

Iona

JANUARY / FEBRUARY



I don't call them New Year's Resolutions. I prefer the term, "Casual promises to myself that I'm under no legal obligation to fulfill"

Patient Reminder

Prescription Renewals

Please book an appointment a minimum of 7 days before you run out of your medication. We cannot guarantee an appointment on the day you call.

Referrals

When making an appointment with your specialist, remember to check with their admin team if:

You need to organise an updated referral through your GP?

If your specialist is happy to receive your referral electronically?

Whether your GP needs to organise any tests for you to do before your appointment with the specialist?

Ongoing referrals to specialists can be organised via a phone consultation with your GP. Remember, referrals cannot be back-dated and will need to be organised ahead of seeing your specialist.



Thank you to everyone who completed a patient feedback survey during October - December

From your feedback, it has been identified that you would like to be able to see your doctor quickly when you need to.

To help you, we will now keep more spare appointment for urgent requests.

Please let our receptionists know if your request is urgent.

Why do staff keep asking WHO YOU ARE?

It is very important that we ensure **you are the right person** and that you receive the right care, treatment and results. It is vital that **your safety and confidentiality is maintained** (eg when you receive test results).

DO NOT BE WORRIED IF FROM TIME TO TIME STAFF ASK FOR YOUR:

- > name
- > date of birth
- > address



STAFF MIGHT ASK WHEN YOU ARE:

- > making and/or attending an appointment
- > entering the hospital/health care setting
- > receiving medication or treatment



Do you know about our after hours service, Hello Home Doctor? This service is bulk-billed, and Hello Home Doctor will send a report to Iona regarding your home visit. To organise an appointment, please call us any time after 5pm and your call will be diverted to Hello Home Doctor.



SUMMER



Our Doctors

Dr Clinton Dowling
Dr Daniel Rouhead
Dr James Ingram
Dr Allan Wong
Dr Megan Poppi
Dr Tony Ferris
Dr Valerie Chua
Dr Maria Haase
Dr Ria Pai



Doctors on Leave

Dr Chua: 27th December
returns 15th January
Dr Pai: 21st December
returns 8th January
Dr Poppi: 27th December
returns 8th January
Dr Ferris: 29th January
returns 12th February
Dr Dowling: 5th February
returns 26th February



Greek Salad



Serves 4

Method

Step 1: Add cucumber, tomatoes, capsicum, onion, olives & feta cheese to a large mixing bowl.

Step 2: In a separate small mixing bowl, add the vinegar, lemon juice, mustard, garlic, oregano, salt & pepper. Slowly add the olive oil and whisk vigorously while pouring until the dressing is emulsified.

Step 3: Drizzle the dressing on the salad and gently stir to combine. Season with additional salt & pepper, if desired.

Salad Ingredients

- 1 large cucumber, diced
- 1 punnet of grape tomatoes, halved
- 1 green capsicum, diced
- 1/2 red onion, thinly sliced
- 1/2 cup kalamata olives, halved
- 100g feta cheese, crumbled
- Salt & pepper

Dressing Ingredients

- 1/3 cup Red wine vinegar
- 1 lemon, juiced
- 1 tsp Dijon mustard
- 2 garlic cloves, minced
- 1/2 tsp dried oregano
- 1/2 cup olive oil
- Salt & pepper

OPENING HOURS

Monday - Friday
8:30am - 5:00pm

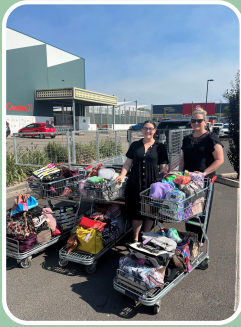
DR DOWLING'S JOKE OF THE MONTH

I have got two
dogs named Timex
and Rolex.

They are my
watch dogs.

Thank you!

We would like to acknowledge and thank all of our generous patients who donated to the Share the Dignity 'It's in the bag' charity appeal! We have achieved a total of 129 bags! These bags will be donated to women in need this Christmas.



Did you know?

Often times when Dr Ferris is on 'leave' he is still working!

Dr Ferris is passionate about promoting Indigenous health and travels several times a year to remote communities in the Northern Territory to offer his services. What an amazing doctor!

Public Holidays

Australia Day - CLOSED
Friday 26th December



We send reminders by SMS. If you do not wish to continue receiving reminders via SMS, please speak with reception.

SMS

How long are you in for?

If you have been waiting more than 30 minutes from your APPOINTMENT TIME, please let reception staff know.

What you can do to help reduce the wait time...

If you have more than 1 health matter to discuss with your doctor, please book a LONG consultation.



Chest Pain



If you or a loved one experience any chest pain (including tightness in the chest) please call 000 immediately.

You can also present to the Rapid Access Heart Centre located at St Andrew's Hospital

My Next Appointment

Date: _____

Time: _____

With: _____