



PRACTICE NEWS

Robina Family Medical Centre Pty Ltd

Summer 2014

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Vol. 1 No. 1



and a Happy New Year

A very Merry Christmas to all of you and welcome to the first edition of Practice News.

You would have noticed a subtle change in name and will continue to see improvements in the practice over the coming months. Behind the scenes we have just invested in an upgraded IT system that will improve both our efficiency and your experience when visiting the practice. This first edition focuses on both the new and existing faces at Robina Family Medical Centre.

We welcome feedback so that we can continue to improve our service to you. Please either fill out a feedback form at your next visit or email us any suggestions you may have as to how we can improve.

As most of you are aware we bid farewell to Dr Chris Maclay in October. We thank Chris for his contribution to the practice and wish him well in his new adventures in Tasmania.

Thank you for continuing to support the practice.

The team at Robina Family Medical wish you a safe festive season and all the best for 2015.



Holiday Hours



The Clinic will be open until 5pm on the 23rd of December.
We will be *closed from the 24th of December to the 4th of January*
re-opening at 8am on the 5th of January 2015.

If you run out of your long-term medications while we are closed, please ask your Pharmacist to top up your medications and arrange to see us in January for an updated prescription.

If you are due to have any blood tests during this time, we suggest you defer it until after the 5th of January.

DOCTORS:

Dr. Vinodha Naidoo

MBChB, FRNZCGP, FRACGP
Diploma Obstetrics and Gynaecology

Dr. Prakash Appanna

MBChB, FRNZCGP, FRACGP
Diploma Sports Medicine
Diploma Advanced Skin Cancer Surgery

Dr Nimrod Smit

MBChB, FRACGP
Diploma Aviation Medicine
Certificate in Cosmetic Medicine

Practice Nurse: Jingle Delore

Receptionist: Anne Hernon
Sofia Gallagher

Telephone: 5689 1212

Facsimile: 5689 1255

E: reception@robinafamilymedical.com.au

After Hours: 137425

Emergency Services: Dial – 000

Surgery Hours

Mon – Fri 8am to 5pm
Thursday 8am to 7pm
Saturday 9am to 12pm
CLOSED Sundays, Public
Holidays, 24th Dec to 4th Jan.

CONSULTING HOURS:

Dr Vinodha Naidoo

Mon to Fri 8:30am to 4:30pm
Thurs 2pm to 7pm

Dr Prakash Appanna

Mon to Wed 8:30am – 5pm
Thurs 8:30am – 1pm

Dr Nimrod Smit

Thurs 2pm to 7pm
Saturdays 9am – 12pm
Full time from April 2015



Caring for Our Community™ since 2012

Faces at Robina Family Medical Centre...



Dr Vinodha Naidoo

Vinodha joined the practice in October 2013 and we are pleased to announce she has increased her hours to full time. Vinodha completed her Medical training in Durban, South Africa and moved to New Zealand in 1990 before moving to Australia last year. Vinodha completed advanced training in Obstetrics and Gynaecology in New Zealand. She is married to Dr Appanna and they have 3 daughters.

Vinodha's special interests include:

- Woman's Health including Menopause
- Contraception (including Hormonal Implant insertion and removal)
- Children's Health
- Adolescent Health
- Chronic Care Medicine (including Nursing Home visits)

Vinodha offers a holistic approach to patient care including nutritional options to assist with keeping you well and managing your medical problems.



Dr Prakash Appanna

Prakash joined the practice in July 2014 and has recently increased his hours. He also works at the Gold Coast Melanoma Clinic in Coolangatta.

Prakash completed his medical training in Durban, South Africa in 1988. He completed advanced training in Sports Medicine in New Zealand and Skin Cancer in Australia.

Prakash's special interests include:

- Skin Cancers
- Sports Medicine
- Emergency Medicine
- Chronic Care Management

Prakash provides bulk billed consultations for skin checks.



Dr Nimrod Smit

We are pleased to announce that Nimrod has joined the team. Nimrod completed his training in Pretoria, South Africa and moved to Australia in 2007 working in Adelaide and Brisbane.

Nimrod was trained in cosmetic procedures in South Africa and continued his training in Adelaide. Nimrod provides anti-wrinkle injections and cosmetic fillers by appointment only (fees apply).

Nimrod's special interests include:

- Cosmetic Medicine
- Weight Loss Medicine
- Chronic Care Management

Nimrod will be working part-time until March 2015 and will then be available full time from April 2015.

Nimrod is available to provide consultations in Afrikaans.



Dr Claudia Dullo Sneesby (Physiotherapist)

Claudia completed her training in Australia and then went on to complete a Doctorate in Physiotherapy at Bond University. Claudia is also an Exercise Physiologist.

Claudia's special interests include:

- Manual therapy
- Acupuncture
- Sports and Workplace injuries
- Exercise therapy
- Pelvic Floor Strengthening



Jingle Delore, Anne Herson and Sofia Gallagher

Jingle is well known to most of you as our busy Practice Nurse. Jingle has been at the practice for two years. Jingle is available for Practice Nurse consultations and takes care of your Reminders & Recalls as well as your Chronic Care Management plans.

Anne has been at the practice for two years and is our Senior Receptionist. Anne is responsible for your practice registration and updating your records.

Sofia has just joined the practice and is still in training as our Junior Receptionist. Sofia is responsible for contacting you on behalf of the team.