

FREE TO TAKE HOME!

FEBRUARY - MARCH 2022 EDITION



School refusal in children



Mobile phone use in kids



Ross River Virus



Plantar Fasciitis – heel pain

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

New patients welcome!
OPEN 7 DAYS
BULK BILL UNDER 16Yrs (conditions apply)



● **PRACTICE DOCTORS**

Dr Robert Greenhill
MBBS, FRACGP

Dr Jessica Murray
BSc, MBBS, FRACGP

Dr Tiffany Flynn
MBBS, DCH, DRANZCOG

Dr Timothy Windle
BSc, BA, MBBS, DRANZCOG, DCH

Dr Kerri Barnes
MBBS

Dr Tan Banh
MBBS, FRACGP

Dr Stephy Zhang
MBBS (Hons), FRACGP

Dr Robert Newbery
MBBS

Dr Elliott Kwan
BSc (Hons), MBBS

Dr Devaindran Elango
MD

Dr Courtney Noon
BBiomedSc, MD (UNSW), MMed (USYD)

We provide a comprehensive family medical service in a friendly, relaxed atmosphere.

● **PRACTICE MANAGER**

Marcella Timmins

● **PRACTICE NURSES**

Kristy Timmins
Molly McKinlay
Tiffany Hobday
Adeline Mak

● **RECEPTION STAFF**

Carly Lindsay
Aleisha Symonds
Danica Muller
Jane Steedman
Kathy Lees
Noeleen Allen

● **SURGERY HOURS**

Monday – Friday 7.30am – 6.00pm

Saturday & Sunday.... 8.30am - 12 noon

We will continue to see patients after 12 noon on Saturday and Sunday if bookings continue.

● **AFTER HOURS & EMERGENCY**

The phone number for the duty doctor is placed on our answering machine daily. Have a pen ready and ring **4613 4500** and listen for the message. In case of a medical emergency, dial **000** and ask for an ambulance.

● **OTHER SERVICES OFFERED**

- Acupuncture
- Antenatal Care
- Overseas Travel Advice
- Childhood Immunisation
- Baby Clinic – this service will be bulk billed
- Workplace Medical Assessments and services
- Vaccine Clinic
- Minor Surgery
- Sports Medicine
- Insurance Medicals
- Lung Function Testing
- ECG's
- Skin Checks

● **BILLING ARRANGEMENTS**

Payment at time of consultation is required - we do not have accounts. Payment can be made by credit card or EFTPOS.

We bulk bill children under 16yrs for normal consultations - some conditions apply.

● **SPECIAL PRACTICE NOTES**

The philosophy of this practice is to provide comprehensive and thoughtful medical care to families. We work hard to keep up-to-date with the latest medical innovations and to bring you efficient personal service.

Services found close by this practice:

- Chemist
- Physiotherapist
- Specialists Rooms
- X-ray
- Laboratory/Pathology
- Podiatrist
- Dietitian
- St Vincents Hospital

● **APPOINTMENTS**

Consultation is by appointment. Urgent cases will be seen on the day.

Home Visits. If you wish your doctor to make a home visit, please call the surgery first thing in the morning.

Booking a long appointment. If you want an insurance medical, review of a complex health problem, counselling for emotional difficulties, or a second opinion about someone else's management you will need to make sure you book a longer appointment. Please bring with you relevant letters and test results from other doctors.

Please notify us if you are unable to attend an appointment, well in advance.

We now have **online appointment booking** available via our website www.rangemedical.com.au or download the Appointuit App and use this to do online bookings.



▶ **Please see the Rear Cover for more practice information.**

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.

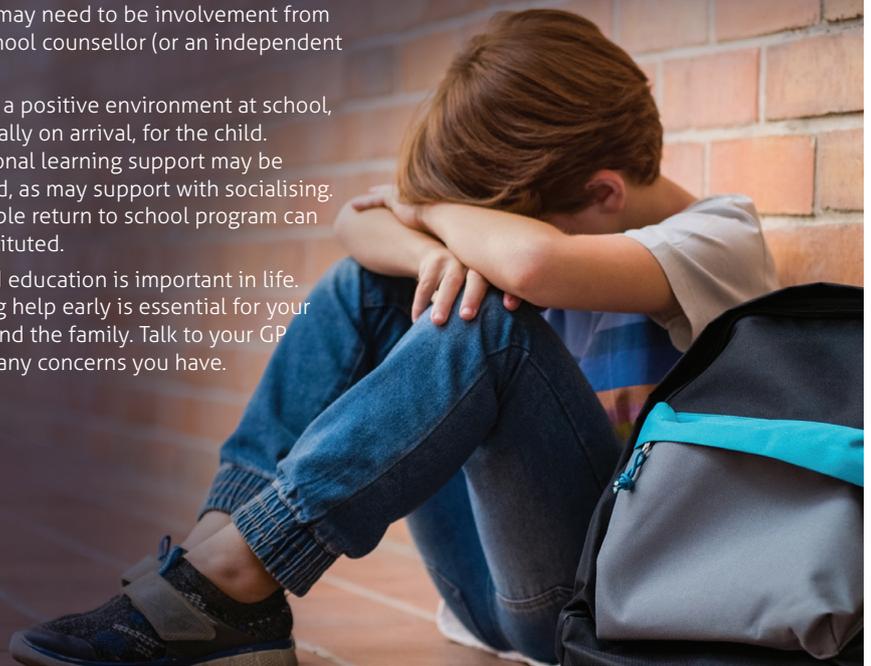
Symptoms include tearfulness before school, frequent complaints of somatic symptoms like headaches, tummy pains or dizziness before school but not on weekends through to tantrums before school.

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 stagnate.

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

• SURGERY HOURS

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7.30am – 6.00pm

Saturday

8.30am- 12 noon

Sunday

8.30am - 12 noon

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• AFTER HOURS & EMERGENCY

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• SPECIAL PRACTICE NOTES

Telephoning your doctor. Although most problems are best dealt with in consultation, a doctor will always be available during normal surgery hours for emergency advice. Our staff are experienced in helping you decide whether the matter requires appointment, a return phone call from the practice, or urgent advice.

Reminder System. Our practice is committed to preventive care. We may telephone or issue you with a reminder notice from time to time offering you preventive health services appropriate to your care. If you do not wish to be part of this system please advise reception.

Results. If you are referred off to have any tests done, we ask that you ring the practice for your results.

Medical Records. Your medical record is a confidential document. It is the policy of this practice to maintain security of personal health information at all times and to ensure that this information is only available to authorised members of staff.

Patient feedback. We welcome your comments or suggestions. Please feel free to talk to your GP or the Practice Manager regarding any issues. If you prefer, you can contact: The Office of the Health Ombudsman 133 OHO (133 646) complaints@oho.qld.gov.au <http://www.hqcc.qld.gov.au/>