



PRACTICE NEWS

Robina Family Medical Centre Pty Ltd

Winter 2015

© Copyright Robina Family Medical

Vol. 2 No. 1

NEW EXTENDED HOURS

We listened to your feedback and the Team at Robina Family Medical are pleased to announce that we have extended our consulting hours.

We are now open from 8am until 6pm weekdays with a later 7pm close on Thursdays and on Saturdays we are open from 9am to 12pm.

WEBSITE AND SOCIAL MEDIA



Our new website is up and running. Please visit www.robinadoctors.com.au to catch up with the latest changes at the practice.

We have also launched our Facebook and Twitter pages (@robinadoctors) and look forward to you following us on these sites.

APPOINTMENTS ONLINE BOOKING

We are pleased to announce that we have introduced an online booking system. The system is easy to use and provides an instant confirmation.

Please visit www.robinadoctors.com.au and click on "Book an Appointment Online" at the top right corner.

NEW PRACTICE MANAGER

We would like to introduce **Carolyn Kerrison** as our new Practice Manager. Carolyn brings to the role over 20 years of experience in the Health Care Industry at various levels of management. Carolyn is responsible for all aspects of managing the team and is available to assist with any enquiries.

HEADING INTO WINTER

The flu season has arrived and if you haven't had your flu vaccine it's not too late. The vaccine is free to all patients over 65 and those with chronic medical conditions.

A reminder too that Whooping Cough remains a threat again this winter. If you haven't had a booster in the last 10 years you should make an appointment to discuss the need for vaccination.

The pneumonia prevention vaccine, Pneumovax® is also available at no cost to patients over 65 years and those who are immunocompromised.

PATIENT ENROLMENT

It is important for our team to focus on patients for whom we are their principal General Practitioner. We have therefore instituted a new Patient Enrolment Form to assist with accurately identifying those patients. Thank you for completing this form when you next visit the clinic.

FEEDBACK

We can only improve our service with your feedback. We welcome your comments and suggestions. Send us an email or drop off your feedback into our Suggestion Box located in the waiting room.

Thank you for continuing to support the practice.

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 Manager:

Carolyn Kerrison

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 6pm
Thursday 8am to 7pm
Saturday 9am to 12pm
CLOSED Sundays, Public & Christmas / New Year Holidays

Website: www.robinadoctors.com.au

 **Twitter** @robinadoctors

 **Facebook:** robinadoctors



Caring for Our Community™ since 2012

PERTUSSIS - THE 100 DAY COUGH

Whooping cough (Pertussis) is a highly contagious respiratory infection spread by coughing and sneezing (droplets) caused by the bacterium *Bordetella Pertussis*. In a household where someone has whooping cough, an estimated 80-90% of the unimmunised contacts of that person will acquire the disease. Infants are at greatest risk of contracting whooping cough as their mother's antibodies do not provide reliable protection.



What are the symptoms?

It takes between 7- 20 days for the symptoms of whooping cough to appear. Whooping cough is most infectious in the first two weeks. Symptoms start as a common cold with a runny nose, sneezing, slight fever and a mild irritating cough progressing to uncontrolled coughing spasms and vomiting. Coughing attacks are generally followed by a big breath in or a 'whoop'. Whooping cough can last for months and is sometimes called the 100-day-cough.

What can happen?

Whooping cough can be very distressing for your baby as they are often unable to feed or breathe properly so become very ill and may end up in hospital. About one in 200 infants under the age of six months who contract whooping cough will die from pneumonia or brain damage.

How can I protect my baby?

The best way to protect your baby against whooping cough is to immunise them on time at 2, 4 and 6 months of age with boosters at 4 years and between 10-15 years of age.

Babies are not well protected from whooping cough until they have had all three doses. Delaying immunisation puts your baby at higher risk of catching the disease. About 84 percent of babies are fully protected once they have completed the first three doses of the vaccine.

To protect infants against Pertussis before they commence their vaccinations at 2 months of age:

- Pregnant mothers should be immunised preferably in the third trimester of pregnancy as their antibodies transfer to the newborn through the placenta.
- Adults who live with, care for or work in regular contact with infants should be immunised at least 2 weeks before beginning close contact with the infant, even if the baby has been fully immunized.
- Adults who are at high risk of severe illness or complications should be immunised.

How can we prevent it from spreading?

Aside from immunising your baby on time, there are other steps you can take to help prevent whooping cough from spreading.

- Make sure older children are up to date with their immunisations.
- If you suspect symptoms of whooping cough, see your Doctor early.
- Keep babies away from anyone with a cough, even if they and baby are fully immunised.
- People who are infectious should be isolated from infants and pregnant women.

Does immunisation last a lifetime?

Your immunity to whooping cough decreases with time. This means that people can catch whooping cough even if they have been immunised. Booster doses are recommended at age 25, 45 and 65 together with Tetanus, Diphtheria and Polio.

Whooping cough immunisations for children and pregnant women are free. Further information is available about the National Immunisation Schedule at www.immunise.health.gov.au.

This information is provided as a guide. For specific advice please ring 5689 1212 to make an appointment to see one of our Doctors.
Copyright © Robina Family Medical Centre Pty Ltd 2015.