



# Rozelle Total Health

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## RTH Health News

Summer 2011

### Our Team

#### GENERAL PRACTITIONERS

Margot Woods  
 Irmgard Pascoe  
 Wendy Unwin  
 Raj Rajalingham  
 Maryanne Docker

Phil Cameron  
 Catherine Steele  
 Linda D'Bras  
 Penny Burns

#### Practice Nurse Mental Health Nurse

Joanna Freeman  
 Diana Uy

#### SPECIALISTS

##### Paediatrician

Mei Ho  
 Anna Ward  
 Alan Sturgess  
 Matthew Davies  
 Andy Wills  
 Phil Yeung

##### Rheumatologist Psychiatrist ENT Surgeons

#### ALLIED HEALTH

##### Psychologists

Gail Rice  
 Roger Dunphy  
 Aja Stuart  
 Alex Budlevskis  
 Antonella Franchini  
 Alison Linn  
 Eleanor Lee-Bognar  
 Genea  
 Ressleep

##### Acupuncturist Health Coach Clinical Hypnotherapy Osteopath Physiotherapist Fertility Clinic Sleep Clinic

#### PATHOLOGY

Douglass Hanly Moir

### Wishes for a Healthy 2012

Another year ending and a reflection on both sad and happy memories as we reflect on the past and look forward to the New Year.

At RTH one of our new year's resolutions is to help you quit smoking. Early in 2012 we will be sending out a letter offering support from the GPs and RTH team to help you give up smoking. For information about some of the support we offer at RTH to help you break the habit look on the website for the quit smoking brochure.

It is our third Christmas and like a 3 yr old we are excited to be feeling a little more stable on our feet. We are thrilled that we now have over 25 health practitioners and a number of new services on offer this year.

We have had time to take a breath and start integrating some of our visions into practice. The focus on preventative integrated health care is starting to become a reality as the GP works in consultation with you, the Practice Nurse and the team to help you meet your health goals.

Our focus will continue to be looking at how we can improve your experience at RTH with an ongoing focus on education, prevention and chronic health care. A new online booking service and updated website in the new year will offer you more up to date health information and a 24/7 day service to book your appointments.

Make 2012 the year that mind/body health is a priority.

Welcome to Osteopath Alison Linn and Physiotherapist Eleanor Lee-Bognar, who have joined the RTH team.

Welcome to Practice Manager Courtney Ellis.



## RTH Services

### Osteopathy

Alison Linn, an Osteopath joined RTH in November. She has 20 years experience, including many years running her own practice in the inner west. She enjoys the challenge of a non-specialist practice. Alison also incorporates acupuncture in her work.

### Physiotherapy

Eleanor Lee-Bognar is a physiotherapist who has worked in Womens' Health since 1997. She is joining RTH in January. Her areas of experience include pelvic floor assessment and management, bladder training, pregnancy and post natal pain management.

### Virtual Gastric Banding

Our Clinical Hypnotherapist, Antonella Franchini is offering a new hypnotic weight loss system that incorporates the Virtual Gastric Band which has had a very good success rate in the UK. The treatments are delivered in four weekly sessions, individually or in a group program starting in February 2012.

### OzDocs Online

If you see Dr Woods, Dr Cameron, Dr Unwin or Dr Burns at RTH you can go online and register at [www.ozdocsonline.com.au](http://www.ozdocsonline.com.au) ( you can also access through RTH website). You will be able to get prescriptions, referrals and pathology test results online from these GPs.

### Health Coaching

Our Exercise Physiologist, Alex Budlevskis will launch a new health coaching program next year at RTH which will incorporate dietary planning, shopping, nutrition and exercise.

### Courses at Hannaford Centre

#### Re-Storying Our Lives

Join a small group run by Psychologist Gail Rice to explore how writing can help you manage anxiety or depression. Cost \$330\* 6 weeks. Starts March 6 Tues 6 - 8pm

#### Gastric Banding

4 Week Program starts in February

## Managing Your Health

As part of RTH's commitment to offering quality team care to those with ongoing care needs, we invite you to participate as a member of our **Chronic Health Care Clinics**. Please speak to your GP about your eligibility and take charge of your health in 2012.

### Benefits of CHC Clinics

#### Repeat Prescriptions

You will never run out of regular repeat prescriptions. There is no need to make unexpected trips to the doctor, saving you time and money.

#### Current Specialist Referral

You will always need to have a current referral in order to make a Medicare claim. A reminder that it is illegal for a GP to 'back date' a referral so having a current referral will mean you won't be out of pocket.

#### Medicare Funded Services/Rebates

You will receive all the Medicare funded healthcare services and rebates which are available to you.

#### Health Summary

You will receive an up to date health summary tailored to your specific healthcare needs. Measurable goals will be set in consultation with your health team.

#### RTH Health Professionals

You will have access to all RTH allied health professionals in one location.

#### Coordinated Team Care

In consultation with your GP you will be able to nominate your own health care team (GPs Specialists and Allied Health Professionals)

#### Regular Reviews

You will have regular reviews with our Practice Nurse and your GP, ensuring that you are on track and your healthcare goals are monitored.

#### Dedicated Time

Participation ensures that you have the dedicated time available to you to deal with your ongoing healthcare needs.

#### Taking Charge of Your Health

Your proactive approach to your health and well-being is the best gift you can give to yourself and your family.

## News

### Customer Service

As part of our commitment to provide the best patient care we welcomed Courtney Ellis to RTH in November as our first full time Practice Manager. Courtney has extensive experience managing medical clinics and is here to ensure we continue to improve and develop our service to you.

### Online Booking

Early in 2012 we will be trialing an online booking system for all our practitioners which we hope will provide a better service to you with a 24/7 access to booking on our website. We will keep you informed of this progress.

### Osteoporosis

As part of our expanding health programs we received a grant from Novartis to complete a survey of our older patients regarding their Osteoporosis medications. We will be encouraging all our patients over 70 to have a DEXA bone scan as part of this program. Contact Joanna, our Practice Nurse for information.

### Get Healthy

RTH has formed a partnership with NSW Health to help educate and promote their free **Get healthy** information and coaching service. We are thrilled to be chosen as the medical practice they will work with to promote the program. We will commence this work in 2012 and keep you updated. Participation in the program can be arranged by your GP.

[www.gethealthynsw.com.au](http://www.gethealthynsw.com.au)

### Diabetes

At a recent conference, a government body, The Improvement Foundation, noted RTH's exemplary performance in chronic care management. As a commitment to developing and improving our services we are running a project looking at the link between mental health and diabetes.

## Community News

Thanks to everyone who took up knitting needles while they were waiting for their appointment. RTH delivered 7 blankets to **Wrapped with Love** to distribute in places where hypothermia is a real risk.

**Santa Collection** Thanks to GP Catherine Steele for collecting food and toys which will be distributed to her Village Church in Annandale