| **Flu Injections**  Government funded Influenza vaccines under the National Immunisation Program (NIP) have been available since April 2018 for those people who have the greatest risk at becoming severely ill from Influenza.  PEOPLE ELIGIBLE FOR THE FREE INFLUENZA VACCINE UNDER NIP:  People aged 65 years and over  Aboriginal and Torres Strait Islanders aged:   * six months to less than 5 years * 15 years and over   People aged 6 months and over with medical conditions predisposing them to servere Influenza, namely:   * Cardiac Disease * Chronic Respiratory illness * Chronic neurological conditions * Immunocompromising conditions * Diabetes and other metabolic conditions * Renal disease, especially for chronic renal failure * Haematological disorders   Flu-Shot.png | **Receiving Results**  In some cases results are best given in an appointment with the Doctor so a review of the medical condition can be performed.  Therefore the doctor may ask you to return for the results of a test rather than receive them over the telephone. In certain cases the Doctor may deem it appropriate to give the result/s over the phone. In this case when you call for the result a trained ‘result staff member’ will provide the result over the phone based on the comments left by your Doctor. As this practice strongly discourages the giving out of results over the counter, we request you telephone for them. This is to protect your privacy and patient confidentiality. The comment left by your Doctor will determine whether any further actions are to be taken.  Please note that the patient themselves must phone for the results.  **Identifying as an Aboriginal or Torres Strait Islander.**  Nelson Bay Medical Group encourages patients to self identify if they are Aboriginal and/or Torres Strait Islander status. This is to help ensure that correct health programs are undertaken including specified health assessments, adults and Children’s health checks, immunisations and vaccines. This also ensures that these patients have access to specific services aimed at improving health outcomes relevant to their care which includes reducing the cost of relevant PBS items. | Winter Newsletter 2018  **Preparing for the Cold and Flu season.**  With the upcoming flu season, there is no better time to prepare yourself and your family. The flu is highly contagious and is spread by droplets from our mouths and noses when we cough and sneeze. The flu can also be passed on via infected surfaces or objects the infected person has used or touched.  Controlling the infection can be done by applying good personal hygiene habits such as: covering coughs and sneezes, frequent hand washing (with soap) and avoiding contact with sick people. Staying home yourself if you are sick also helps lower the rate of transmission (spreading). While most will develop life threatening conditions such as pneumonia or bronchitis. This is why we recommend to people who begin to notice flu like symptoms to see your doctor. |
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| **Surgery Locations**  **Nelson Bay Medical Centre**  39 Stockton Street  Nelson Bay NSW 2315  **Salamander Bay Medical Centre**  Shop 1 Salamander Shopping Centre  Salamander Bay NSW 2317  **Soldiers Point Medical Centre**  253 Soldiers Point Road  Salamander Bay NSW 2317  **To make an appointment to see**  **your GP please call on 4981 1722.**  Our call center operates from Nelson Bay  from 8am-5.30pm Monday to Friday and  Saturday 8am to 11am  **Winter Find-a-word**  Tissues, Flu, Winter, Umbrella, Snow, Cold, Scarf, Beanie, Boots   |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | X | T | I | S | S | U | E | S | A | P | | H | B | U | I | A | M | N | W | J | K | | S | E | O | O | D | B | C | I | S | T | | C | A | G | E | S | R | V | N | N | B | | A | N | F | L | U | E | Q | T | O | O | | R | I | T | Z | Y | L | J | E | W | O | | F | E | R | E | G | L | C | R | E | T | | B | C | O | L | D | A | T | H | F | S | | **GP Management Plan (GPMP)**  **What is a GP Management Plan (GPMP)?**  The GPMP is a written set of information about what you need in managing your chronic or complex condition. This plan is developed in a consultation by you and your GP.  **Who will benefit from a GPMP?**  Any person with a chronic (long term) medical condition such as: Diabetes, Asthma, Arthritis, Cancer, Heart Disease and Osteoporosis.  **What happens when your doctor organizes a Management Plan?**   1. Identify your health priorities 2. List the actions you can take to help manage your condition 3. What (if any) other health care and community services you need 4. What results you would like from your GPMP to help with your condition | **Team Care Arrangements (TCA)**  **What is a Team Care Arrangement (TCA)?**  If the doctor determines you would benefit from other health care providers or allied health professionals being involved in providing treatment, a team care arrangement will be completed. With your consent, your doctor will ask the relevant allied health professionals to be part of your care plan.  **What is an Allied Health Professional?**  Any allied health worker like a Physiotherapist, Dietician, Podiatrist, Audiologist, Diabetes Educator, Occupational Therapist, Pharmacist, Asthma Nurse or exercise Physiologist.  **How Many visits can I have with an Allied Health Professional?**  Persons with a GP Management Plan and TCA are eligible for 5 visits per calendar year.  **Will it cost anything to have a GPMP and TCA done by my GP or practice nurse?**  All GPMP & TCA’s are bulk billed by your GP, so there will be no charge.  **Will it cost anything to see an Allied Health Professional with a GPMP and TCA?**  Allied Health Professionals may require you to pay on top of the Medicare Rebate. Speak to you Allied Health Professional about any charges. |