

# Newsletter

Uraidla Family Practice  
1163 Greenhill Road Uraidla SA 5142  
Phone 83903002

## July 2020 News

### COVID Update

As a practice we are returning to the new normal with face to face consults being encouraged but with caution. We will still ask you to call from the car park when you arrive so we can maintain social distancing in our waiting room. If you are suffering from cold and flu like symptoms please let our reception staff know. Our Practice strongly encourages the use of the COVIDSafe app.



### Bone Density Screening



We are having the Bone Bus (bone density screening bus) here next month on August 31st and September 1. If you are 70 or over, have not previously had a bone density scan or not in the last 2 years you will be sent a letter advising you to make an appointment with your GP to discuss your eligibility. If at this appointment it is determined that you are eligible for a scan your GP will write a referral. The scan will be done with NO OUT OF POCKET COST. Results of lowered bone density or osteoporosis are problems that can be treated.

### GPMPs and TCAs

*Have you heard the terms GPMP or TCA? The goal of both schemes is improved health outcomes.*

A **GPMP** is a GP Management Plan. It is a plan that is developed between a GP and a person with a chronic disease (any illness or condition that has lasted or is expected to last for more than 6 months). The objective of the plan is to better manage a person's chronic health condition with the clear identification of the problem and the actions to be taken to reach certain health goals. These actions may include medications, therapies and lifestyle changes.

A **TCA** stands for Team Care Arrangements. A Team Care Arrangements is for people with complex health needs that may require treatment from two or more care providers, often allied health professionals like physiotherapists, podiatrists, exercise physiologist or optometrists. The TCA can also include the care of a specialist.

Having these plans in place can be a useful central tool for the team of care providers with the added bonus that the TCA allows the patient access to a certain number of subsidised allied health sessions each calendar year.

Here at Uraidla Family Practice the process is quite straightforward involving a long appointment with one of our nurses who will gather information on behalf of your GP.

If you think you and your health could benefit from having these in place please have a chat with your GP at your next appointment or reception staff who can help initiate the process for you.

## Welcome

Uraidla Family Practice would like to welcome accredited exercise physiologist Georgina Grigg to the Practice.

Exercise Physiology uses exercise interventions to prevent or help manage a wide range of health issues including acute and chronic medical conditions and injuries with the aim of restoring physical function and wellness.

Georgie can help in many areas of health including cardiac rehabilitation, pulmonary disease, weight management, metabolic disease, any condition that would benefit from exercise!

Georgie is able to offer one on one consults here at Uraidla Family Practice or home visits—which can be beneficial for anyone with mobility issues.

Please do not hesitate to contact Georgina with any questions you may have 0419 816 208 or GPEPInfo@gmail.com.



## Physiotherapy and Podiatry News

Uraidla Physiotherapy has welcomed to the team Riccardo Barrientos a qualified massage therapist. Ricky is currently taking bookings on Saturday mornings so please speak with Angelica at your appointment or call the practice to book an appointment time.

Kate and Angelica wish to advise their clients of the following fee changes for podiatry and physiotherapy which have come into effect from 1st July 2020.

### Podiatry

Initial Consultation: \$90

Standard Consultation: \$75

Home visit: \$90 within 5km radius (travel fee may apply for distance greater than 5km).

Medicare EPC Consultation: Standard: \$10 gap, Pensioners: no gap



### Physiotherapy

Initial Consultation: \$90

Standard Consultation: \$75

Home visit: \$90 within 5km radius (travel fee may apply for distance greater than 5km).

Medicare EPC Consultation: Standard: \$10 gap, Pensioners: no gap



## Have you noticed our new display in the waiting room?

We intend to use this new noticeboard as a way to convey health messages to our patients. We will endeavour to have a different health focus each month. If this board prompts you to think about an aspect of your health you have not looked after previously it would be great to know, we appreciate any feedback you may have.