

## Putting the Person at the Centre

Today, people-centred care has emerged as a way of giving patients greater involvement in their care.

### What is person-centred care (PCC)?

Person-centred care places the individual at the heart of their treatment. It highlights and respects patient autonomy, preferences, and values.

### Principles of person-centred care

- Holistic Care:** This involves understanding the patient as a whole person, considering their physical, emotional, and social needs. PCC focuses on personal preferences, values, and life contexts when developing care plans.
- Shared Decision-Making:** Both the patient and healthcare provider engage in open communication, with decisions being made collaboratively. This ensures that the care aligns with the patient's goals and desires.
- Empowerment:** Patients are supported in managing their own health and given the information, tools, and confidence to make informed choices. This may involve health education, behaviour change strategies, and self-care techniques.
- Collaboration:** A multidisciplinary approach ensures that care is coordinated across various healthcare professionals, all working in partnership with the patient and their family.
- Compassion and Respect:** PCC focuses on the need for empathy, dignity, and respect in all interactions.

Many studies since COVID-19 have shown the approach to be particularly beneficial for vulnerable groups including people with chronic illnesses, Aboriginal and Torres Straits people, and those dealing with a terminal illness.

### Benefits of person-centred Care

The many benefits include: greater satisfaction with the outcomes, better health outcomes (such as lower mortality rates and fewer complications), increased patient engagement, and reduced costs.

A recent Australian study published in the Australian Journal of Primary Health investigated the impact of person-centred care on patient outcomes in a rural general practice setting.

The study found that patients who received person-centred care reported higher levels of satisfaction with their care, improved quality of life, and better self-management of their health conditions.

Australia has made significant strides in implementing person-centred care across its healthcare system.

The Royal Australian College of General Practitioners (RACGP) has developed standards for general practice that emphasise person-centred care. These standards outline the expectations for GPs in terms of providing effective communication, shared decision-making, and addressing the patient's overall needs and well-being.

## Meet the Team: Physiotherapists

Physiotherapists, or physical therapists, are healthcare professionals who help people improve their physical function, mobility, and overall well-being. They specialise in treating conditions that affect the muscles, bones, joints, and ligaments.

### Physiotherapists treat:

- Sports injuries
- Chronic pain (e.g. back pain, arthritis)
- Post-surgery rehabilitation
- Neurological conditions (e.g. stroke, multiple sclerosis, Parkinson's disease)
- Postural problems



According to research published by peak body, APA, Australians have 23 million physio consultations each year.

Physiotherapists are primary contact physicians so you don't need a doctor's referral to see

one. Costs can vary so check with the clinic beforehand.

When you see a physiotherapist, they will conduct an assessment to evaluate your condition and discuss your treatment goals. Keep an hour free for this first appointment.

From there, the physiotherapist will create a personalised plan that meets your needs. This might include manual therapy, soft-tissue massage, exercises such as pilates, hydrotherapy, electrotherapy, or other modalities. The physiotherapist will then monitor your progress and adjust your plan as needed.

Physiotherapists can help manage pain, increase your range of motion, assist with daily activities, teach techniques to prevent future injuries, and improve your overall quality of life.

To find a physio near you, <https://www.hotdoc.com.au/find/physiotherapist/australia>

### TELEPHONE ACCESS

You can contact your doctor by ringing during surgery hours. Urgent calls will always be dealt with promptly. For emergencies, please dial 000.

Contact by email can only be used when instructed by your doctor.

### YOUR PRIVACY

We value your privacy - it is our policy to maintain the security of your health information at all times and to ensure that this information is only available to authorised staff. A copy of our privacy policy is available from reception.

### SERVICES AVAILABLE

- Annual Health Checks
- Asthma Management
- Blood tests
- Check ups
- Children's growth & development
- Counselling
- Diabetes Management
- ECG
- Health Assessments > 75 yrs
- Hearing Tests
- Immunisation
- Liquid nitrogen/freezing therapy
- Medicals
- Men's Health
- Minor Surgery
- Nutrition advice
- Obstetrics
- Online Appointments
- Pap Smears
- Pregnancy test
- Family planning & Antenatal care
- Quit smoking assistance
- Sexual Health Checks
- Spirometry: lung function
- Sports Medicine
- Travel Medicine
- Weight management
- Women's Health
- Skin Checks
- Implanon procedures
- IUD procedures

### FOLLOW UP OF RESULTS

At the time of consultation, your doctor will advise when they expect your results and whether you can call or need to make a return appointment

### FEEDBACK & COMPLAINTS

If you are concerned with the service you receive, we are keen to hear about it. Please speak to our Practice Manager to discuss your concerns.

You may also contact the Health Services Commissioner on 6205 2222.

### FEES

This is a private billing practice. Fees are payable at the time of consultation by cash, Mastercard, Visa or EFTPOS. If you have difficulty in paying for your consultation, please discuss this with our Practice Manager. Standard consultation :-\$100 Long consultation:-\$170



*It is our privilege to assist you in your healing journey*

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### HOURS

Monday – Friday 8:00 am – 5:30 pm  
Saturday/Sunday Closed  
Public Holidays Closed

### APPOINTMENTS

Please ring (02) 6162 0463 for an appointment or book with Hotdoc. We do not except walk-ins.

If you have multiple concerns that you wish to discuss with the doctor, please let the receptionist know when you make your booking.

**Standard appointment - 15mins**  
**Long Appointment - 30mins**

To ensure that you are seen by your preferred doctor please request them when you book.

Urgent medical problems will always be dealt with promptly.

Home Visits - Home Visits may be available after discussion with your doctor.

### AFTER HOURS

After hours, please ring Canberra Afterhours Locum Medical Service (CALMS) on 1300 422 567.

### PRACTICE STAFF

**Practice Manager: Susan**

**Office Manager: Lisa**

**Receptionists: Mollie, Piper, Bella, Jeremy**

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# YOUR HEALTH

Summer 2024 Edition 112

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**YOUR COPY — FREE TO TAKE HOME**



It's common to overeat at Christmas. Large meals, indulgent treats, and a social focus on food make it hard to resist. It's important to differentiate, however, an occasional splurge from a binge eating disorder (BED).

Binge eating disorder is characterised by episodes of overeating at least once a week, over a duration of about 2 hours, for longer than three months.

Signs include eating fast, feeling out of control, eating when not hungry or uncomfortably full, and eating alone or in secrecy to avoid embarrassment. Episodes are followed by emotional distress.

BED is a serious mental health problem but help is available. It is treatable and lasting recovery can occur.

### Binge Eating Prevalence

In Australia, 1.1 million people are experiencing an eating disorder, almost half of which are Binge eating disorder (BED).

The National Eating Disorders Collaboration says BED doesn't discriminate by age or cultural background. It is more common in women than men and is often associated with other mental health conditions such as depression and anxiety.

The impact of BED can be substantial. It may include weight gain, obesity, diabetes, heart disease, and social isolation. Sadly, according to the Butterfly foundation, fewer than one third of people with this eating disorder receive treatment or support.

### Treating Binge Eating Disorder

Treatment for BED typically involves a combination of therapy, such as cognitive-behavioral therapy (CBT), and in some cases, medication.

Support groups are also effective in which others who have overcome similar challenges can provide understanding and practical advice.

By seeking treatment and support, people with BED can improve their health and quality of life. Lasting recovery is possible.



Rainbow Veggie Slice

**Serves:** 12  
**Preparation time:** 5 mins  
**Cooking time:** 35 mins

*This dish is sure to be a family favourite and wow your guests. Bursting with colour, this dish is super tasty and you get the goodness of veggie variety as well as whole grain fibre.*

**Ingredients**

- 6 large eggs
- 1/2 cup milk, or So Good Soy or Almond Milk
- Salt and pepper
- 3 cups frozen stir-fry veggies, slightly thawed
- 3/4 cup grated Edam cheese
- 4 Weet-Bix wheat biscuits, crushed

**Instructions**

1. Preheat oven to 180°C (350°F). Lightly oil a rectangle (23 x 33 cm) baking dish.
2. Whisk together eggs, milk, and a pinch of salt and pepper. Stir through veggies. Fold in cheese and crushed Weet-Bix wheat biscuits.
3. Pour batter into prepared pan and smooth top. Bake 35 – 40 minutes until golden and cooked through.
4. Cool in pan, cut into 12 pieces.

**Nutrition**

**PER SERVE:** Energy 550 kJ (131 Cal), Protein 10 g, Fat 7 g (Saturated 3 g), Carbohydrate 8 g (Sugars 2 g), Fibre 2.8 g, Sodium 179 mg, Potassium 141 mg, Iron 1.4 mg, Calcium 178\*

© Recipe and image kindly provided by Sanitarium Health & Wellbeing Company.

**DASH Diet:**

**A Simple Plan for High Blood Pressure**

According to the National Health Survey of 2022, 1 in 5 adult Australians had high blood pressure. Also called hypertension, it affects males and females equally and is a major issue as it can lead to heart and kidney disease, and stroke.

Enter the DASH diet. The DASH diet stands for Dietary Approaches to Stop Hypertension, is a popular and effective eating plan designed to lower blood pressure. The DASH diet has been shown to reduce the risk of heart disease, stroke, and type 2 diabetes.

**Key Components of the DASH Diet**

The keys to the DASH diet are:

- **Fruits and vegetables:** Aim for at least 4-5 servings of fruits and 4-5 servings of vegetables each day. These are rich in essential nutrients, fibre, and antioxidants.
- **Whole grains:** Opt for whole grains like brown rice, quinoa, and whole-wheat bread. They provide fibre, vitamins, and minerals.
- **Low-fat dairy:** Include low-fat or non-fat dairy products like milk, yoghurt, and cheese.



- **Lean protein:** Choose lean protein sources like poultry, fish, beans, and lentils. Limit red meat and processed meats.
- **Healthy fats:** Include healthy fats like nuts, seeds, and olive oil.
- **Limited salt:** Reduce your intake of salt by limiting processed foods and using herbs and spices for flavour.
- **Limited sugary drinks:** Avoid sugary drinks and limit your intake of added sugars.

**Tips for Success**

For the best chance of success, start gradually. Make small changes to your diet over time to make it easier to stick with.

Don't trust the marketing on the package, read food labels. Pay attention to sodium content, added sugars, and serving sizes.

Swap refined grains for whole grains (eg white bread for whole grain bread)

Cooking at home is always better when you can because it gives you control over the ingredients and the portion sizes.

Prepare meals and snacks in advance to avoid unhealthy choices.

For more information: [Heart Smart Australia](#) has meal plans, tips and more information.

**Legumes:**

**A Protein Powerhouse**

Legumes are a type of plant that produce seeds in pods. They're a nutritional powerhouse, packed with protein, fibre, and essential vitamins and minerals. Adding more legumes into your diet can provide several health benefits.

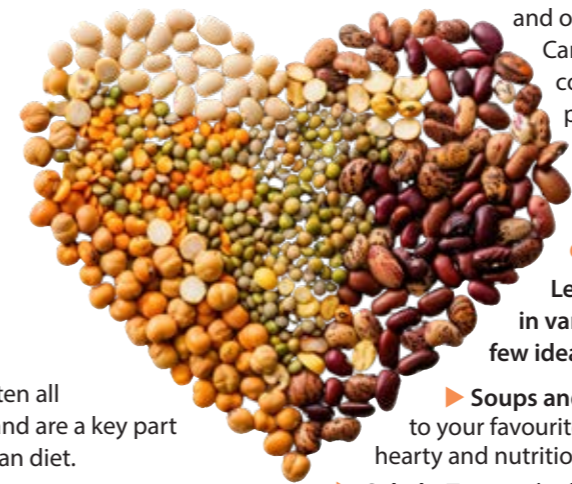
**What are legumes?**

Legumes come in many varieties, including beans, lentils, peas, and chickpeas. Each type offers its own unique flavour and nutritional profile.

They are widely eaten all around the world and are a key part of the Mediterranean diet.

**Why are legumes good for you?**

- **Protein power:** Legumes are a great source of plant-based protein, essential for building and repairing tissues.
- **Fibre-rich:** The fibre in legumes helps keep you feeling full, promotes digestive health, and can help regulate blood sugar levels.
- **Nutrient-dense:** Legumes are packed with essential vitamins and minerals, including iron, magnesium, potassium, and folate.
- **Low in fat:** Legumes are a low-fat food option, making them a heart-healthy choice.



**Where can I find legumes?**

Legumes are widely available at grocery stores and health food shops. You can find them in dried, canned, or frozen form. Dried legumes are often more affordable and offer a longer shelf life. Canned legumes are convenient and require no preparation.

**How to incorporate legumes into your diet?**

Legumes can be enjoyed in various ways. Here are a few ideas:

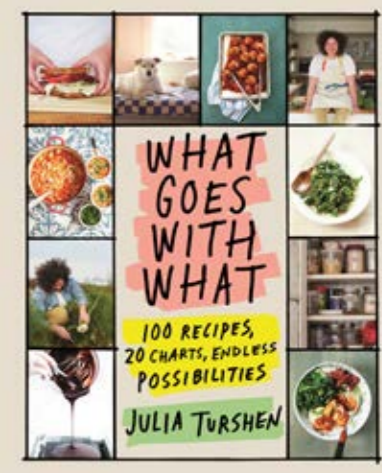
- ▶ **Soups and stews:** Add legumes to your favourite soups and stews for a hearty and nutritious meal
- ▶ **Salads:** Toss cooked legumes into your salads for a boost of protein and fibre
- ▶ **Hummus and dips:** Make your own hummus or other dips using chickpeas
- ▶ **Falafel:** Create delicious falafel patties using chickpeas or broad beans
- ▶ **Curries and stir-fries:** Incorporate legumes into your favourite curries and stir-fries

By adding more legumes to your diet, you can enjoy the many health benefits they offer. Experiment with different varieties to find your favourites and discover new and delicious ways to incorporate them into your meals.



"Cut down on the ho ho ho's."

**COMPETITION**



Win a copy of *What Goes with What: 100 Recipes, 20 Charts, Endless Possibilities* courtesy of Pan Macmillan.

Julia offers readers a new way to think about cooking, one that focuses on mastering the alchemy of a meal—and then offers endless iterations.

Organized into six sections (salads and sandwiches; soups, stews and braises; rice, more grains, and pasta; vegetables; mains; and baked goods), Julia arms readers with 20 charts and 100 recipes that teach them how to build a successful dish, while making ample room for creativity and personal preference.

To enter visit us online at [win.yourhealth.net.au](http://win.yourhealth.net.au)

Competition opens 1st December 2024. The winning entry will be selected on 1st March 2024 and notified by email.

**Managing Alcohol Intake**

Summertime in Australia means plenty of sunshine, beach days, and social gatherings. And let's face it, alcohol often plays a part in these events. While there is no 'safe' amount of alcohol, these tips can help us reduce the risks to our health if we choose to drink.

**1. Stay Hydrated**

It's easy to forget to drink water when you're having fun, but dehydration can exacerbate the effects of alcohol.

**2. Eat Before You Drink**

Food can help slow down the absorption of alcohol into your bloodstream, so it's a good idea to eat something before you start drinking. Slow down and enjoy food pairings.

**3. Choose Your Drinks Wisely**

Some drinks contain more alcohol than others, so be mindful of what you're drinking. For example, a standard glass of wine or beer contains less alcohol than a shot of spirits. Use the [FARE standard drink face sheet](#)

**4. Embrace the Rise of Non-Alcoholic Drinks**

Australians are increasingly turning to non-alcoholic drinks as a healthier and more refreshing alternative to traditional alcoholic drinks. Major alcohol brands and select craft makers are selling well-known beer, wine, and spirits — all without any alcohol.

**5. Consider Dry Challenges**

Dry July, Sober October, and Febfast are just a few examples of popular dry challenges that encourage people to abstain from alcohol for a set period. These challenges can be a great way to improve your health, boost your energy levels, and save money.

**6. Remember, Drinking is for Pleasure, Not Health**

While moderate alcohol consumption may be pleasurable, drinking can have serious health consequences, such as injury, chronic conditions, and premature death. There is no safe amount of alcohol. It's a major public health issue, so if you choose to drink, stick to the Australian guidelines.

**For healthy adults:**

- No more than 4 standard drinks on any single day
- No more than 10 standard drinks per week

It's important to note that this is a guideline, and individual tolerance and risk factors can vary. If you're pregnant, breastfeeding, or taking certain medications, you should avoid alcohol altogether.

**Help to quit drinking**

If you're a heavy drinker, or feel alcohol is a problem for you, giving it up can lead to many improvements in your life. Your mood, energy, relationships, money, work productivity, and health can all benefit.

Your doctor can refer you to [treatment](#) such as detox, medication, and counselling.

The National Alcohol and Other Drugs Hotline provides confidential support to anyone struggling with addiction 24 hours a day. Phone 1800 250 015.

