



# DALYELLUP FAMILY MEDICAL CENTRE

## Welcome to the DFMC Spring 2014 Newsletter

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### BOOK REVIEW

**ON BECOMING PRETEEN WISE** by Gary Ezzo and Robert Bucknam-  
Published by Parentwise Solutions Inc. 2006. ISBN 978-0-9714532-4-1

Book reviewed by Dr. Darryn Rennie

**On Becoming Preteen Wise** is a parenting book and one of the authors is a paediatrician. They write that in the middle years the goal for your child is to develop responsibility rather than obedience. Obedience is submission to a person. Responsibility is submission to a principle.

The authors report that in child training all behaviours belong to the parents until they transfer ownership to the child. For example a child spills paint. A four year can't be expected to clean it up but an eight year old can be. When parents continue to instruct and remind their children they are taking back ownership of a behaviour that should no longer belong to them. The parents pick up unwelcome 'behavioural monkeys'.

The authors write that privileges can be thought of freedoms that children earn or lose. An example is a child playing inside with a puzzle who then wants to go outside. A mother may say before he goes outside 'Did you pack the puzzle away'. A better way to deal with this is asking 'Do you have the freedom to go outside?'. This puts the burden of ownership with the child rather than the mother taking the behavioural monkey back.

The book goes on to say that transferring ownership of responsible behaviour goes far beyond chores and routines. Ownership of moral actions can be assisted by reflective sit time. Following bad behaviour a child can be directed to a chair to consider what just happened and then asked two questions; Can you tell Dad what you did wrong? What must you do to make things right?

I think there is some excellent material in this book to assist in preteen parenting.



Do you know what this picture is? To find out go to the end of the email.

### We've had our 10th birthday!

On the 7th of October we celebrated our 10th year serving the communities of Dalyellup, Gelorup and Stratham.



The picture at the left shows the reception area decorated for the occasion. To celebrate, the surgery was decorated with happy birthday banners and three big bunches of helium filled balloons.

Throughout the day all the staff wore 'I'm 10 today' badges.

That evening we held celebrations with over forty people who had all at some time been involved with Dalyellup Family Medical Centre attending. Photographs taken over the years were projected on to a screen, which ran all evening. We enjoyed plenty of food and drinks together.

Dr Jansz gave a speech which was well received and all staff members were recognised for the time they had been involved with the practice with beautiful flowers. There were several staff who had been here for the whole ten years, (now all due for long service leave!).

Dr Ivan Jansz and Dr Darryn Rennie and their families presented the practice with a new projector and screen to be used in the surgery for education purposes. This will be put to good use in the years to come.

By the feel of the night everyone who had worked here had enjoyed their time at the practice and



Dr Jansz, his wife Elaine, Kathryn Rennie and Dr Rennie

were pleased to see Dalyellup Family Medical Centre become ten years old. I hope that as the new Practice Manager I will still be here when we celebrate being 20 years .

Karen Practice Manager

## Our Values

A staff member presented the following at a staff meeting regarding one of our **Values** that help guide our decision making and the way the practice functions. This value relates to a **high level of customer and staff satisfaction**.

*"Google says patient satisfaction is a reflection of staff satisfaction. In short if patients are happy-staff are happy and vice versa. Sounds simple enough.*

*Here at Dalyellup Family Medical Centre we value and take pride in our involvement in people's lives and health and we are in a position to make a small difference by going beyond what is required.*

*These words spring to mind, we need to endeavour to be supportive, compassionate, discrete, caring, tolerant, respectful, community minded, professional, approachable, understanding, thoughtful and informative. All from the heart; not from a sense of duty.  
'Don't judge a man until you have walked a mile in his shoes'*

*We have always prided ourselves on family and community, because that is who we are. We laugh together, cry together and feel pain together. We know everyone's partners and children and care for them as they are part of Dalyellup Family Medical Centre. Because of this things that happen in our lives are shared and somehow seem a little smaller because of our support of one another.*

*There is always laughter in our surgery and a smile for all.  
'The most wasted of all days is one without laughter'.  
Finally, as Lance Armstrong said "There is no I in team". Unfortunately he didn't take his own advice."*

## What should you do after a doctor has advised you to have a test like a blood test or an x ray?

It is a good idea to discuss how to follow up on these tests at the initial appointment.

The doctor may ask you to book a follow-up appointment or tell you to call the practice for the results. When you call, the reception staff will pass on any comments made by the doctor after the doctor has checked the results.

The practice will only call you if there is an abnormality that requires follow up.

## Pap smears save lives

It is important to have a regular Pap smear, as cervical cancer can be prevented if early cell changes are detected. A Pap smear every two years can prevent the most common form of cervical cancer in up to 90% of cases. You can read the details here.

<http://www.cancerscreening.gov.au/internet/screening/publishing.nsf/Content/facts>.

At Dalyellup Family Medical Centre we have a clinic dedicated to women's health (**The Women's Health Clinic** held on alternate Friday mornings). These clinics involve a short appointment with a GP and an appointment with the specialist women's health nurse for the Pap smear. This nurse can also provide help and education with other women's health issues. The cost for this service is a standard consultation charge and a Medicare rebate applies. Pension card holders and health care card holders are bulk billed directly to Medicare.

Since 2010 our practice has sent invitations to women with no record of a smear. The percentage of women aged 18-70 who've had three or more visits in the practice in the last 2 years with no record of a Pap smear has reduced.

If you have made other arrangements or feel Pap smears are not required, please notify us for completion of your health record.

For an appointment to attend this **Women's Health Clinic** call the practice on 97956422.

## Prescriptions

Some scripts may be provided without an appointment. Please call to request a script and give **48 hours** notice.

Authority scripts require an appointment.

If you haven't had an appointment at the practice over the previous six months then a review is required for the script.

## Care Plans

Dalyellup Family Medical Centre can create, with your assistance, a **care plan** to improve the management of a **chronic condition**. Some examples of chronic diseases are diabetes, asthma, ischemic heart disease, fatty liver, and osteoarthritis. A plan will assist with the provision of coordinated care with other healthcare professionals. You will be able to claim from Medicare for up to five of appointments with allied health professionals, such as podiatrists or physiotherapists.

If you would like to know more about these care plans you could go to

<http://dfmc.com.au/enhanced-primary-care-plans/>

## Did you know what it was ?

This piece of equipment is called **Overbeck's Rejuvenator**. It was an electro-therapy device that people, in the 1930's, could use to treat their own illnesses. It consisted of metal electrodes connected to a large battery. Some of the disorders that it claimed to treat were baldness, deafness and nervous disorders. Did it work? One user claimed it gave him "unbounded energy, high spirits, and a marked zeal".



This one is housed in our antiques cabinet near the entry to the medical centre.

If you would like to watch an interesting video about Dr Overbeck and his invention you could find it here.

<http://www.youtube.com/watch?v=2lrldT3RD0>

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