

# PORT MELBOURNE *Medical*



## **FLU VACCINATION TIME**

*Covid Vaccination Clinic*

# **COVID VACCINE**

*What you need to know*

# **THINKING OUTSIDE THE BOX**

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## **Port Melbourne Medical Magazine**

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### **Hours of Operation**

Monday - Thursday 8:00am - 7:00pm

Friday 8:00am - 6:00pm

Saturday 8:30am - 2:30pm

Sunday 9:00am - 1:00pm

AUTUMN EDITION 2021

# Welcome

Dear patients,

Welcome to our Autumn newsletter. As many of you are aware, in addition to running the regular GP clinic, and the continuation of COVID-19 assessment/swabbing in the Respiratory Clinic, we also took on the significant responsibility of setting up a dedicated COVID-19 Vaccination Clinic. We are pleased to report the Port Melbourne Vaccination Clinic is now fully operational and vaccinating our patients/community at around 250 vaccines per day. We'll discuss each of these in more detail below.

We would like to thank our patients for their support and kind words. Sadly, we have been subjected to some angry people and abuse, and we have had some ridiculous online reviews posted on our Google page. Whilst we have never sought reviews, we do take umbrage at the false and slanderous commentary from people that aren't our patients or hide behind aliases. If you would like to say thanks or offer your support please consider leaving a review as we know the silent majority appreciate what we do and have done over the past 12 months and beyond. This has been a very difficult 12 months for many people, and I know there has been an increase in abuse towards staff across many industries.

U P D A T E

# Port Melbourne Medical

Port Melbourne Medical continues to operate seven days per week and we continue to ensure our infection control protocols are maintained. Whilst frustrating, as long as hotel quarantine is running, it is imperative that we keep our guard up and do not put others at risk in the clinic. Not far from us COVID-19 is continually being identified in sewage samples and we need to ensure the practice, patients, employees and doctors consulting from our rooms are protected. Like any business/employer we are legally bound to provide a safe workplace and take this responsibility seriously. We have received limited feedback from some patients that other clinics don't screen for respiratory illnesses and are happy to see symptomatic patients without a negative COVID-19 test within the General Practice.

Whilst we know that adhering to our processes and protocols are an extra burden, we have been able to maintain face to face care throughout the whole pandemic without incident. Our protocols in the main practice, Respiratory Clinic and Vaccination Clinic have been regularly audited by the Federal Government and we are above the level of compliance required. Only last week we received our practice accreditation with no issues or action items noted – this is an extraordinary achievement. There is a reason we were chosen to run large scale swabbing and vaccination programs.

When safe to reduce or drop the safety protocols, we will be the first to embrace it but until then please work with us. Thank you for your words of encouragement and support.

In exciting news we will soon be able to introduce new doctors, who will be consulting from our rooms and complement the current medical services offered at PMM.

U P D A T E

# Port Melbourne Respiratory Clinic

Many people reading this newsletter will have attended the Respiratory (assessment and swabbing) Clinic. Whilst we are grateful that we have had so many days without community transmission, we must continue to ensure everyone remains safe and that people with mild symptoms do not spread this to others.

Other swabbing services such as drive through swabbing centres are not affiliated with PMM. The drive through centres do not offer the service that you receive at the Respiratory Clinic – so if you feel you need to see a doctor, this is the best way to go.

At the Respiratory Clinic, anyone who has a cough, cold, runny nose or infective symptoms can be assessed. The Respiratory Clinic is staffed by fully qualified General Practitioners, who are able to assess, prescribe if appropriate and manage your illness, as well as swab for COVID-19 if required. The only difference is that they are wearing full PPE. This clinic is only for your current illness. If you have other things you'd like to discuss with your GP, please book in when you are well (or arrange a Telehealth appointment).

As we are all aware that a case could pop up at any stage, especially with hotel quarantine having resumed in Melbourne, we continue to ask all people who need assessment of their cough/sinus infection/tonsillitis to attend the Respiratory Clinic.

There is NO out of pocket cost for this service – it is 100% Federal Government funded.

# INFLUENZA VACCINATIONS

Timing of flu vaccine and COVID-19 vaccine (must be at least 2 weeks apart).

We have commenced our flu vaccine program and we are running dedicated flu vaccine clinics. The flu vaccine clinics are run from Port Melbourne Medical, NOT from the football club. We will run this clinic on weekends too.

**Remember – you cannot have any vaccine, including flu, 2 weeks before or 2 weeks after your COVID-19 vaccine.**

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**BOOK YOUR FLU VAX**

## **CORPORATE VACCINATIONS**

If you would like a nurse to attend your business and give your employees an influenza vaccination please contact our manager Rachel on [manager@portmelbournmedical.com.au](mailto:manager@portmelbournmedical.com.au).

*\*Session fees and vaccine charges apply.*

# by the numbers.

PORT MELBOURNE RESPIRATORY CLINIC

**We have been busy!**

With over 22,600 COVID-19 swabs performed we are playing our part supporting the local community.

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COVID-19  
vaccination  
clinic

When directed  
by the nurse,  
go to the  
Observation Area

Port Melbourne Respiratory Clinic	
Swabs Performed	22629
Positive Cases	38
Female	12938
Male	9691
Port Melbourne Residents	6676
South Melbourne Residents	1677
Albert Park Residents	1196
St Kilda Residents	896
Ages 10-5	1532
Ages <4	2465

Dr. Jessica Hamlyn

## COVID VACCINATION CLINIC

# THINKING OUTSIDE THE BOX

When the team met to discuss the prospect of vaccinating our large patient base, like the pivot to the Respiratory Clinic, we quickly thought outside the box and came up with what we believe is the best solution for what has been described as Australia's largest non-wartime effort.

It would have been easy to leave this mammoth task to others, but as it has been demonstrated, we are the only viable solution in Port Melbourne to provide the COVID-19 vaccine to patients and the local community on a large scale. We are now vaccinating approximately 250 patients per day and will increase daily vaccinations as supply catches up and the eligibility criteria expands.

With a weeks' notice we scrambled and put together a clinical team, venue and supplies. We are now running 3 days a week and hope as supply increases we will move to five days a week with some weekends included, to help those who are office bound or are unable to attend on weekdays.

We would like to thank the following people/businesses for their generous support and assistance:

**Port Melbourne Football Club** who have been brilliant in helping us get the venue operational and offer everyday assistance. Please remember that whilst we have committed with the club to use the room for an extended period, largely during business hours, the club will still rent out this fantastic room. It is ideal for weddings / parties / corporate functions, so whilst waiting your 15 minutes post vaccination have a good look around and start planning your next event.

**The Federal Department of Health**, who in conjunction with us recognized the need for such a facility and fast tracked the approval process and funded the infrastructure and ongoing vaccine costs. The vaccine is free and bulk billed. Please bring your Medicare card and photo identification. If you do not have a Medicare card, you are still able to receive your vaccine at no cost at our Vaccination Clinic.



Port Melbourne Football Club

**Port Melbourne Bunnings**, who with little notice scrambled and found the required infrastructure to get us open. They were able to source equipment for us from various stores, and arrange delivery in time to open.

### Some things to remember:

- It's run from the Sandridge Centre at the Port Melbourne Football Club; enter via Ingles Street
  - Please don't arrive early-all patients with a booking will be seen at their allotted time and rarely are we running early. Booking numbers are carefully allotted to ensure we don't have extra people per square metre in the room
  - Bring photo ID – we don't want to have to turn you away!
  - You will have to wait at least 15 minutes post vaccination so bring your knitting, book or phone
  - Wear a mask and leave it on throughout your time in the clinic
  - If you have questions or concerns please see your usual GP prior to attending. Once inside the clinic you are there to get vaccinated, not to discuss the merits of the jab
- Wear a t-shirt
  - If you are 50 years of age or older, from 3rd March your photo ID with date of birth is sufficient evidence of your eligibility.
  - If you are not sure of when you can get vaccinated please click on the below link
  - Under 50's are welcome to attend but will have a discussion with the doctor who will have to decide whether the benefit clearly outweighs the risk. There are some people where the risk will outweigh the benefit and they will not receive their vaccine. This must be assessed carefully from both a safety and insurance/governance perspective
  - Ensure your second dose is close to but no greater than 12 weeks. The best cover is provided if it is closest to 12 weeks, but cannot be over this timeframe. If you cannot book your second dose at an appropriate time online, please let our reception staff know when you attend and they will be able to find the right appointment for you. Please return to us for your second dose ensuring continuity of your care and vaccine process.

**ELIGIBILITY CHECKER**

We know most people have heard about the clotting condition associated with the COVID-19 vaccine. The link is a guide on weighing up the potential benefits against the risk of harm from the COVID-19 AstraZeneca vaccine - [\*\*CLICK HERE\*\*](#)

For more information on the Astra Zeneca vaccine - [\*\*CLICK HERE\*\*](#)

We anticipate the venue will run until at least years end and we are proud to be a meaningful part of the national vaccination program. For our patients in 1a and 1b who have already been vaccinated, you would have seen the large team hard at work.

We are seeking any local businesses/corporates who would like to sponsor the Vaccination Clinic and co brand with us. The cost of running the clinic is significant and we are looking at ensuring it is commercially viable for the long haul. If this fits with your business model please approach us. You can expect to have 250-400 people seeing your branding each day we are open.

# COVID VACCINATIONS

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We completely respect and understand the individual's choice to opt in or opt out of having their COVID-19 vaccine. We are here to support those wanting the vaccine and respect those who have declined or are waiting to receive the vaccine. All doctors consulting from our rooms and staff under 1a of the rollout have been vaccinated without delay and generally feel relieved and excited about getting vaccinated.

As of 3rd of May, the vaccine is available to all people 50 and above, even if you don't have any other medical conditions or work in a priority industry. It has been recommended that people under 50 wait for the Pfizer vaccine, though can opt for the AstraZeneca which is currently available, if the benefits of the vaccine outweigh the risks.

As we are running the Respiratory Clinic, we have been allocated a larger volume of vaccines. We have been advised that people have kindly held back from having theirs as they felt there were others who were more in need. These kind people can be reassured that we have sufficient stock for all eligible people – you are not pushing anyone else down the queue.

# SLEEP & Technology

## HOW LONG IS TOO LONG TO SPEND IN FRONT OF A BRIGHT SCREEN BEFORE BED?

Studies have tested the effects of bright tablets (e.g. iPads) and laptop screens for up to 5 hours before bed. It seems that the natural evening rise in melatonin (a hormone that makes us ready for sleep) is not affected by 1 hour of bright screen light but it is after 1.5 hours. Thus after 1.5 hours of technology use in the evening, people report feeling less sleepy. They also do better on mental performance tests and their brainwaves suggest increased alertness.

Repeated use of a bright screen over 5 days can delay the body clock by 1.5 hours. This means you consistently want to go to bed later and sleep in longer. This can be a real problem when you need to get up at a set time in the morning for school or work.

## DOES USING TECHNOLOGY JUST BEFORE BEDTIME AFFECT SLEEP?

Self-reports suggest that sleep is indeed affected by technology use in the hour before bed. Late-night technology users report less satisfactory sleep more often than those not using technology before bed. They are also more likely to feel sleepier during the day in a range of situations, including driving. These findings relate to both using a computer or laptop before bed or texting. The findings are from a 2011 US study that involved over 1500 people, surveyed by the US National Sleep Foundation.

## DO SOME FORMS OF TECHNOLOGY USE ADVERSELY AFFECT SLEEP MORE THAN OTHERS?

Technological devices can be either interactive or passive. Passive devices are those which need little to no input from the users. Examples include listening to music, reading an e-book, watching television or a movie. With interactive devices what is viewed on the screen changes with input from the user. For example, playing a video game is clearly interactive. To a lesser extent, so is surfing the web, messaging and making posts on computers, laptops, tablets and smartphones. Researchers propose that interactive technological activities are more harmful for getting ready for sleep compared to passive activities.

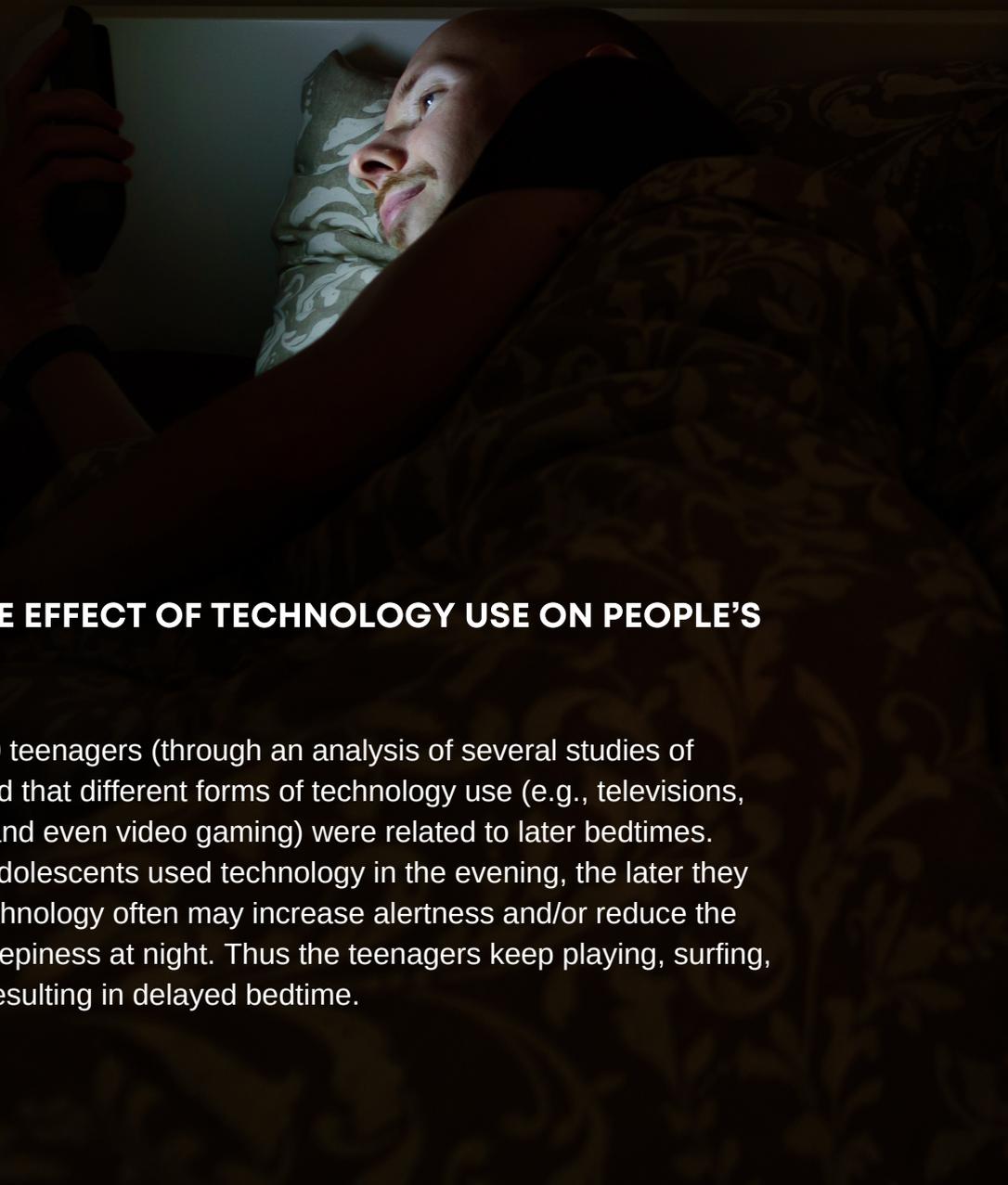
*Repeated use of a bright screen over 5 days can delay the body clock by 1.5 hours.*

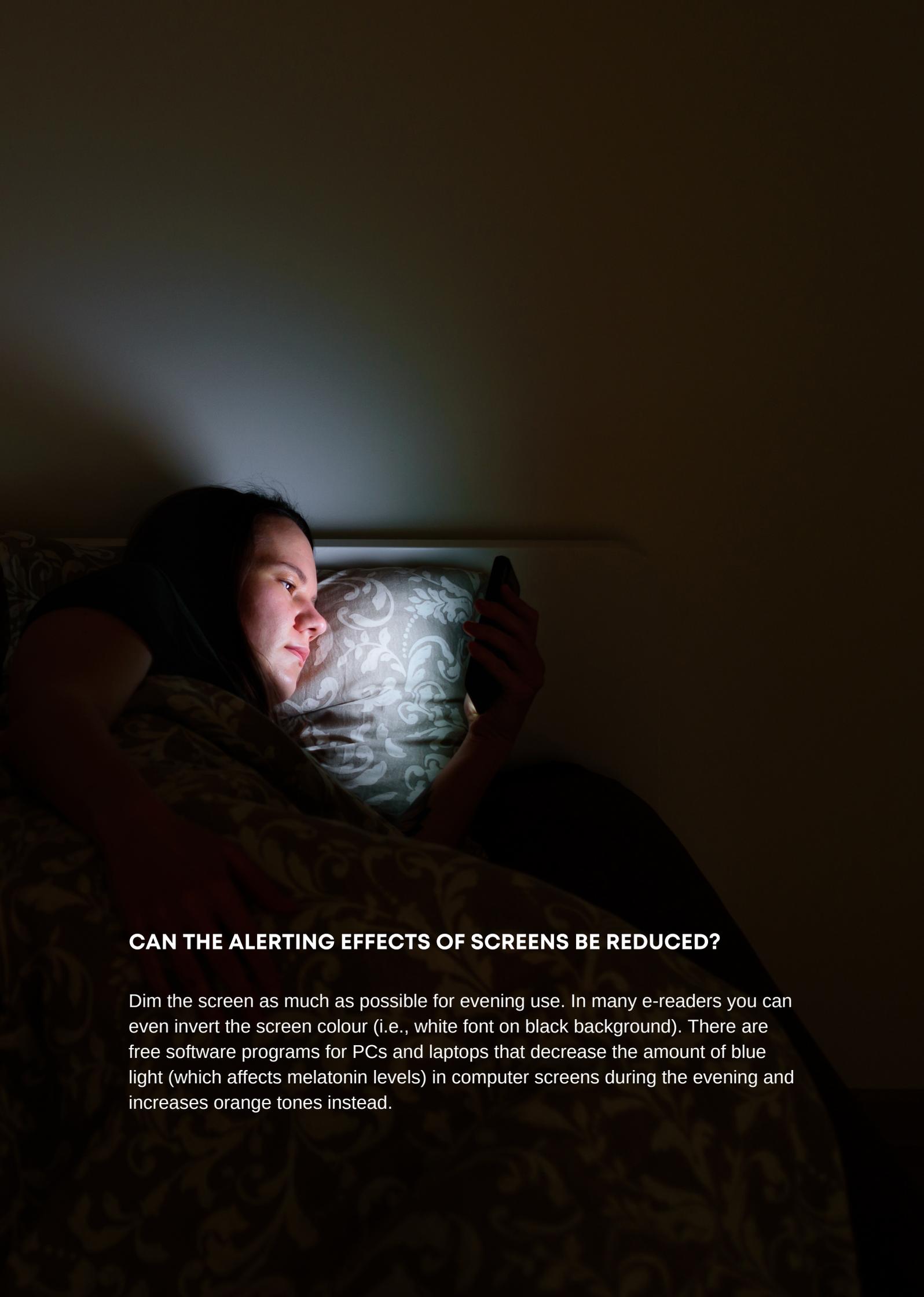
## **IS EVERYONE'S SLEEP AFFECTED BY TECHNOLOGY IN THE SAME WAY?**

No. Some people are more affected than others. Some young people, especially those who don't play lots of computer games, can be sensitive to the effects of violent video games and this affects their sleep. However, more experienced gamers may habituate to using technology before bed and are less affected by violent video games. Also, teenagers who consider themselves to be less risk-takers are more likely to stop gaming earlier and go to bed earlier than their higher risk-taking peers. Finally, those teenagers who strongly immerse themselves in computer game activity (experiencing what is called a 'flow' state) play for longer and delay their bedtimes. Research is yet to uncover all the different individual characteristics that explain why some people are more affected by technology use before bed than others.

## **WHAT ABOUT THE EFFECT OF TECHNOLOGY USE ON PEOPLE'S BEDTIMES?**

Data from over 85,000 teenagers (through an analysis of several studies of teenage sleep) showed that different forms of technology use (e.g., televisions, computers, phones - and even video gaming) were related to later bedtimes. The more frequently adolescents used technology in the evening, the later they went to bed. Using technology often may increase alertness and/or reduce the ability to recognise sleepiness at night. Thus the teenagers keep playing, surfing, texting and chatting, resulting in delayed bedtime.





## **CAN THE ALERTING EFFECTS OF SCREENS BE REDUCED?**

Dim the screen as much as possible for evening use. In many e-readers you can even invert the screen colour (i.e., white font on black background). There are free software programs for PCs and laptops that decrease the amount of blue light (which affects melatonin levels) in computer screens during the evening and increases orange tones instead.

## WHAT ABOUT WATCHING TELEVISION IN THE BEDROOM?

Many people enjoy reading a good book in bed, or listen to relaxing music or podcast before sleep. Those who report doing these passive activities in bed often have no trouble falling asleep, especially if the lights are dim or off. Television is classed as a passive device. Should it enter our bedrooms?

The answer is not clear. On the one hand, sleep experts talk about the benefits of keeping the bedroom as a sanctuary for sleep. They believe that electronic devices in the bedroom can easily be a distraction from sleep. We know that unsupervised teenagers can easily watch TV in their bedrooms till long past a healthy bedtime. On the other hand, we currently have no evidence that watching TV in the hour before bed in the bedroom creates sleep problems.

We do know, however, that relying on the TV being turned on while you fall asleep can mean you lose the ability to self-soothe yourself to sleep and thus may have trouble falling back to sleep when awake in the middle of the night.

## WHAT STRATEGIES CAN HELP REGULATE MY CHILD'S TECHNOLOGY USE?

Parents of a pre-teenage child should try to restrict technology use to after-school or earlier in the evening. Plan quiet activities (board games, drawing, playing with toys, reading) closer to bedtime. This negotiation is more difficult in the teenage years. Try to encourage interactive technology use (e.g., video-gaming, smart phones) earlier in the evening, and use of passive technological devices (e.g., watching TV/movies) in the lead up to bedtime. A certain level of acceptable evening technology use is needed. After all, it has been found that more than 90% of both teenagers and adults (13 to 64 years old) in the USA use technology before bed. Adults also need to practice what you preach.





PORT PHILLIP  
Specialist School

# PPSS

## Trivia Night

**TICKETS**

**\$35.00**

(TABLE OF 10 \$350.00)

**FOR MORE  
INFORMATION  
CALL THE OFFICE  
ON 96460855**

**Saturday 19th June, 2021**

**6:00 PM – 10:00 PM**

**The Sandridge Event Centre**



<https://www.trybooking.com/events/landing?eid=745086&>

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 <https://portphillip.vic.edu.au/>

