

ABOUT OUR PRACTICE

Perfectly located in close proximity to the Mingara Recreation Club and Mingara One Fitness fills the void in medical services in the local area. We provide full general practice services with additional focus on “lifestyle medicine” – acknowledging the role of lifestyle, physical activity, diet and mental health in the prevention and management of disease. Our doctors and staff are proud to provide high quality service in a timely manner, and believe our patients have a right to make informed decisions about their healthcare, in conjunction with their doctor. We operate on an appointment only system.

OUR STAFF: Doctors, Qualifications, Special Interests:

Dr Chris Lloyd MBChB MRCP (UK) FRACGP

Geriatrics, neonatal, chronic disease, sports injuries.

Dr Michelle Reiss MBChB LMCC CCFP FRACGP

Women's health, diabetes, paediatrics, lifestyle medicine.

Dr Quinten Willemse MBChB LMCC CCFP RACGP

All aspects of family medicine and preventative care.

Dr Rebecca Black FRACGP DRCOG DFFP

Women's health, contraception, care of elderly, paediatrics.

Dr JP Mare MBChB CCFP FRACGP

Skin, cosmetics, paediatrics, obstetrics, gynaecology, Mirena

Dr Ben Eksteen MBChB CCFP FRACGP

All aspects, neonatal to palliative care, skin, contraception

Dr Raya Grishina-Gunn FRACGP MBBS B.AppSci

All aspects of general practice, women's health, paediatrics, skin

Dr James Wolstenholme MBChB MRCP(UK) FRACGP

All aspects, particularly cardiology and diabetes

Dr Dershini Kumar MBBS(Unsw), Bsc(Medsci), FRACGP

All aspects of general practice, women's health.

OUR SERVICES

We offer comprehensive GP services including:

- General medical care
- Pathology collection centre on site
- Team approach with Allied Health
- Health assessments – all ages
- Immunisation – all ages
- Mirena IUD Insertion & Removal
- Travel vaccines and advice
- Injury prevention and management
- Preventative screening
- Pap smear clinic
- Full skin cancer service including flaps/delayed closure
- Antenatal shared care
- Workcover
- Medical assessments – insurance, and corporate
- Spirometry (lung function tests)
- Electrocardiogram
- Home visits may be available at doctors discretion
- Minor operations and procedures
- Cosmetic Medicine, fillers and anti-wrinkle injections
- Allergy Clinic

NATIONAL RELAY SERVICE is

a phone solution for people who are deaf or have a hearing or speech impair-



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ment. The NRS helps people to have good phone conversations with less misunderstanding and repetition, make their own appointments, ring businesses and keep in touch with friends and family. The NRS is an Australian Government initiative. Mingara Medical is familiar with the use of this service and encourages it's use amongst our patients.



INTERPRETER If you need an interpreter, please call the Translating and Interpreting Service (TIS National) on **131 450**.

OUR FEES

We Bulk Bill the following:

Children under 18 years old

People over 65 years old

Department of Veterans Affairs

For other patients we request that you please finalise your account at the time of your consultation.

Our billing policy is displayed at reception.

Standard Consultation	\$75.00	Rebate \$37.05
Long Consultation	\$115.00	Rebate \$71.70
Skin Excision	To be quoted	
Check with reception for weekend fees.		

APPOINTMENTS

If you require extra time with your doctors, please let reception know when you book. Our doctors encourage patients to participate in decisions about their own healthcare. We regularly liaise with other local health services such as specialists and allied health.

We are an appointment only practice. If you walk-in to see a doctor without an appointment you will be allocated the first available appointment which may require some waiting.

PRIVACY

Mingara Medical is committed to maintaining the confidentiality of your personal health information. For more details please ask reception to see a copy of our privacy policy or look at our website.

OUR STAFF

Nurses: Hester, Jane & Melisa

Reception: Kelly, Sarah, Bridie, Caroline, Ashlee, April, Kim

Practice Manager: Kate

Diabetes Education: Marilyn

IMMUNISATIONS

We strongly recommend that children are fully immunised. Our practice nurses, Hester and Jane are highly skilled to assist doctors with all immunisations. The National Health & Medical Research Council recommendations are:



AT AGE	IMMUNISATION
Birth	Hepatitis B Vax II
2 months (or from 6 weeks) and 4 months	Infranix Hexa & Prevanar 13 and Rotarix
6 months	Infranix Hexa & Prevanar 13
12 months	MMR & Meningitis & Hiberix
18 months	See Nurse/Doctor
3.5-4years	See Nurse/Doctor
12 Year (Year &) School Based program	Hepatitis B & Varilrix Gardasil & Boostrix
Year 9 Boys Only	HPV Gardasil 2013/2014
New Mothers	Boostrix (Free)
Other family members	Boostrix (payment required)
Adults	Influenza, Pneumovax 23, Zostovax

PATIENT SERVICE

We strive to ensure you are happy with the care you receive from our staff and Doctors at Mingara Medical. If you have any concerns about your care please speak with Kate or your Doctor. If your problem remains unresolved you may contact Health Care Complaints Commission, Locked Bag 18, Strawberry Hills NSW 2012.
Ph: 1800043159

RESULTS

To receive results of diagnostic testing or pathology we provide a mobile SMS service. If the Doctor needs to discuss any results, we will contact you and an appointment will be made for a consultation. Please ensure any changes to your contact details are advised as soon as possible, so we can easily keep in touch.

COMMUNICATIONS

Whilst it is understood that patients will on occasion need to contact their doctor, generally phone calls will not be put through directly to the Dr whilst they are consulting with another patient. Please leave a message with the Receptionist, giving your name and contact details, as well as an outline of the reason for the call. Either the Receptionist, Nurse or Dr will endeavour to return your call at their earliest time practical. Other phone calls will be dealt with by the receptionist or Practice Manager.
We do not respond to SMS or email messages.

RECALLS/REMINDERS

From time to time you may receive a recall or reminder. We also participate in the state reminder program. If you do not wish to participate please inform your Dr.

AFTER HOURS

For after hours assistance or home visit, call

Doctor on Duty: 1300225547

or go to

WYONG HOSPITAL

665 Pacific Hwy, Hamlyn Terrace

Ph: 43948000

Emergency Services 000 Ambulance 13 12 33

Poisons Information 13 11 25

July 2017



GENERAL PRACTICE

HOURS

Monday — Friday

7.30am – 5.00pm

Sat & Sun: 9am-3pm

Later appointments available most Mondays & Thursdays
Check with reception for details.

PH: 4302 3333

BOOK ONLINE AT....

www.mingaramed.com.au

Unit 3, 14 Mingara Dr, Tumbi Umbi

