

## Referrals

Referrals from a General Practitioner are valid for 12 months unless otherwise stated.

An indefinite referral to a Specialist may be given for a specific condition. If the referred condition changes or consultations to the referred party are for a new condition then a new referral is required.

A referral allows for the Specialist consultation to be rebateable by Medicare. Referrals cannot be backdated and must be dated on or prior to your appointment date. An appointment with your General Practitioner is required for all referrals.

### Nurse Annie Robards

Nurse Annie Robards is our Aged Care Liason Nurse who deals with the needs of the frail and frail aged at the aged care facilities. Annie is well learned in Palliative Care and helps to liaise between the facilities and the doctors so that these patients are given the best of care.



### Nelson Bay Medical Centre

39 Stockton Street  
Nelson Bay NSW 2315

**Phone:** 4981 1722

**Fax:** 4984 1455

### Salamander Bay Medical Centre

Shop 1 Salamander Shopping  
Centre Salamander Bay NSW 2317

**Phone:** 4982 7660

**Fax:** 4984 6213

### Soldiers Point Medical Centre

253 Soldiers Point Road  
Salamander Bay NSW 2317

**Phone:** 4982 7674

**Fax:** 4982 0671

### Call Centre Times

The call centre operates from Nelson Bay from  
7:45am to 5:30pm Mondays o Friday  
And Saturday from 8:00am-11:30am  
For appointments or any enquiries please call

49811722—49827660— 49827674



## Holiday Season

The Practice Partners, Doctors Clinical Staff and Nursing Staff as well as the management staff of the Nelson Bay Medical Group would like to thank you for your continued support as our valued patients.

Please stay safe on the roads and we wish you a happy and healthy new year for 2016.



## Patient Identifiers

### Diabetes Clinic

Our Diabetes Clinic is operated by our Diabetes Nurse Sandy Addison. Sandy operates these clinics at Nelson Bay, Salamander Bay and Soldiers Point Road Practices. These clinics are operated so that our patients are given help in regard to their diet and life-style choices.

### Find-a-Word

h	b	j	k	w	a	t	d	a
s	e	w	f	p	m	s	s	z
u	a	a	d	m	h	d	u	h
n	c	t	s	e	n	s	n	n
g	h	e	a	t	c	n	s	j
l	i	r	a	b	r	x	c	w
a	o	g	z	u	l	v	r	a
s	p	h	b	v	c	n	e	z
s	a	n	d	c	k	w	e	z
e	u	j	x	x	e	r	n	p
s	l	k	h	a	t	r	y	f

Sunburn    Water    Sand    Sunglasses  
Heat    Beach    Cricket  
Sunscreen    Temp    Hat

Patient Identifiers are:

- ◇ Patient name (family and given name)
- ◇ Date of Birth
- ◇ Gender (as identified by the patient themselves)
- ◇ Address

Our patients will be asked for three of the above identifiers when making an appointment, checking in their arrival, before a consultation with a Doctor or nursing staff or when confirming consent for medical treatment. Identifiers will also be asked for this when requesting results and communicating with a member of the Practice team.

These identifiers are very important because we have a number of patients who have the same family and given name and unless three identifiers are established the incorrect may be booked in to see the Doctor.

We appreciate that the majority of our patients have been attending the Nelson Bay Medical Group for many years and are familiar to our staff. For safety and maintenance of patient confidentiality it is important that these identifiers are still confirmed.

## Slip Slop Slap

The sun's UV radiation is both a major cause of skin cancer and the best natural source of vitamin D. The risk of skin cancer from too much sun exposure needs to be balanced with maintaining adequate vitamin D levels. Vitamin D deficiency in Australia has also greatly increased, since sunblock also reduces vitamin D production in the skin.<sup>[8]</sup> Although sunscreens could almost entirely block the solar-induced production of cutaneous pre-vitamin D3 on theoretical grounds or if administered under strictly controlled conditions, in practice they have not been shown to do so.<sup>[9]</sup> This is mainly due to inadequacies in their application to the skin and because users of sunscreen may also expose themselves to more sun than non-users.

Slip Slip Slop

