful as can be stretching, as advised by a podiatrist or physiotherapist.

In more severe cases, cortisone injections may be recommended. Surgical treatment is viewed as a last resort.

Treatment is a medium-term proposition, so do not expect immediate results nor get frustrated. Perseverance with treatment is important, and most cases will improve with time.





## RHUBARB & ONION CHUTNEY

### Ingredients

- 500 grams rhubarb, roughly chopped
- 1 onion (medium) chopped
- 200 grams caster sugar
- 200ml cider vinegar
- 30 grams of fresh grated ginger
- ½ tablespoon of cloves

### Directions

- STEP 1: Put the rhubarb, onion, caster sugar, cider vinegar, ginger, cinnamon stick and cloves in a preserving pan or large heavy-based pan. Bring to the boil, then cook over a medium heat for 1½ hours until the rhubarb has broken down and the mixture is jammy.
- STEP 2: Leave to cool in the pan for 10 minutes
- STEP 3: Divide between two sterilised jars while still hot. Seal and label.

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SUDOKU



## Stawell Medical Centre

A division of Stawell Regional Health

### ● SPECIAL PRACTICE NOTES

**SMS reminders** are sent to all registered mobile phones. Phone reminders are also available should you require this.

### **Electronic Communication.**

Telehealth consults are available for eligible patients; our staff can assist you to decide if this or an in clinic consult is more appropriate. You can contact the practice by email. This is not the most secure method of communication.

We have a **recall system** in place for all test results and chronic disease management.

### **Patient Health Information.**

To obtain a copy of your health record or to obtain a copy of Stawell Regional Health "Protection and use of your health information" brochure or to view the Stawell Regional Health privacy policy, please ask to see our Practice Manager or Privacy Officer. If you prefer you can contact the Health Services Commissioner Complaints and Information on; Telephone: 1300 582 113 or email: [hsc@dhhs.vic.gov.au](mailto:hsc@dhhs.vic.gov.au).

**Patient Feedback.** We welcome your feedback and invite you to fill out a "Compliment, Complaint and Feedback form". These are located near the entrance to the practice, in the reception area. You can also ask to speak to the Practice manager or your GP.

**Test Results.** Results are viewed by our doctors and acted upon in a timely manner, always with your health as a priority. Please make sure you have made an appointment with your doctor to review any results as they will not be given over the phone.

### ● SPECIALIST SERVICES

Stawell Regional Health has a large number of other Medical Services and Visiting Specialist's available. Our doctors have extensive knowledge of these and can advise you about whether a referral is appropriate and arrange for this to occur if needed.