

PRACTICE UPDATE

This month of March, Prince Henry Medical Practice celebrates its first anniversary. We have been delighted with the response from the community and are grateful for the wonderful support from our patients. We hope to be able to continue to provide the highest quality of medical care to all members of the local community.

We acknowledge that occasionally it may have been difficult to get an appointment at the most convenient time and we strive to improve access to our services. However it is important to us to have the most qualified medical staff available. Fortunately Prince Henry Medical Practice is pleased to announce the addition of experienced doctors and a practice nurse to our team. We are pleased to introduce:

Dr Kristine Allen BSc (Psych) MD FRACGP DipPaeds DRANZCOG

Kristine joins the practice in April 2013. She obtained her medical degree at the University of Western Ontario in Canada before coming to Australia. Kristine has completed her Fellowship of the Royal Australian College of General Practitioners. Additionally she has obtained post-graduate qualifications, which include;

- Diploma of paediatrics from the Sydney Children's Hospital, Randwick.
- Diploma of Obstetrics from the Royal Australian College of Obstetrics and Gynaecology. Kristine will provide shared antenatal care with the Royal Hospital for Women for pregnant patients.

Kristine's other special interest includes dermatology. She resides locally and is a mother of four and brings with her a wealth of experience.

Kristine will be available for consultations on Monday, Wednesday and Thursday.

Dr Kosta Stathis MBBS (UNSW) FRACGP

Dr Konstantine (Kosta) Stathis started with us this March. He was born in Sydney and attended Randwick Boys High before graduating in Medicine from UNSW at Kensington. He completed his Fellowship of the Royal Australian College of General Practitioners and having worked initially in our local hospitals Dr Stathis spent 6 years in WA as a GP and VMO (Visiting Medical Officer) in Perth and Bunbury.

Returning to Sydney in 2001 he worked in General Practice in the Sutherland Shire and gained experience in Orthopaedics

assisting various local Orthopaedic Surgeons at Prince of Wales, St George and Kareena Private Hospitals for several years. Dr Stathis has strong interests in all aspects of general medicine including skin cancer and young people's health. He lives very locally and is married with two young children.

Kosta is available for consultations on Monday, Thursday and Friday.

Dr Anjalie Tilakaratne MBBS (Flinders) FRACGP

For patients not already familiar with Anjalie, she started with us the middle of last year. After initially graduating from Pharmacy from the University of South Australia in 1997 Anjalie obtained her medical degree from Flinders University in 2000. She has completed her Fellowship of the Royal Australian College of General Practitioners.

Additionally Anjalie has postgraduate qualifications, which include a Diploma of Paediatrics.

She also provides antenatal shared care with the Royal Hospital for women.

Anjalie has a special interest in Aboriginal Health, having worked for over 5 years at Thurawal Aboriginal Corporation in Airds.

Anjalie is available for consultations on Tuesday.

Practice Nurse Cathy Bailey

Cathy is a fully qualified Registered Nurse with more than 25 years experience. Cathy joins us after many years with the Department of Defence's Medical Centre Kuttabul at Woolloomooloo. Cathy and her family live locally.

Cathy will be instrumental in supporting our doctors with;

- Childhood and travel immunisations.
- ECG's.
- Spirometry.
- Annual health assessments for patients >75 years old.
- Healthy kids check for 4 year olds prior to commencing school.
- Chronic disease management that includes diabetes and asthma reviews.
- Cathy has a special interest with wound management and brings a wealth of experience in this regard.

Cathy's hours are Monday, Wednesday and Friday 8.00am – 1.00pm

Ancillary Staff

The doctors continue to be supported by our invaluable ancillary staff, which includes;
Sue our Practice Manager, **Debbie, Kim, Robyn and Leah**, our friendly receptionists.

Dr Minh Vu MBBS (UNSW) FRACGP

Since establishing Prince Henry Medical Practice last year Minh aims to continually improve on medical services available to our patients. He has since been certified with GP Synergy, the body responsible for the training of registrars undertaking their fellowship examinations. He is looking forward to supervising registrars and establishing Prince Henry Medical Practice as a teaching practice.

Pathology on site

In partnership with [Douglas Hanly Moir](#), we have a well-equipped pathology laboratory in-house that offers a wide range of pathology services to our patients and also to the local community. On site pathology is a matter of convenience and offers an excellent diagnostic service for our patients. Trained professionals ensure safety and provide reliable and timely results.

Pathology are available Monday and Wednesday, 8.00am – 1.00pm.

Areas of focus:

- **Annual Health Assessments**

Patients who are over 75 years old are encouraged to undertake a full annual health assessment to identify any ongoing and new medical issues that need to be addressed. This will be performed by Cathy our practice nurse with identified issues then followed up with the doctor. This may include the need for mobility aids extra home services, review of medications and screening for early detection of hearing, vision or cognitive impairment.

- **4-year-old health assessments.**

This will be routinely performed as part of 4 year old immunisations. It aims to detect any medical concerns or deficiencies that can be addressed prior to entering school. Parents of children who have not already had a health assessment are encouraged to contact us to arrange this.

- **Chronic disease management**

Patients with chronic and complex care needs often need regular review of their condition. This will include regular investigations and review of treatment targets to optimise management. It will also involve co-ordinating specialist and allied health involvement. This aims to optimise management for patients with conditions such as diabetes, asthma, COPD, ischaemic heart disease and those conditions, which involve input from multiple care providers.

- **Regular skin checks**

Dr Kristine Allen, Dr Kosta Stathis and Dr Minh Vu all have a special interest in skin we are now able to offer patients regular skin checks. It is recommended for all patients to have a full head to toe review of their skin at least annually. The aim of this is early detection of skin cancer. We are able to offer biopsy of skin lesions to confirm diagnosis and simple excisions for various lesions that are of concern. Patients are encouraged to make an appointment for review of their skin.

- **2013 Seasonal Flu Shot Now Available**

For most people, flu is unpleasant but not serious. However, certain people are at greater risk of developing serious complications of flu such as bronchitis and pneumonia. The flu vaccine is offered free to people who are at risk, to protect them from catching the flu and developing serious complications.

- People aged 65 years and over
- All Aboriginal and Torres Strait Island People from 15 year of age
- Pregnant women
- People with some existing medical conditions including but not limited to

Approximately 2,800 Australians die every year either directly from the season flu, complications due to the flu, or pneumonia and flu vaccinations are the single most effective action in helping fight the spread of flu in the community.

Please contact the surgery to make an appointment to come in and discuss this further with our doctors.