

PORT MELBOURNE *Medical*



**COVID-19
VACCINATIONS
UPDATE**

Skin Checks
DERMENGINE

Welcoming
**Dr Slesh
Ramsurrun**

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

Friday 8:00am - 6:00pm

Saturday 8:30am - 2:30pm

Sunday 9:00am - 1:00pm

PORT MELBOURNE VACCINATION CLINIC

COVID-19 VACCINATIONS

NOW APPROVED
FOR BOTH
VACCINES

WHERE

Port Melbourne Football Club Sandridge Centre
541 Williamstown Rd, Port Melbourne
(Enter from Ingles St)



To date, we have administered in excess of 7,200 Covid-19 vaccine doses. We are now an approved vaccine provider for both of the COVID-19 vaccines.

However, this does not mean you have a choice – we can still only give you the particular vaccine you are eligible for. Patient eligibility criteria is set by the Federal Government, and is completely outside our control. Whilst we appreciate that some people may prefer to switch vaccine brands for their second dose, or prefer one brand over the other, we can only vaccinate individuals with the vaccine brand they are eligible for. Please note that we will continue to follow ATAGI's recommendations and directive, regardless of announcements in the media.

If you have questions regarding the vaccine, you can discuss the merits and safety concerns with your GP, who will be familiar with your medical history.

The HotDoc booking platform is set up to allocate you the correct booking type depending on your age. You will need to bring photo ID that includes your date of birth, and we will not be able to give those who are over 59 the under 60's Covid-19 vaccine*. Also, please don't bombard our reception with special requests as the bookings are done online on a first in first served basis. We have requested additional vaccines and hope to be able to open up increased appointments in the near future.

For people yet to receive their first dose of a COVID-19 vaccine, from Friday 9th July 2021, the following groups will be eligible to receive the under 60's Covid-19 vaccine, regardless of age:

- all health care workers (i.e. eligible under Phase 1A and 1B)
- all hotel quarantine and border workers
- household contacts (age 16 and over) of hotel quarantine workers
- residential aged and disability care workers and residents.
- People who have already received a first dose of the Covid-19 vaccine should receive a second dose of the same vaccine.

WINTER EDITION 2021

Welcome

Dear patients,

COVID UPDATE

On Friday 2nd July we were excited to commence our vaccination program for those aged 40-59 (or younger if eligible due to occupation/health/travel exemptions), officially becoming an approved vaccine provider for both of the COVID-19 vaccines.

This program will scale up as supply increases, so please be patient.

We would like to thank all of our patients for working with us during the recent lockdown and tighter infection control measures we had to implement. It was very difficult for us, when without any warning, Bay Street, Port Melbourne and Clarendon Street, South Melbourne were publically declared Tier 1 exposure sites. The public were instructed that anyone who had been in these locations were to isolate and get tested. We thank those who did the right thing and got tested, and thank those who were kind enough to be patient at our vaccine clinic when we had to await for the Victorian Department of Health to advise whether our nurses who had walked down Bay St had to be swabbed and sent home, or if they were allowed to continue working! There were a few delays as we tried to urgently seek clarification on this matter.

When we had the Bay St/Clarendon St announcement, we were inundated with phone calls and patient bookings online. We sprang into action and added extra reception, nurse and doctor capacity as quickly as possible and appreciate the support and kindness offered to our team. Having been at the frontline of the pandemic for the past 14 months, we have seen firsthand the pressures everyone is under and appreciate many of our patients are doing it tough. Please remember that yelling, demanding medical services and not following our infection control protocols will not help you be seen any quicker. As these local hotspots have shown us, outbreaks can happen anywhere at any time, so please work with us whilst we look after our community. In the fortnight following this declaration we tested in excess of 1/8 of the Port Melbourne population - 2,500 swabs were performed, all of whom returned negative results. This was a mammoth effort, particularly as this is also an assessment service, and many people had symptoms requiring a medical review.

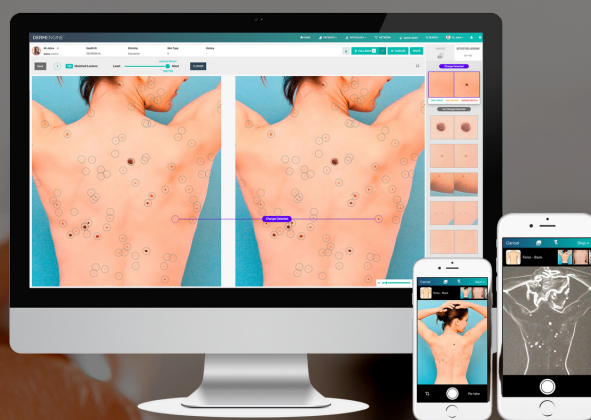
NEW STAFF

We are excited to welcome two new members to our clinical team. Dr Slesh Ramsurrun joined us on Wednesday 7th of July and will initially consult 1-2 days per week and will increase his hours in the near future. We have included a Q&A with Dr Slesh so everyone can get to know him and his specialist interest areas and additional qualifications in Occupational Medicine, as well as men's health and mental health. With approximately two thirds of Port Melbourne being business/heavy industry, we're sure our patients will appreciate his unique skills and help them operate their businesses and pre-employment medicals.

Many of you have also met our new Registered Nurse and Nurse Immuniser, Kate Davies, who is a very experienced nurse and brings a wonderful energy and calmness which we know our patients will appreciate. Kate had worked some casual shifts at PMM and we were thrilled when she decided to join us full time. On a sad note, we say goodbye to Dr Jessica Hamlyn who moved to Melbourne from northern NSW late 2020, while her husband completed his fellowship. It is now time for them to return home. We wish Dr Jess and her family good luck, and know many patients will also miss Dr Jess.

SKIN CANCER CHECKS

On the Skin Cancer front we have also upgraded our diagnostic technology from Molemax to Dermengine. Those patients who have completed a mole mapping/total body photography analysis can be assured as we have kept all your images and mapped them into Dermengine, which we have opted for as we see it as a better solution long term.



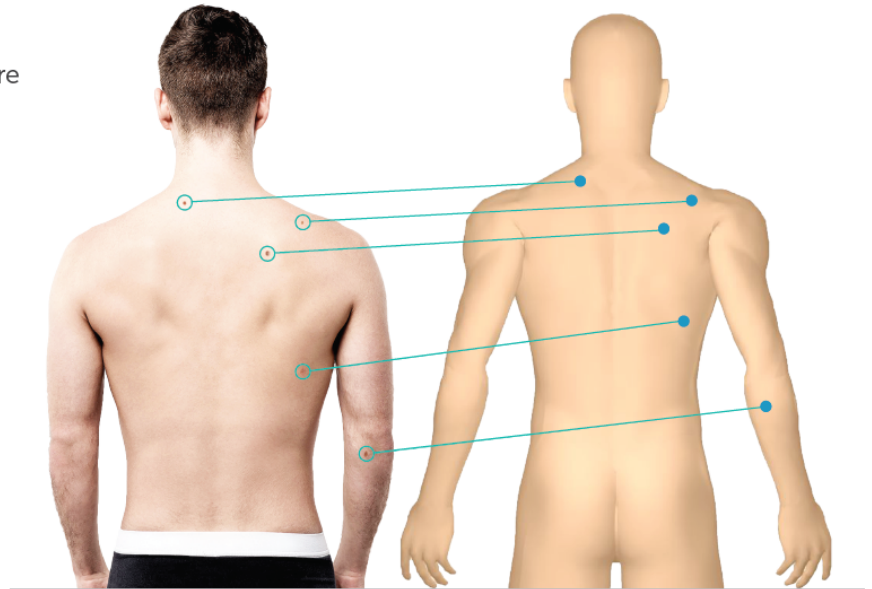
Introducing a new era of Total Body Photography

Total Body Photography is the most effective technique for imaging all lesions on a patient's body. Adopt an intelligent, cloud based solution that:

- Integrates with your current system
- Provides uninterrupted access
- Lets you utilize your data anytime, anywhere

Harness the power of AI

DermEngine is the most advanced, web-based system for capturing, storing, and analyzing total body images using artificial intelligence to support you in the evaluation of skin conditions.

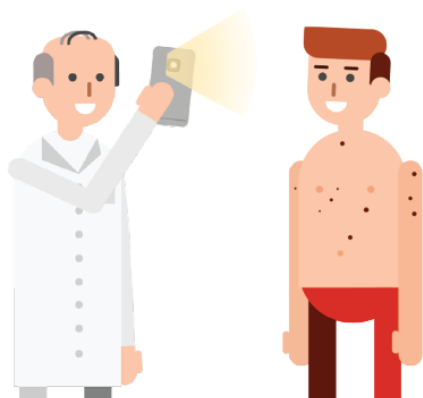


Intelligent Dermatology: Experience the Difference

Image Acquisition

Capture images with your smartphone or tablet, where they'll be synced with the web platform in real-time.

- Easy to follow poses
- Takes only 5 minutes
- Template-guided imaging



Intelligent Analytics

Streamline and optimize your workflows with insightful skin analytics tools designed to minimize manual input for image documentation and comparison:

Mapping



- Automatic lesion recognition
- Intelligent spot mapping to 3D body map

Matching



- Powered by award-winning AI algorithms
- Prioritized sorting based on amount of change



NEW NURSE

KATE DAVIES

EDUCATION

Bachelor of Nursing – Australian Catholic University, Graduate Certificate in Clinical Nursing (Aged Care) and Nurse Immuniser – University of Melbourne

NURSING CAREER

Various roles in the UK, Geelong and Melbourne in public and private acute and community health settings. Roles include clinical nurse specialist, community health nurse and case management. Kate has over 30 years of experience as a Registered Nurse.

SPECIAL INTERESTS

Aged Care, chronic disease management, immunisations and health promotion

SPARE TIME

Tennis, fun runs and dining out



Getting to know...

DR SLESH RAMSURRUN

Dr Slesh recently joined Port Melbourne Medical and will be gradually increasing his hours as he transitions from his current commitments. Dr Slesh is married to a local doctor and they recently welcomed their second child into the world.

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With all your experience in Occupational Health, you'll be a great resource for the Port Melbourne community. Why did you choose Port Melbourne Medical?

Port Melbourne Medical was the logical choice for me. Port Melbourne has a huge number of industries and has a lot of opportunity to use my Occupational Health training, alongside my GP work. The concept of developing an Occupational Health business with the PMM team was extremely appealing. We both have the same philosophy of excellence in clinical care and I knew we would work well together to develop an amazing resource for the local business community.

We have a really diverse group of doctors consulting from PMM but none of them can speak five languages. Where were you born, where did you undertake your Medical Degree and what was your journey to Melbourne?

I was born in Mauritius which is a multi-lingual county with a rich cultural heritage. French and English are both national languages of the country. As a student, I also had to pick an oriental language, so I chose Hindi due to my ancestral heritage. I believe being exposed from an early age to multiple languages has been such a great asset.

After college, I was fortunate to receive a medical scholarship to Moscow, where I lived for seven years and completed my primary Medical degree. During that time, I spent most summer holidays travelling to Europe. One of my favourite destinations was France, where I lived for a year.

Australia was always a country I wanted to visit, so when my wife decided to come over to Melbourne for her medical internship, it was a no brainer. We packed our bags with the intent to return back to Mauritius after one year. One year became two, then a few more after we decided to specialise, and like that, eleven years flew by. Now, with two children, I can't imagine myself elsewhere.

Occupational Medicine is the area of medicine related to workplaces. This can consist of pre-employment medicals or assessment and treatment of workplace injuries.

Like most career GP's you have some fields of special interest. What are your areas of interest?

Whilst I enjoy all areas of General Practice, my special interest areas are Men's Health, Mental Health and Occupational Medicine.

Men's Health and Mental Health are well known but can you explain to our patients what Occupational Medicine is and how it assists patients?

Occupational Medicine is the area of medicine related to workplaces. This can consist of pre-employment medicals or assessment and treatment of workplace injuries. Pre-employment medicals exist to ensure that an individual is safe to conduct a certain role, usually from a physical perspective, and that their job won't cause or contribute to health issues.

You are accredited to conduct Rail, Seafarers, Silica, Dangerous Goods and most pre-employment medicals. What do these involve and why are they so important?

These occupational medical checks are extremely important, due to the nature of the job. Anyone who is licenced to operate certain machinery, train licences, or interstate drivers have to be healthy, or they put many people at risk should they have a medical event behind the wheel/controls. Seafarer medicals involves all aspects of the job in a ship from the deckhand through to the captain. These medicals are quite involved, and need to be, as these people can be out at sea and away from medical services for 6 months at a time.

Silica medicals are for those people who work in the mining industry, or who are regularly exposed to asbestos or silica at work. There are strict guidelines to follow and some of the medicals require blood tests, scans or additional testing.

Port Melbourne has approximately two thirds of its suburb set aside to heavy industry and this includes the Port of Melbourne, Australia's largest Port. I look forward to working with the local business community and helping them address their obligations in medical clearances for their employees.

Do you see patients who are covered under WorkCover?

I see a lot of patients who have experienced various workplace injuries. The types of injuries that people may experience at work can be extremely varied, and range from overuse injuries, to falls and other accidents, and can also include mental health problems arising from the workplace.

What is the role of the Doctor when undertaking WorkCover consultations?

The doctor is there for the patient, to help them to recover from their injuries and ultimately get back to work in a safe and effective way. There is a large amount of literature confirming that long term, people are much better off from an employment and mental health perspective to get back to work – even if the role is slightly or largely varied. Sometimes people need a period of time at home, and sometimes they are able to undertake alternative duties.

Do you consult in languages other than English? Is it easy to translate medical terminology in other languages?

I have worked in metro Melbourne for 10 years now and some of my work included seeing tourists and patients with limited English. Whenever possible, it's better to conduct the consultation in their mother tongue as it reduces any stress and anxiety allowing me to gather the required information in a seamless way. I am fluent in French, Russian and Hindi so happy to see patients who speak English or any of these languages.

Tell us a bit more about what you like about helping people with mental health concerns and what areas you have experience in?

Mental Health is sadly on the rise with the current pandemic and lockdowns. I feel privileged to be able to help out those in need. While I have experience dealing with various mental concerns, over the years I have developed particular interest in men's mental health which can be challenging, as traditionally men find it harder to acknowledge they're having mental health difficulties. There is more media about men's mental health in recent years, and this has certainly helped men to feel more comfortable to discuss their concerns with others.

I have also worked in the ADF and detention centres over the last 2 years, and during this time I have gained a lot of experience seeing patients with complex mental health issues ranging from PTSD, schizophrenia, chronic depression and adolescent mental issues like eating disorder and occasionally a combination of these, which can be profoundly disabling in every aspect of their life.

While mental health can be very challenging, it is also very rewarding when patients start to improve and get back to a more functional life.

With two young children (and one being a newborn), it is often a difficult juggle.

How do you and your wife manage this?

Unfortunately, there is no magic solution... and home schooling didn't help the situation either! It is very hard to do home schooling with a newborn around. I know a lot of patients had the same sort of issues and I can appreciate the struggles.



What's your favourite food?

That's easy, I enjoy seafood, growing up on an island with an abundant supply, and have to admit I have a sweet tooth which can be hard to resist at times.



What are your favourite sports?

I'm a passionate football (soccer) supporter, and follow Manchester United.



What does your ideal weekend consist of?

Driving with the family and exploring Victoria's countryside. I especially like a small town called San Remo, just before Phillip Island.



Dr Slesh is available to provide care to patients at Port Melbourne Medical on: Wednesdays starting 7th July, and building up his consulting hours over the coming weeks and months.

PORT MELBOURNE MEDICAL

TELEHEALTH CHANGES



VIDEO CONSULTS

As of 30th of June, 2021, the Medicare rebate for most telephone consultations has ended.

Fortunately, there will be an ongoing patient rebate for video consults. Port Melbourne Medical has integrated video consults which are available in the same manner that we have had telephone consults available.

The platform that we will be using is called Doxy.me. This does not require you to install any software on your computer or any apps on your smart phone. You will be sent a link via SMS prior to your appointment time and you will dial in and enter the virtual waiting room, from where your doctor will start your call.



The Medicare rebate for very short consults and short consults via the telephone (audio only) will remain in place and can be used if you are unable to participate in a video consult, however video is the preferred medium.

As always, sometimes it transpires mid consult that a physical review is required. In order to give the best quality care and ensure things are not missed, your doctor may request that you attend in person if they feel you need to be examined.

Medicare rebates only exist if you have an “existing relationship” with the doctor or the clinic you are booking in with. This is determined by you having had a Medicare rebatable service with the doctor or another doctor at the same clinic in the last 12 months. If you are not sure whether you will be eligible, please speak to reception at the time of booking.



For those who have not been seen face to face in the last 12 months but who would like to have a telehealth consultation for convenience, this is something that can still be facilitated. It simply means you will not get your Medicare rebate (\$39.10 for a 10-15 min consultation, or \$75.75 for a 20-30 minute consultation). There may be occasions where this is not appropriate, such as creating a mental health care plan or a chronic disease management plan, as without an existing Medicare code, you will not be able to access rebates for psychologists or other providers.

There are a few exceptions to the 12 month rule, such as being in an area of lockdown, or babies under 12 months of age. If you are unsure, reception will be able to help you. Telehealth services will have the usual appointment fee for the type of consultation, and you will receive your Medicare rebate via Medicare to your nominated account, typically within 1-2 working days.

We will continue to process rebates for face-to-face appointments as usual, which allows the Medicare rebate to hit your account instantly.



PORT MELBOURNE RESPIRATORY CLINIC

COVID-19

PATIENTS TESTED



Patients Tested	28630
Positive Cases	38
Female	16371
Male	12259
Port Melbourne Residents	9062
South Melbourne Residents	2186
Southbank Residents	3198
Albert Park Residents	1506
1-5 Year Old Patients	3644
6-10 Year Old Patients	1269

