



Riverstone Family Medical Practice

February 2024 Update



Keep Your Cool on Hot Days!

Heat can have serious adverse effects on our health. Certain groups of people are more susceptible to heat related illnesses. These include the elderly and very young, people who have conditions affecting the ability to sweat and people on certain medications including fluid tablets.

Also remember that many medications can be adversely affected by heat so do ensure that your medications are stored properly. **Stay indoors on hot days, check on your neighbours and don't forget pets!**

Blacktown Council runs cool centres for those who need somewhere to go to escape the heat. The cool centres will have air-conditioning, drinking water, toilets and family-friendly activities. These dedicated cool centres will only be open when the Bureau of Meteorology issues a severe or extreme heatwave warning. This usually occurs 3-7 days before a forecasted heatwave.

For more information see: <https://www.blacktown.nsw.gov.au/Services/Health-and-safety/Beat-the-heat>.



Children & Mental Health Problems

Mental health issues can affect everyone, including children. Children often express their distress in their behaviour. In fact, behaviours can communicate a lot about how your child is feeling. Your child may be sad, anxious, worried or feel isolated from peers and may misbehave to communicate their feelings.



Understanding your child and their behaviour can be complicated and difficult. **Every child is different, and they don't come with a manual.** There is a lot of help available. Here are some great resources for parents:

- **Kids Helpline:** <https://kidshelpline.com.au/>
- **Raising Children Network:** <https://raisingchildren.net.au/>
- **Triple P Positive Parenting Program:** <https://www.triplep-parenting.net.au/au/triple-p/>

- **The Brave Program:** <https://brave4you.psy.uq.edu.au/>
- **Cool Kids:** <https://www.mq.edu.au/research/research-centres-groups-and-facilities/centres/lifespan-health-and-wellbeing/emotional-health-clinic/treatment-programs-for-children-and-teens>
- **Reach out (for teenagers):** <https://au.reachout.com/>

You can also make an appointment with your GP. Programs are available to assist children, teenagers and adults with improving their mental health via referrals to psychologists and other mental health workers.



There are many reasons to sign up with your GP through **MyMedicare**. Did you know that if you are registered with your GP, the 1-year rule on telephone consult rebates does not apply? **This means if you have not attended for a face-to-face appointment in the previous 12 months you are still entitled to Medicare rebates on your telephone and video consultations.**

It is easy to register with My Medicare which can be done through your [Medicare Online Account](#) or [Express Plus Medicare Mobile app](#). Alternatively, you can fill out a registration form and we can complete your registration. Our reception staff can print a form for you to complete. Or, if you prefer, you can visit our website, www.rfmp.com.au, and there you will find a form which is quick and easy to complete.

For more information see: [Information for MyMedicare patients | Australian Government Department of Health and Aged Care](#)

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

Hello to Karen & Jacqueline

We welcome our new **GP Registrars - Dr Karen Zheng and Dr Jacqueline Phan**. We believe it is essential to be involved in the specialist training of **GP Registrars** as they will be our GPs of the future.



Dr Karen Zheng



Dr Jacqueline Phan

and Goodbye to Bradley & Alison



Dr Bradley Verma



Dr Alison Ting

Our **GP Registrars** are registered doctors who are doing specialist training in General Practice. Our current registrars, **Dr Bradley Verma** and **Dr Alison Ting**, are completing their 6-months term with us at the beginning of February and will be moving to different practices to

continue their training. We have really enjoyed having **Drs Bradley and Alison** with us and wish them all the best for their future careers.

Doctor's Leave

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

- Dr Ayesha Choudhury 2 Feb to 7 Feb
- Dr Michelle Crockett 12 Feb to 24 Feb
- Dr Rumi Liyanagamage 19 Feb to 20 Feb
- Dr Kim Loo 10 Feb only
- Dr Kiran Shrestha 16 Feb only

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

**People will
always
value you as
much as
you value
yourself.**

**So set the
standard
high.**





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)

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