



Riverstone Family Medical Practice

November 2024 Update

Book an Appointment



MyMedicare Registration



RFMP on Facebook



Whooping Cough

This year has seen an epidemic of **Whooping Cough** in Australia.

To the 8th November, 2024, there have been 41,772 cases of the highly infectious disease in Australia, or around 130 confirmed cases recorded every day on average. That is compared to just 2454 cases in the entirety of 2023, 482 in 2022 and surpasses the previous record of 38,748 in 2011.

The illness is most serious in young babies as well as the elderly and those who have underlying respiratory conditions or who are immunosuppressed. On average 2 babies die in Australia each year from **Whooping Cough**.

Vaccination is available and is part of the immunisation schedule for babies from 6 weeks of age. Pregnant women are also immunised in the later stage of pregnancy to protect their baby.

Please consider a booster if you are in a high risk group or are around babies.

Please link to: <https://www.health.nsw.gov.au/whoopingcough>.

Symptoms of **Whooping Cough**



CLINICAL Tip of the Month

Need a Referral or Script Quickly

Referrals and **prescriptions** can be obtained online via the **Automed** app or by booking a telehealth consult with a doctor.

It is always best to obtain your scripts and referrals from your usual GP. Referral letters need to include all relevant health information including test results, as well as the reason for the referral to the specialist. **Your usual GP is best placed to provide this information** and obtaining the referral from them means that the letter from the specialist is sent to your usual GP. This assists with your continuity of care.

Your usual GP will know what tests you are due for when your prescription is due. This allows your GP to provide more holistic and safe care. **While most scripts provide medication for 6 months, some are now available as 12 month prescriptions.**

We do understand that sometimes you may need to obtain a script or referral before your usual GP has an appointment available. Please consider using our online service **Automed** to request what you need. Your GP will usually reply within 24 to 48 hours. Alternatively you can request a telephone or in person appointment with another GP who can assist you.

Please try to avoid using other services outside of the Practice to obtain a script or referral. This can interfere with your continuity of care which may have adverse impacts on your health.

Aradhana Arora



Aradhana is a physiotherapist with over 8 years of practice in Australia. She is available every Tuesday!

She specializes in:

Dry Needling - Massage - Manual therapy/mobilization - Electrotherapy (IFT, TENS, Ultrasound, and Laser)

From November to February, she sees patients with a care plan at no extra cost.

For questions or to book an appointment, please reach out or visit [Meet our Team | Your Family GPs and Allied Health Professionals](#) for more information.

ADMIN Tip of the Month

Smooth Online Appointment Booking

When booking an appointment online, please keep the following tips in mind for a smooth process:

- 1. Select the Doctor** - Make sure to choose the doctor you wish to book an appointment with. Ensure the doctor you choose is not limited to their usual patients.
- 2. Choose Appointment Type** - Select the type of appointment you need, such as:
 - Face-to-Face (20 min)
 - Telehealth (20 min)
 - Quick Consult (10 min)
- 3. Check Availability:** While you'll see all available times, not every time slot will be suitable for the appointment type you've selected. This might lead to unsuccessful booking attempts.
- 4. Step-by-Step:** Remember to choose the right appointment type first. Then, keep selecting from the available times until the system confirms a time that fits your selected consult type.

By following these steps, you'll make your booking experience much smoother. Thank you for your attention!

Doctor's Leave

The following doctors will be on leave over the next two months:

- Dr Winnie Cheung 13 Nov only
- Dr Melody Chiou 20 Dec to 3 Jan
- Dr Ayesha Choudhury 16 Nov only, 20 Dec to 10 Jan
- Dr Lize Harrison 24 Dec to 5 Jan
- Dr Melissa Joseph 22 Nov to 30 Nov
- Dr Larry Lam 4 Nov to 17 Nov
- Dr Rumi Liyanagamage 15 to 16 Nov, 18 to 19 Nov
- Dr Rumi Liyanagamage 13 Dec to 1 Jan
- Dr Kiran Shrestha 25 Dec to 1 Jan
- Dr Anne Trang 21 Nov only, 24 Dec to 30 Jan
- Dr Hanaa Wanis 16 Nov only, 18 Dec to 15 Jan

The Practice will be closed on Christmas Day, 25 Dec, Boxing Day, 26 Dec and New Years Day, 1 Jan

On Christmas Eve, 24 Dec, we will be open from 8am to 1pm.

Three Stories

Once, all villagers decided to pray for rain. On the day of prayer all people gathered but only one boy came with umbrella.

-That's Faith.



When you toss a one year old baby in the air, he laughs because he knows his father will catch him.

-That's Trust

Every night we go to bed, we have no assurance to wake up alive next morning, but still we set alarm for tomorrow

-That's Hope



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)