

# KADINA MEDICAL ASSOCIATES



## CHRONICLE

## CHRISTMAS 2005



2 Mine Street, Kadina

Phone - 88 213 133

Fax - 88 213 223

E-mail - [kadmed@kadmed.com.au](mailto:kadmed@kadmed.com.au)

### Tis The Season

All Doctors and staff at the Kadina Medical Clinic would like to wish all patients a happy and healthy holiday season.



### Q Fever Testing & Vaccination

Dr Graham Morris will be holding a clinic in February 2005 for the testing and vaccination of Q Fever.

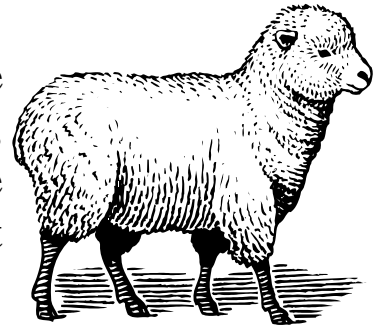
As the Australian Government no longer provides the vaccine free of charge there is a cost to the patient. More information inside.

## Q Fever Testing & Vaccination

Dr Graham Morris will be holding a clinic for Q Fever testing and vaccination in February 2006 at the Kadina Medical Clinic.

Q Fever can spread to humans from animals that carry the bacteria.

The target group for vaccination are those people who work closely with sheep, cattle, kangaroos and goats; as these animals are common sources of infection. Pigs do not carry the infection



People who may be at risk of contracting Q Fever need to undergo a skin and blood test to ensure they have not been previously infected. If these tests are both negative a week afterwards, the vaccine can be given. This means 2 visits to the Doctor a week apart.

As the Australian Government no longer provides the vaccine free of charge, there are cost involved.

The 2 Doctor Consultations cost \$100.00, Vaccine and skin test about \$115.00, and the blood test \$16.00. This is all tax deductible as a work related expense.

For more information or to book into the clinic please contact a practice nurse at the clinic. Please phone 8821 3133 before the end of January 2006.

## Practice Nurse Workshop 2005

Practice nurses from Kadina attended the first Practice Nurse Workshop held in Adelaide recently. The workshop was organised by The SA Divisions of General Practice and the Australian Practice Nurses Association

Over the two days we were treated to keynote speakers with entertaining presentations covering:

- Negotiation
- Competency
- Improving teamwork
- Multi-disciplinary teamwork

And practical workshops were provided on:

- Wound Management
- Infection Control
- Paediatric Emergencies
- Mental Health
- Chronic Disease Management
- Diabetes Update
- Heart Disease Prevention & Monitoring



The workshop was a great time for learning and networking with practice nurses from all over South Australia and also key people from major Adelaide Hospitals and Universities.

We all came back filled with renewed enthusiasm and the latest updates.

## Pre-Anaesthetic Checks

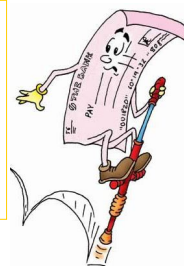
If you are having an operation and require a Pre-Anaesthetic Check you need to make an appointment to see the doctor and to also see the nurses prior to seeing the doctor.

## Parenting Room

The clinic now has a room set up for parents and young children. For assistance please speak with the reception staff.

## Referral Letters

You must take your referral letter with you when you attend your specialists appointment.



## Scripts

Please ensure that you to ask for any repeat prescriptions while you have a consult with a doctor. Because they are not always able to write a script without a appointment

## Medicare Cheques

Can you please ensure that you bring your Medicare cheques into the clinic ASAP.



## Medicare Rebate

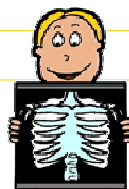
If you have concerns about the length of time it takes for you to receive your rebate back from Medicare you can bring in your bank details and your rebate will be sent direct to your bank account within 4 days.

## Account Payment

When paying the full amount of your account on the day you will receive a \$10 discount.

## X-Rays

All x-rays are the property of the patient. Please make sure that you collect all of your old and new x-rays. Please ask at the front desk if you are unsure of anything.



# Results

2:30pm - 4:00pm

Please ring on weekdays between the hours of 2:30pm and 4:00pm for the nurse to discuss your results.



Or if you are able to email the clinic you can do so at [results@kadmed.com.au](mailto:results@kadmed.com.au)

## Work Cover

It is a requirement of the Kadina Medical Associates that all new work cover claims are to be paid in full at the time of the visit unless your employer has signed a work cover agreement with our practice. Please contact us prior to your appointment.



Approved claims with an established claim number will be billed directly to work cover as long as full details of the claim are available, such as producing a letter showing claim details from your work cover agent.

If you require assistance with work cover enquiries please ask at the reception desk for any details.

# Last-Minute Moist Christmas Cake

Serves 12



375 g mixed dried fruit  
440 g can crushed pineapple in natural juice  
1/4 squeezed orange juice  
2 tsp mixed spice  
1 cup dark jam (low joule jam)  
1 tsp carb soda  
2 cups of self-raising wholemeal flour  
2 egg whites



## CONVENTIONAL

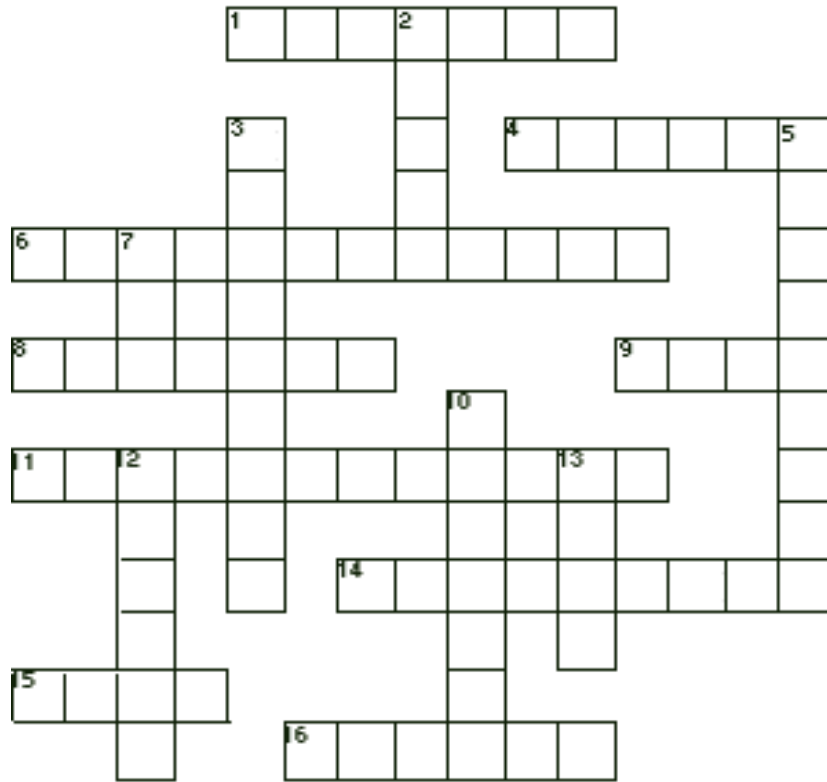
1. Place the dried fruit, pineapple and juice, orange juice, mixed spice, jam and prunes in a saucepan and cook over moderate heat. Bring to boil, then reduce the heat and simmer uncovered for 5 minutes.
2. Remove from the heat and transfer the mixture to a mixing bowl and allow to cool.
3. Preheat oven to 180c°. Grease and line a square 18cm cake tin.
4. Sift the carb soda and flour together. In a clean bowl beat the egg whites until a stiff peak forms.
5. Fold the egg whites into the fruit mixture and then the sifted flour. The mixture will be quite firm.
6. Spread into the tin and bake for 1 1/2 hours.
7. Allow to cool thoroughly before inverting onto a platter. Lightly glaze with strained jam.

## MICROWAVE

1. Place the dried fruit, pineapple and juice, orange juice, mixed spice, jam and prunes in a large microwave-safe container. Cook uncovered on defrost for 7 minutes.
2. Remove from the heat, and transfer into a mixing bowl and allow to cool.
3. sift the carb soda and flour together. In a clean bowl beat the egg whites until a stiff peak forms.
4. Fold the egg whites into the fruit mixture and then the sifted flour. The mixture will be quite firm.
5. Spread into a large microwave container lined with absorbent paper towels. Cover the top loosely with paper and cook on medium high for 20 minutes, moving the container to opposite side of the turntable halfway through the cooking time.
6. Allow to cool thoroughly before inverting onto a platter. Lightly glaze with strained jam.

# Christmas Time

## Crossword Puzzle



### Across

1. I saw Mommy \_\_\_\_\_ Santa Claus.
4. Many people put these on Christmas trees and the outside of their house. (but not before electricity)
6. The night before Christmas.
8. Santa's lead reindeer when it is foggy.
9. You should leave \_\_\_\_\_ and cookies for Santa.
11. The carol that you sing when you are decorating the house.
14. December 25 is \_\_\_\_\_.
15. Silver and \_\_\_\_\_.
16. A Famous Snowman

### Down

2. Another name for Kris Kringle.
3. Don't stand under this if you don't want to be kissed.
5. The \_\_\_\_\_ were hung by the chimney with care.
7. The colour of Santa's outfit.
10. Reindeer look forward to this treat that you leave for them.
12. The kind of songs you sing at Christmas time.
13. He is making a \_\_\_\_\_, checking it twice.

# 10 Tips For Safer Health Care

## **Be actively involved in your own health care**

Take part in every decision to help prevent things from going wrong and get the best possible care for your needs.

## **Speak up if you have any questions or concerns**

Ask questions.  
Expect answers that you can understand.  
Ask a family member, carer or interpreter to be there with you, if you want.

## **Learn more about your condition or treatments**

Collect as much reliable information as you can.  
Ask your health care professional:  
- what should I look out for?  
- please tell me more about my condition, tests and treatment.  
- how will the tests or treatments help me and what is involved?  
- what are the risks and what is likely to happen if I don't have this treatment?

## **Keep a list of all the medicines you are taking**

Include:  
- prescriptions, over the counter and complementary (e.g. vitamins and herbs).  
- information about drug allergies you may have.

## **Make sure you understand all the medicines you are taking**

Read the label, including the warnings.  
Make sure it is what your doctor ordered for you  
Include:  
- directions for use.  
- possible side effects or interactions.  
- how long you'll need to take it for.

## **Get the results of any test or procedure**

Call your doctor to find out your results.  
Ask what they mean for your care.

## **Talk about your options if you need to go into hospital**

Ask:  
- how quickly does this need to happen?  
- is there an option to have the surgery/ procedure done as a day patient, or in an alternative hospital?

## **Make sure you understand what will happen if you need surgery or a procedure**

Ask:  
- what will the surgery or procedure involve and are there any risks?  
- are there other possible treatments?  
- how much will it cost?  
Tell your health care professionals if you have allergies or if you have ever had a bad reaction to an anesthetic or any other drug.

## **Make sure you, your doctor and your surgeon all agree on exactly what will be done**

Confirm which operation will be performed and where, as close as possible to it happening.

## **Before you leave hospital, ask your health care Professional to explain the treatment plan you will use at home**

Make sure you understand your continuing treatment, medicines and follow-up care.  
Visit your GP as soon as possible after you are discharged.

# Notice To Patients

Your Personal Health Information and your Medical Record may be collected, used and disclosed for the following reasons:

- For communicating relevant information with other treating doctors, specialists or allied health professionals
- For follow up reminder / recall notices
- Accounting/Medicare/Health Insurance procedures
- Quality Assurance activities such as accreditation
- For disease notification as required by law (e.g. infectious diseases)
- For use by all doctors in this group practice when consulting with you
- For legally related disclosure as required by a court of law (e.g. subpoena, court order, suspected child abuse)
- For research purposes (de-identified, meaning you are not able to be identified from the information given)

If you have any concerns or wish to restrict access to your personal health information please discuss these with your doctor or receptionist.

This practice adheres to principles of the RACGP Handbook for the Management of Health Information in Private Medical Practice and has a written policy, which is available to all patients for inspection.

