



FREE TO TAKE HOME!



COVID vaccination



Medicinal Cannabis



Pet infections



Listeria in pregnancy

## APRIL - MAY 2021 EDITION

### ● PRACTICE DOCTORS

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### ● PRACTICE STAFF

**Practice Manager:** Sheree Snare

**Clinical Manager:** Breanna Carroll

**Business Manager:** Katrina Pugh

**Reception Staff:** Vivienne, Janine, Rhia, Heidi, Peyton, Maree, Bronte, Jacqui, Shannon & Michelle

**Registered Nurses:** Roselyn Hendriks, Ann Louise Jones, Sharon Turner, Julie Turner, Sharon Brain, Sarah Shaw & Christina Waddington

**Enrolled Nurses:** Jeannie Ansell & Jackie Nash

### ● SURGERY HOURS

**Ulverstone Branch Hours:**

Monday to Friday

**8am – 5.30pm**

Weekends & Public Hols – Urgent Clinic

**9am – 12noon**

Shared with Victoria Street Clinic

**Penguin Branch Hours:**

Monday to Friday

**9am – 5pm**

### ● AFTER HOURS & EMERGENCY

Phone **6425 1611**. Listen to voice message and ring the number advised. Please do not try to leave a message. In an emergency, phone **000** for an ambulance.

### ● SPECIALISTS & ALLIED HEALTH AT PATRICK STREET CLINIC

- Physiotas Physiotherapy
- Launceston Orthotic/Prosthetic Service Prem Anadam
- Dr Collin Chia – Respiratory & Sleep Medicine Physician
- Victoria's Cosmetic Medical Clinic
- Mr Gary Kode - Launceston Plastic & Cosmetic Surgery

### ● FULL FAMILY MEDICINE SERVICES

- Minor Surgery
- Travel Medicine
- Lung Function Tests
- Aged Care
- Workplace Health Care
- Immunisations
- Blood Tests
- Trauma Care
- Antenatal Care
- Desensitisations
- Women's & Men's Health
- Skin Checks & Skin Cancer Treatments
- Diabetic & Asthma Clinics
- Family Planning/Contraception
- Child Health & Baby Checks

### ● PRACTICE BILLING POLICY

The Patrick St Clinic will not let financial hardship prevent access to medical care where at all possible.

Over many years, both sides of government have not supported the real cost of providing healthcare. Therefore your Medicare rebate has not kept up with inflation. This means that some costs must now be passed on to patients.

Significant discounting down to Medicare's "bulk billing" rate however does occur according to the individual patient circumstances at the doctor's discretion.

The following policy is aimed at being able to maintain our services to the community:

- Patrick St Clinic fees are guided by the Australian Medical Association.
- An annual charge payable on the first bulk billed consultation in the financial year will apply to all patients, including pensioners and health care card holders. This charge is currently \$30.
- A full fee payment for non-health care card holders will occur at the first consultation in each quarter.

We hope these measures will help you stay healthy regardless of your financial position.

### ● BOOKING APPOINTMENTS

We try to make sure patients are seen in a timely manner according to the urgency of the problem. Please let the receptionist know at the time of booking if your problem is routine or urgent.

Please give at least 2 hours' notice if cancelling a booking to allow that space to be made available to another patient in need.

Failure to attend an appointment may attract a fee.

You can also book online via our website: [www.patst.com.au](http://www.patst.com.au) or download the HotDoc App.

Booking a longer appointment: If you want an insurance medical, review of complex health problem, travel advice, counselling for emotional difficulties or a second opinion, please book a longer appointment.

### YOUR NEXT APPOINTMENT:

### ENJOY THIS FREE NEWSLETTER

Please remember that decisions about medical care should be made in consultation with your health care provider so discuss with your doctor before acting on any of the information.

[www.healthnews.net.au](http://www.healthnews.net.au)



▷ Please see the Rear Cover for more practice information.



## COVID vaccination

There has of course been much media reporting about vaccination for Covid19.

There are a number of different vaccines being used around the world. No vaccine is approved for use until it has demonstrated both efficacy (that it works) and safety (that the side effects profile is acceptable). In Australia, the Therapeutic Goods Administration (TGA) must approve a medicine of any kind before it can be used or prescribed. Currently, two vaccines have been ordered by the Federal government, and the vaccination program has now started to roll out. There are many moving parts, so delays are always possible. It is hoped to have virtually all the population covered by the end of 2021 and maybe sooner.

The Federal government has called for

expressions of interest from general practices to be vaccine hubs. The process will be more complicated than with seasonal flu vaccination and will take longer due to extra documentation being needed and a requirement for monitoring for a time post-vaccination.

There will be stages of the rollout with quarantine and border workers, certain frontline healthcare workers and aged care staff and residents first in line.

Australia has done extraordinarily well by world standards, and so there is not the extreme urgency to start compared to, say, the UK or USA.

Clinics may choose to run dedicated vaccine clinics separate from regular appointments. Some practices may not choose to be involved, and there is no need for every clinic to do so in order to get the job done. Booking will be made centrally rather than via your clinic.

This is a fluid situation so ask your GP for guidance but also be aware that they may not have every answer and that the answers may change over time if new guidance comes in.

*EDITORS NOTE: This information was current as at the time of print.*

## Medicinal Cannabis

In early February there was much media coverage of cannabidiol (CBD) being available over the counter at chemists.

It is true that the Therapeutic Goods Administration (TGA) last year down scheduled CBD to S3 which does allow sales at chemists without prescription for up to 30 capsules of 150mg each. However, there was a caveat. The only products which will have this classification are those on the Australian Register of Therapeutic Goods (ARTG) and presently there are none. To get on the register requires expensive trials of efficacy and other data.

However in the next 12 -24 months this will happen, and products will eventually appear on chemist shelves. CBD is one of two main cannabinoids found on medicinal cannabis. The other is tetrahydrocannabinol (THC) which is the component which is psychoactive. However its use in medicinal forms, combined with CBD, can be beneficial in chronic pain and other conditions.

To end 2020 there have been over 85,000 approvals granted to prescribe medicinal cannabis for Australian patients. This is mainly for chronic pain, multiple sclerosis, anxiety,



<https://www.tga.gov.au/medicinal-cannabis-information-consumers>

and cancer pain nausea and vomiting. It can only be prescribed when other treatments have failed to assist or caused unacceptable side effects. Different states have different approval systems. Not all doctors are familiar

with its use as, yet. It is not for everyone and some claims about its benefit are without basis. However, medicinal cannabis has a legitimate role in certain people in certain circumstances.

## Pet infections

Australians have one of the highest pet ownership rates in the world. Pets provide much joy and there are many health benefits associated with pet ownership including better mental health and lower rates of high blood pressure and heart disease (especially in dog owners).

However, pets can also be a source of infections.

This mainly happens if you are bitten or scratched by a pet. Dog bites can easily be infected, so if bitten, see your GP. These are commonest in young boys and more often from pets rather than stray dogs. Cat bites are commonest in older women and most often on the hand.

Superficial wounds can be managed with cleaning and local antiseptic. Deeper or larger wounds may need a course of antibiotics.

In rare cases, if the tendon or muscles are involved, then referral to a hospital

may be needed. Other infections that may be transmitted by pets are worms. This affects children most often and is generally easily treated with worm medicine from the chemist. Fungal skin infections such as ringworm can also be caught from pets. This can be treated with an antifungal cream.

After you have handled a pet, make sure you wash your hands. This minimizes the chances of getting an infection.

For most people having a pet in their lives and their families lives far outweighs any of the above and play a very important role in society.



 <http://www.pethealth.com.au/Page/diseases-you-can-catch-from-your-pets>

## Avoid Listeria in pregnancy

Listeria is an infection caused by a common bacterium. It occurs in the soil and water. Thus, plants and marine life can be infected as well as animals which eat plants with the bacteria.

There are around 65 cases in Australia each year, and 10% of these are in pregnant women who are at greatest risk in the third trimester.

Listeriosis increases the risk of stillbirth, low birth weight and premature labour. Symptoms can be mild or severe, with fever, headaches, vomiting and diarrhoea.

Whilst uncommon, it is important to take steps to avoid potential exposure to Listeria. Fortunately, this is not difficult and involves not eating "high risk" foods whilst pregnant. Foods to avoid are processed deli poultry meats (e.g. sliced chicken), soft cheeses (brie camembert), raw seafood (e.g. oysters), pre-made sushi,

unpasteurised juices, and soft-serve ice creams.

There are plenty of foods that you can continue to enjoy whilst pregnant, including hard cheeses, smoked seafood's, hard frozen ice cream or gelato, freshly prepared sushi, pasteurised juices and hot deli meats (cooked at over 75°C).

When pregnant, it is important to maintain a balanced diet, and you may need certain supplements. Talk to your GP about any concerns you have and also about both diet and the need (if any) for supplements.

Avoiding Listeria is not difficult, and there is no need to stress over every mouthful of food you eat.



 <https://www.pregnancybirthbaby.org.au/listeria-food-poisoning>

## Shin Splints

Shin splints are a common condition seen in runners and those who play sports involving running and rapid acceleration.

The exact cause is unknown but is thought to be due to repeated stress on the shinbone, and its attaching connective tissue. It is more common in females and those with a previous leg injury and also more likely in those often running on hard or uneven surfaces.

The typical symptom is pain in the shin with running. There may be associated swelling. At first, the pain is when one starts running and eases after warm-up.

 <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/shin-splint>



As the condition advances, pain persists for longer and can even continue after ceasing exercise.

Diagnosis is based mainly on the history. There is no diagnostic test. X-rays (or

rarely an MRI scan) may be done to rule out other causes such as a stress fracture.

There is no specific treatment. Ice packs and simple painkillers provide symptom relief in the short term. Rest and avoiding activity, which worsens the pain, is key. However, you don't need to stop all exercise. Swimming or walking in water are two options to maintain fitness.

Attention to training techniques is helpful in some cases. Use of orthotics or insoles may also help, as can change of shoes. For the more serious athlete, having a biomechanical assessment of their running style may lead to technique changes, which are beneficial.



## ANZAC BISCUITS

### Ingredients

- 1 1/4 cups plain flour, sifted
- 1 cup rolled oats
- 1/2 cup caster sugar
- 3/4 cup Desiccated Coconut
- 150g unsalted butter, chopped
- 2 tablespoons golden syrup or treacle
- 1 1/2 tablespoons water
- 1/2 teaspoon Bicarbonate Soda

### Method

1. Preheat oven to 170C. Place the flour, oats, sugar and coconut in a large bowl and stir to combine.
2. In a small saucepan place the golden syrup and butter and stir over low heat until the butter has fully melted. Mix the bicarb soda with 1 1/2 tablespoons water and add to the golden syrup mixture. It will bubble whilst you are stirring together so remove from the heat.
3. Pour into the dry ingredients and mix together until fully combined. Roll tablespoonfuls of mixture into balls and place on baking trays lined with non stick baking paper, pressing down on the tops to flatten slightly.
4. Bake for 12 minutes or until golden brown.

## WORD SEARCH

A	M	I	E	I	N	F	E	C	T	I	O	N	S
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Y	C	N	A	N	G	E	R	P	N	B	O	N	E
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BONE  
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MEDICAL  
SPLINTS  
COVID  
PREGNANCY  
INFECTIONS  
VACCINATION  
RINGWORM  
RUNNING  
TREATMENTS  
LISTERIA  
CANNABIS

## Patrick Street Clinic

### ● PRACTICE NEWS

#### COVID-19 Vaccination: What Do We Know?

##### Has the vaccine development process been rushed?

The process looks like it has been fast tracked; however, a large number of international researchers have been working together during COVID-19 vaccine development. The same number of trials and tests has been undertaken with COVID-19 vaccines as any other vaccine. Pharmaceutical companies invested in manufacturing early on, so there was no delay between completion of trials and safety testing and the roll-out. Also, technology has evolved to be able to manufacture vaccines faster, including sequencing the genetic code of the virus. Australian TGA has approved this vaccine after an in-depth and independent full assessment was undertaken.

##### What are the possible side-effects of the vaccines?

Like any other vaccine, COVID-19 vaccines can cause side-effects. Usually, only mild effects may be experienced which disappear quickly. These are normal as your immune system is being activated. These side-effects include muscle soreness, redness or swelling at the injection site, fever, general tiredness or headache.

##### Can you get COVID-19 disease from the vaccine?

No. None of the COVID-19 vaccines contains live coronaviruses, therefore, the virus is unable to replicate and grow to cause an infection.

##### Now that I have received the vaccine, do I still need to follow physical distancing and wear a mask when recommended?

Yes, all COVID-19 safe preventative measures such as wearing masks, physical distancing and frequent hand washing should still be followed after receiving the vaccine. If the vaccine program is effective and a large proportion of people are immunised, then restrictions may be able to ease if herd immunity develops.

##### Can I get my influenza vaccine at the same time as my COVID-19 vaccine?

It is not recommended that any other vaccines be given within 14 days before or after a COVID-19 vaccine.

##### Will the vaccines prevent COVID-19 infection or just severe symptoms?

Data from around the world on the efficacy or effectiveness of vaccines in preventing COVID-19 symptoms and disease are very promising and indicate that the existing vaccines are statistically significantly effective in preventing COVID-19.

At this stage the vaccines have been shown to prevent severe COVID-19 disease, but it may still be possible to be infected with and to transmit (spread) COVID-19 to other people. For this reason, it is important to be tested if you have any COVID-19 symptoms, even after you have been vaccinated.