



# Riverstone Family Medical Practice

March 2026 Update

[Book an Appointment](#)



[MyMedicare Registration](#)



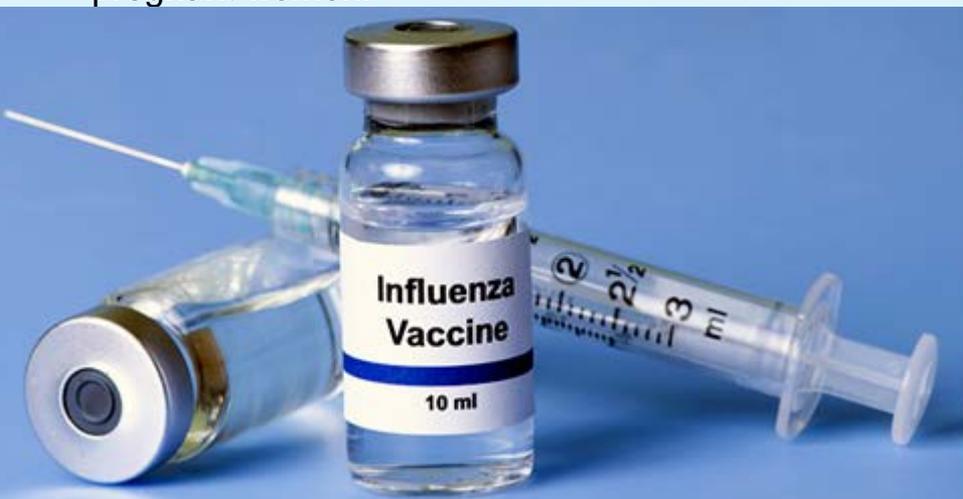
[RFMP on Facebook](#)



## Influenza Vaccine Clinics

**Influenza vaccines** will be available from April for this year's flu season. NSW Health are distributing the free vaccine at the end of April. Once the vaccine is in stock, we will organise vaccine clinics to administer it. This will result in quick service, with little or no waiting time. (Only flu vaccine will be administered in this clinic.)

**Flu vaccine** is recommended for everyone aged 6 months and over. Free vaccine is available to people who are at increased risk including everyone over 65 years, people with chronic conditions such as heart disease, emphysema and diabetes as well as pregnant women.



## CONTINUITY of CARE



### WHAT IS IT?



**Continuity of care** refers to seeing the same doctor or a doctor in the same practice for all of your health care. This has been shown to lead to better health outcomes.

Ideally you should choose 1 doctor as your regular GP. **This doctor will take responsibility for your regular health care including vaccinations, health checks and preventative care.** As these are planned visits you should book ahead with your regular GP for this care. While it is important for everyone to have a regular GP who knows them well, it is especially important if you have significant health care needs and/or are taking a number of medications.

If you have a need to see a doctor urgently and your GP is not available, other doctors in the same practice will have access to your medical records including your medication list. Furthermore, your regular GP will be able to read the notes from your visit so that they will know what has happened to you.

***Get the best from your health care and have a regular GP!***



*Jasmine Glennan*

*Registered Nurse*

# STAFF SPOTLIGHT

You will see Jasmine's happy smile on Thursdays at the Practice. She works both with patients and behind the scenes organising protocols and processes for our nurses. She has an integral role in ensuring the nurse work flows run smoothly, allowing them to contribute to your care.

## Getting Results

Please note that you need to receive all results either from your doctor either in person or by telehealth. **It is essential that you follow up with the doctor who ordered the test** as all tests need to be interpreted based on your clinical history and examination findings.

### Making appointments for care plans and health assessments

Please note that these appointments need to be made by phoning the Practice so that a nurse appointment can also be scheduled. You cannot make these appointments online.



## Doctor's Leave

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

- Dr Ayesha Choudhury ..... 6 to 13 Mar
- Dr Michelle Crockett ..... 7 to 9 Apr
- Dr Revathy Ganeshananthan . 17 & 19 Apr only, 2 to 13 Apr
- Dr Revathy Ganeshananthan . 14 to 16 Apr, 18 Apr only
- Dr Lekha Gupta ..... 1 to 31 Mar
- Dr Rumi Liyanagamage ..... 13 & 31 Mar only, 2 & 7 Apr only
- Dr Kim Loo ..... 6 to 10 Mar
- Dr Hanna Luong ..... 2 Apr only
- Dr Sharon Muir ..... 1 to 7 Mar
- Dr Ishita Saini ..... 5 to 7 Mar

*The Practice will be closed for Easter Friday and Anzac Day  
Easter - Fri 3 to 6 April ..... Anzac Day - Sat 25 to 27 April*

*When You keep  
criticising Your kids,  
They don't stop  
loving You,  
They stop loving  
Themselves*

