



OCEAN
WAVE
MEDICAL
Excellence in Family Medicine

SPRING 2020 NEWSLETTER

Spring has arrived. We continue to have daily updates and new information on COVID-19 and everyone is ensuring they social distance and practice good hygiene and if you are somewhere you can't social distance it is recommended to mask up.

Here at Ocean Wave Medical we are ensuring we are keeping up-to-date with any relevant information and keeping our patient's informed. As you know we are still offering Telehealth and limited patients inside our practice at any time. Full triage on our door prior to entry and any flu-like symptoms are seen outside in our pop-up clinic. Follow us on facebook for any health alerts or information to keep you informed.

Our Doctors: Dr Amir Akram, Dr Deborah Vercoulen, Dr John Fogarty, Dr Christelle Greeff, Dr Geoff Broad, Dr Venera Edwards, Dr Tony Moor, Dr Shadman Chowdhury, Dr Daniel Bower.

COVID-19

WHAT ARE THE COVID-19 SYMPTOMS

The most common symptoms of COVID-19 are fever, tiredness, and dry cough, breathlessness. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention.

HOW CAN I PROTECT MYSELF?

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority.

You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
- Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- Maintain at least 1.5metre distance between yourself and other persons.
- Why? When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.
- Avoid touching eyes, nose and mouth.

- Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.
- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
- Why? Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.
- Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

How is our Surgery running through this Pandemic?

- Our surgery is complying with all legislation to make sure our Staff and Patients are kept healthy through this Pandemic. All our wonderful doctors are now consulting over a phone call or Telehealth consult to keep the germs and patients in the practice to a minimum. Face to Face consults are available if needed, but only if no travel into covid hotspots, no flu like symptoms and no contact with someone with covid. We also offer our outdoor clinic for those people who may have a cough to ensure our infection control inside is maintained. This POP UP CLINIC is sterilised after each patient. For anyone entering the practice (patients and staff) a temperature and triage questions must be taken and answered by the Triage nurse before entering the practice.



Who and Where can you get tested on the Sunshine Coast?

- Public Health are now testing all individuals that are experiencing any flu like symptoms. These services are a drive thru service that does not require a referral. This service is open 7 days a week from 8.00 am to 4.00pm. Below are the testing clinics on the Sunshine Coast:

Caloundra Health Service Fever Clinic and Drive-thru Testing

West Terrace, Caloundra QLD 4551. Phone 54368762

SCUH Sunshine Coast University Hospital, Birtinya – Drive-thru testing on Level 2 of carpark

Nambour General Hospital:

Hospital Road, Nambour QLD 4560

10th September is RU OK DAY

A CONVERSATION CAN CHANGE A LIFE



R U OK? inspire and empower everyone to meaningfully connect with the people around them and start a conversation with anyone who may be struggling with life.

You don't need to be an expert to reach out - just a good friend and a great listener.

Use these four steps and have a conversation that could change a life:

- 1. Ask R U OK?**
- 2. Listen**
- 3. Encourage action**
- 4. Check in**

WHAT IS MENTAL HEALTH?

'Mental health' is often used as a substitute for mental health conditions – such as [depression](#), [anxiety](#) conditions, schizophrenia, and others.

According to the [World Health Organization](#), however, mental health is “a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”

Beyond Blue 2020

WHAT WE OFFER AT OCEAN WAVE MEDICAL?

Our doctors here at Ocean Wave Medical Offer Mental Health Plans for patients that need help. Doctors can refer you to a Psychologist of your choice, or you can be referred to our onsite Clinical Psychologist Cornelia Bam who offers counselling in **Depression, anxiety, stress, panic attacks, trauma, anger and aggression, obsessions and compulsions. Sleep, Sexual and Relationship problems, including marriage counselling. Pre-Natal and Post-Natal situations.**



Consults available Monday to Thursday 8am to 5pm. Cornelia accepts Workcover patients, sessions covered by Workcover, DVA, MHP plans, NDIS and Private consultations.

Phone 54919044 to book.



Ocean Wave Wellness Centre

27 Mayes Avenue, Caloundra
adjacent to our garage

Carparking and entrance is at rear.

Ground Floor

Suite 1 – Flying Feet Podiatry Phone 1300288365

David Morgan has a Bachelor of Health Science (Podiatry) graduating in 1997 and a Master of Health Science from New Zealand. David has been in private practice for over 15 years in Australia. He is a member of the Australian Podiatry Association, and Sports Medicine Australia and bring to Caloundra experience in all areas of Podiatry including:

- General foot care
- Foot orthoses
- Diabetes foot health
- Ingrown toenails
- Toenail surgery
- Children's feet
- Medicare, DVA, and Workcover clients (referral required), accepting Care Plans & D904 DVA referrals.
- Private health fund electronic claiming via HICAPS available.

Suite 2 – Eternal Youth Australia HIFU & Skin Rejuvenation clinic

The Eternal Youth Australia are a team of specialists the offer revolutionary treatments that can help you look 5 – 10 years younger without surgery using HIFU and Plasmalift. HIFU, in particular, is unique in that results are achievable with only 1 treatment, no down time, no surgery, no needles and lasts up to 2 years, and at a fraction of the cost of surgery!



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Suite 3 – Embody Physiotherapy – Male and Female Physiotherapists (Phone 53379853)

Rachel and her experienced team of Physiologist specialise in:

- Pain & Injury Management
- Exercise Rehabilitation
- Falls Prevention
- Women's Health Physiotherapy including Pelvic Floor Weakness & Prolapse
- New Mum's pelvic floor checks available
- Accepting EPC Referrals, bulk billed for aged pensioners and HCC holders. See the receptionist for fees
- Pre employment musculoskeletal tests

First Floor with own waiting area upstairs

Suite 5 – Impact Hearing Audiology www.impacthearing.com.au Phone 32895563

Dendra Cole of Impact Hearing is a qualified Audiologist accredited with Audiology Australia, member of independent Audiologists Australia (IAA), and director of Impact Hearing. As a long-time hearing aid user and with sensorineural hearing loss diagnosed at 3 years old, early childhood hearing loss diagnosis and unsurpassed hearing rehabilitation with hearing aids or assistive listening devices has become Dendra's lifelong passion. Dendra is committed to providing you with quality sound, confident lifestyle and relationship with enriched communication as if you are a member of her own family.

Suite 6 – Exercise Physiology and Pilates - 53379853

Accredited Exercise Physiologists (AEPs) specialise in clinical exercise interventions for people with a broad range of health issues. Those people may be at risk of developing, or have existing, medical conditions and injuries. Pilates is a form of exercise that is designed to promote movement efficiency.

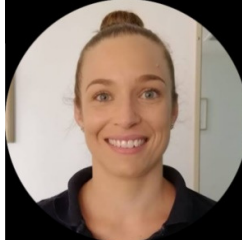
Suite 4 – STILL AVAILABLE FOR RENT phone 54919044 for enquiries

PHONE 5337 9853 – www.embodymovement.com.au



Rachel Morgan-Varlow

Physiotherapist, Pilates Instructor, Emmett Practitioner



Alicea Dwyer

Exercise Physiologist



Christina Machray

Physiotherapist, Women's Health, Physiotherapist



Steven Osborne

Physiotherapist, Exercise Rehabilitation specialist

MAJOR CHANGES TO OPIOD PBS PRESCRIPTIONS

Opioids include any drug that acts on opioid receptors in the brain, and any natural or synthetic drugs that are derived from or related to the opium poppy. Opiates are a subset of opioids, which are naturally derived from the opium poppy plant, rather than synthetic substances.

On the 1st June 2020, the pharmaceutical Benefits Scheme listings for opioid medicines changed including Tramal (tramadol) and Panadeine Forte (paracetamol/codeine). The changes include amendments to existing restriction requirements and arrangements for increased quantities and repeats.

This comes in response to the growing number of deaths involving opioids in Australia. From 2007 to 2016, opioid- related deaths nearly doubled – from 591 to 1119 deaths per year.



What do these changes involve?

Opioid medications will now be available in smaller quantities with no repeats for treatment of no chronic pain. To be eligible for treatment with opioids, patient will need to be unresponsive or intolerant, or have achieved inadequate relief of their acute pain, to maximum tolerated doses of non- opioid treatments.

For chronic pain, increased quantities and/or repeats may be authorised by Services Australia where the patient meets the restriction requirements. Increased quantities to extend treatment up to one month may be requested via telehealth/electronic authority request, and up to 3 months supply may be requested.

To be eligible for treatment with high strength opioids such as morphine and fentanyl, patients will need to be unresponsive or intolerant, or have achieved inadequate relief of their acute pain, following maximum tolerated doses of other lower strength opioid treatments.

GET READY FOR SUMMER HAVE YOUR SKIN CANCER CHECK NOW AT OCEAN WAVE – BOOK NOW!



Book now for you annual SKIN CANCER CHECK with your regular doctor

\$115.00 with a Medicare rebate of \$73.95
(unless an aged pensioner over the age of 65)

EARLY DETECTION OF SKIN CANCER

- It's important to be familiar with your skin and what is normal, so you can detect any abnormal changes.
- If you notice anything unusual such as any changes in the shape, colour or size of a spot, or the sudden appearance of a new spot, it is important to visit your GP as soon as possible.

What is skin cancer?

Skin cancers form as a result of ultraviolet (UV) radiation damage to skin cells. The three main types of skin cancer include:



- Basal cell carcinoma
- Squamous cell carcinoma
- Melanoma



Self-Examination:

Cancer council recommends all adults (particularly those aged 40 and over) should:

- Become familiar with their skin
- Check **all** areas of skin (even areas not normally exposed to sun)
- Keep an eye out for any changes in size, shape, or colour in current spots and the development of new spots
- Ask others to check difficult-to-see areas
- If you notice any changes in your skin, photographs are a great way to keep record of any changes over time

If you are concerned about any changes in your skin, see your GP.

For further information and resources: *Consumer Guide to Skin Clinics* and further information is available at: www.sunsmart.com.au

Melanoma and *Common Skin Cancers* booklets are available from cancervic.org.au/store

RECIPE OF THE MONTH



Offering Dietetics here at Ocean Wave Medical or home visit available upon request.

Accredited Practising Dietitians (APDs) are the experts in food and nutrition, and the only allied health professionals recognised by Medicare to provide medical nutrition therapy. APDs translate scientific nutrition information into personalised, practical dietary advice. They can advise your patients on the specific nutritional management of many health conditions and assess their dietary pattern against age appropriate recommendations. Nutrition intervention can considerably improve patient outcomes and should be reviewed by an APD periodically to ensure your patients' needs are met.



Jody Pollard – Total Nutrition Dietician

Phone: 0402 225 732

Email: jody@totalnd.com.au

Website: www.totalnd.com.au



Roast Pumpkin and Broccoli Rice

250gm Pumpkin (chopped into 2cm cubes)

150gm Broccoli (chopped into similar size as pumpkin)

1 Tbs Olive oil

1Tsp Dried herbs

1 cup of cooked brown rice

1 cup English spinach or rocket

Dressing

½ lemon juiced

2 tsp Olive Oil

1tsp honey

2 tsp mustard (Dijon or Wholegrain)

Optional

40 gm cashews or pinenuts toasted

40gm of feta or haloumi

½ cup drained canned legumes or chickpeas

1. Preheat oven to 180°. Line a tray with baking paper and add the pumpkin and half the oil. Roast for 30 mins or until tender, add broccoli and remaining oil, continue roasting for 20mins or until all has begun to look roasted (If you need to speed up cooking process, stem the pumpkin and broccoli until just tender, drain all moisture and then cook in oven, reducing the cooking time by half)
2. Mix together dressing ingredients
3. Either heat up brown rice or serve rice cold. (can use precooked microwave rice)
4. Once the vegetables are cooked, add all ingredients together and pour over the dressing. Top with any optional legumes, nuts or cheese and serve



Total Nutrition Dietitian

0402 225 732

