

Newsletter

August 2019



Uraidla Family Practice
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August/September News

Meningococcal Vaccination

Meningococcal disease is a communicable disease which can cause meningitis (inflammation of the lining of the brain), septicaemia (a form of blood infection) and in some cases, death. There are 13 different types and we are fortunate to have access to two vaccines that protect against a total of five of those types of infection – B and A, C, W & Y.

As there has been a rise in the number of cases in recent times, both the federal and state governments have included catch-up programs to enable those in certain age groups who have missed out on vaccination, to be immunised free of charge. The SA Government, until the end of 2019, are giving children over 1yo to less than 4yo and teenagers from 17yo to less than 21yo an opportunity to have the two-dose course of meningococcal B, Bexsero, before December 31, 2019. The two doses must be separated by two months. The meningococcal ACWY vaccine, Nimenrix, can be accessed free of charge by 15-19yo as an ongoing program. This is only a one dose vaccine and is now also on the schedule for infants at 12 months of age and in schools for year 10 students from this year.

Please contact the Practice should you have any queries or to book an appointment. We currently have both of these vaccines in stock, but due to the number of people accepting the catch-up program offer, please check availability if you are booking an appointment to have one.

Sleep

Did you know that lack of adequate sleep affects mood, motivation, judgement and even our perception of events?

August the 5th to 11th is sleep awareness week which gives us the opportunity to reflect on the importance of sleep and how poor-quality sleep and sleep deprivation can impact our lives.

According to the Sleep Health Foundation.....

”The first things that suffer are related to our brain function. We can't hold our attention, our memory becomes poorer, our reactions are slowed and our mood fluctuates more than normal. If inadequate sleep continues to occur regularly we find that our physical and mental health may be at risk. The likelihood of depression increases, it seems likely our immune system suffers and we are at higher risk for metabolic impairments, such as those leading to diabetes. Our performance at work is impaired and there is a higher chance of driving accidents.”

We encourage you to discuss any concerns you may have regarding your sleep or sleep difficulties with your GP, they may have some ideas to help you or may refer you for further sleep studies, some of which can be undertaken in your own home.

Surveys

As part of our upcoming accreditation we are asking patients to participate in an anonymous survey. It is quite a quick survey which asks you about the service provided here at Uraidla Family Practice and it is a great way for us to maintain a high level of care and to raise our standards if there are any areas of concern.

We greatly appreciate your participation in this process.

Staff

You may have noticed a few new faces in the Practice of late.

Hayley has joined Jacquie and Sue in the role of Practice Nurse,. Hayley has worked most recently with the Child and Family Health Service and is a welcome addition to the team.

We've had two new additions to the Reception team with Jess joining us in April moving from another Adelaide hills practice and Di has joined the team this month bringing with her a wealth of administrative and reception experience.

You will receive the same quality care and attention you are used to receiving here at Uraidla but bear with them as they learn the ropes and begin to recognise the faces that go with the names of our loyal patients.

RU OK? Day

September 12th, 2019 is RU OK? Day. This is a day dedicated to reminding everyone to trust the signs and ask the question, "Are you Okay?", its about checking in with people in your life who you think may be struggling with something, perhaps you've noticed a change in them that concerns you.

- Ask
- Listen
- Encourage action
- Check in

Sometimes starting a conversation can be difficult but it will let the person know they are supported and that you are someone who cares enough to offer help.

www.ruok.org.au is a great resource for information and also for raising awareness, perhaps you could print out a poster or two and put them up at your workplace or club.