

# Newsletter

November 2019



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## November News

### Movember

Here at Uraidla Family Practice some of the Doctors appear to be growing beards instead of moustaches for Movember. Dr Indy is the self-declared winner, taking every opportunity to ridicule Dr Tim's efforts. Nothing like a bit of friendly rivalry!

If facial hair is not your thing you can now join in to help change the face of mens' health by signing up to "Move", a part of the leading charity for raising funds and awareness for mens' health, Movember. Put one foot in front of the other to raise funds for men's health.

Our father's, brothers and friends are facing a men's health crisis. Men are dying 6 years earlier than women, for reasons that are largely preventable.

This Movember, make your Move – for them.

Commit to walking or running 60 kms over the month. That's 10kms for each year of life they're missing out on. The time they should be spending with their loved ones – people like you.

You don't have to be an ultra-athlete, or own the latest kicks. Move is simpler than that.

Hit it fast. Take it slow. Run solo. Join a team. Go outside. Or jump on the treadmill.

Call on friends and family to back you with a donation, and then chip away, your way.



# MOVEMBER®

### Reminders and Recalls

Uraidla Family Practice is focused on providing our patients with the best possible care in all aspects of your health, whether this be for an acute illness or injury, chronic disease management or preventative care.

With this in mind if you receive a reminder or recall letter from UFP or the clinical staff ask you to be involved in a care plan to manage your health, please respond by getting in touch with the practice to make an appointment.

Care plans enable GPs to plan and coordinate the care of patients with conditions requiring ongoing care from a multidisciplinary team, allied health professionals and specialists as required.

## Prescriptions and Referrals

Our doctors are serious about patient care and safety. Because there is increasing concern about medication interaction and medico legal issues, the doctors will not routinely issue repeat prescription and referrals without an associated consultation. When seeing your doctor, make sure you discuss all your medications with him or her and ensure that you have enough medications to see you through to your next visit. Brief prescription only visits may be bulk billed at the doctor's discretion.

**If the doctor does decide to issue a repeat prescription or referral over the counter a \$10, non-rebateable fee will apply.**

## Immunisations

Since 1 April 2019, the meningococcal ACWY vaccine has been added to the National Immunisation Program as a funded vaccine for students in Year 10 through the school-based vaccination program.



If you or your child are in this age group and missed the immunisation at school we encourage you to make an appointment with your GP to discuss catch up immunisations.

Thankfully, UFP has had a good response to the current catch up programs for adolescent meningococcal ACWY as well as the childhood and adolescent/young person's Meningococcal B, Bexsero.

## Appointment Attendance

During the last few months there has been a steady increase in the number of appointments being wasted due to non attendance. Please help us to reverse this trend. While we understand that life gets busy and that sometimes things happen that prevent you from attending a scheduled appointment, please cancel as early as possible so that others can utilise this precious time with our Doctors and Nurses.

## Reminder

If any of the following details have changed for you:

- Residential address
- Postal address
- Phone number
- Email address
- Next of kin or emergency contact details



Please let us know when you call to make an appointment or when you check in with us on arrival.

We occasionally need to contact you via phone to change an appointment and via email or letter to send a reminder. It is also important to have an alternative contact name and number in case of emergency.

We appreciate your assistance.