



Riverstone Family Medical Practice

June 2024 Update

[Book an Appointment](#)



[MyMedicare Registration](#)



[RFMP on Facebook](#)



New vaccination against Respiratory Syncytial Virus is now available!

Respiratory Syncytial Virus known as **RSV**, is a viral infection that is most common in late autumn or early winter. The symptoms are similar to other respiratory viruses, e.g. runny nose, cough and fever, but the illness can be very severe and cause breathing problems and pneumonia. It is very infectious and easily spreads from one person to another via droplets.

While **RSV** can affect anyone, babies and older adults most commonly become very sick and may need admission to hospital.

Vaccines have only recently become available. Currently NSW hospitals are vaccinating high risk babies with [Beyfortus](#).

[Arexvy](#) is the vaccine available for adults and is recommended for:

- All adults aged 75 years
- Aboriginal and/or Torres Strait Islander peoples aged 60 to 74 years
- Adults aged 60 to 74 years with medical conditions that increase their risk of severe disease due to RSV.

The vaccine is currently not on the National Immunisation program and the cost is about \$350. (There may be a rebate from private health funds.)

For more information speak to your GP or nurse

Symptoms of RSV:



Runny nose



Cough



Sneezing



Fever



Wheezing



Shortness of breath



Irritability



Poor feeding

From the RFMP Doctors

A message has been sent to all practice patients as a reminder to register with **MyMedicare**. We encourage our practice patients to please register ASAP if you haven't already done so.

Please feel free to ask our reception staff for help if you need any assistance with the registration. Or, to make it easy for you, just click on the link at the top of this newsletter and fill out the registration form online.

Thank you

*A Friendly
Reminder*



ADMIN TIP OF THE MONTH

No last minute bookings please!

- Don't leave booking your appointments to the last minute. Planning in advance is the key! Remember to make a list of all you need from the appointment and book an appointment type (short, long, etc.) which suits your needs.
- We encourage you to please book a Telehealth or Face-to-face consult with your regular doctor if you have not had an appointment in the past six months or more. You might be due for an important annual check like Care plan, Health Assessment, Cervical Screening, etc.

International Nurses Day 12th May



Bronwyn

Michelle

Harmony

Emma

Our nurses are part of the single largest workforce group. They make a real difference to the care and experience of our patients, their families and carers. We want to acknowledge their compassion, professionalism and commitment and let them know how much we appreciate their dedication to the job.

Thank you **Bronwyn, Michelle, Harmony and Emma.**

International Nurses Day is celebrated around the world every year on 12th May, the anniversary of Florence Nightingale's birth who was the founder of modern nursing.



Welcome to Eve Van Der Weerd and Trisha Suresh

This month we welcome two new receptionists, **Eve** and **Trisha**, who recently joined our admin team.

Eve has multiple years of experience in medical reception and strives to always serve every patient with kindness and a smile.

Trisha is currently a university student studying a Bachelor of Actuarial Studies. She enjoys welcoming our patients and helping them meet their personal needs.



Eve Van Der Weerd



Trisha Suresh

and Aradhana Arora



Aradhana Arora

Aradhana is a physiotherapist with over 8 years of practice in Australia. She has a comprehensive understanding of treating a wide range of conditions such as neck, shoulder, back, hip & knee pain specializing in diagnosing and treating musculoskeletal disorders.

She excels in soft tissue release and massage, rehabilitation and orthopaedic conditions.

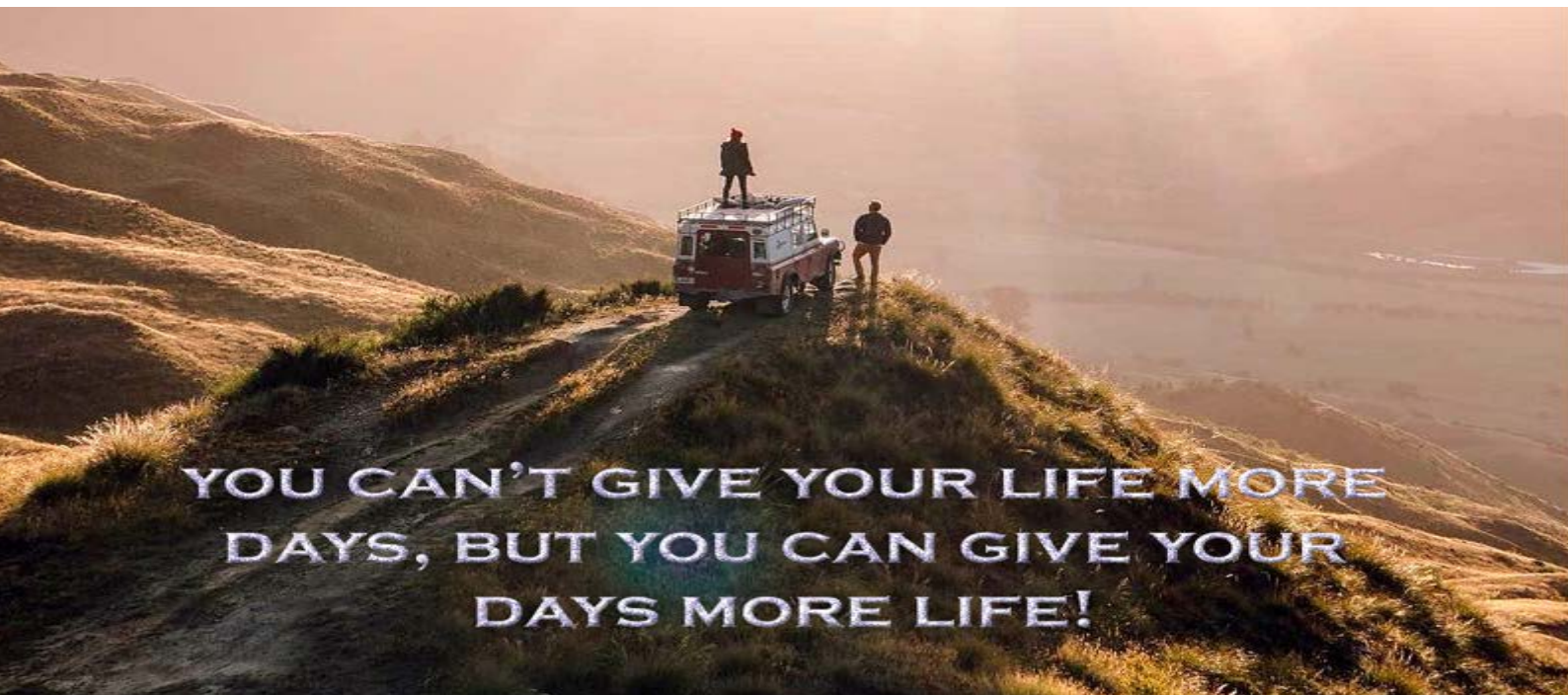
She is fluent in English, Hindi, Gujarati, Urdu and Punjabi, **Aradhana** ensures effective communication with her patients from diverse linguistic backgrounds.

Doctor's Leave

The following doctors will be on leave over the next month:

- Dr Melissa Joseph 8 & 22 Jun only
- Dr Michelle Crockett 27 May to 14 Jun
- Dr Rumi Liyanagamage 29 Jun
- Dr Kim Loo 24 Jun to 28 Jun
- Dr Sharon Muir 13 Jun to 22 Jun
- Dr Kiran Shrestha 26 Jun
- Dr Karen Zheng 10 Jun to 23 Jun
- Dr Matthew Lam 13 Jun
- Dr Larry Lam 6 Jun

Appointments can be booked online by visiting [Online Bookings](#)



Practice Hours: Monday to Friday 8am to 6pm, Saturdays 8am to 1pm
For After Hours Care we recommend the national Home Doctor Service for home visits,
 contact on 13 74 25 (13 SICK)